

# Everything Arises, Everything Falls Away

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"Full of the simple, earthy, honest,  
and heart of a true Buddhist master."  
— Jack Kornfield, author of *A Path with Heart*



everything arises, everything falls away

TEACHINGS ON  
IMPERMANENCE  
AND THE END OF  
SUFFERING

AJAHN CHAH  
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著者:Chah, Ajahn

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Ajahn Chah (1919–1992) was admired for the way he demystified the Buddhist teachings, presenting them in a remarkably simple and down-to-earth style for people of any background. He was a major influence and spiritual mentor for a generation of American Buddhist teachers, including Jon Kabat-Zinn, Sharon Salzberg, and Jack Kornfield.

Previous books by Ajahn Chah have consisted of collections of short teachings on a wide variety of subjects. This new book focuses on the theme of impermanence, offering powerful remedies for overcoming our deep-seated fear of change, including guidance on letting go of attachments, living in the present, and taking up the practice of meditation. *Everything Arises, Everything Falls Away* also contains stories and anecdotes about this beloved master's life and his interactions with students, from his youth as a struggling monk to his last years when American students were coming to study with him in significant numbers. These stories help to convey Ajahn Chah's unique spirit and teaching style, allowing readers to know him both through his words and the way in which he lived his life.

作者介绍:

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标签

宗教

修行

(English)

评论

Simple but forceful words to assert the Buddhist truth, very practical and logical.

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书评

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