



The Journey and the Guide: A Practical Course in Enlightenment

Maitreyabandhu

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The journey starts with your mind, particularly when you begin to look into the truth of things. What you find in the guide, the Buddha, is an individual with a 'fit', happy mind. To get fit, you need to work on becoming a happy, healthy human being. You can then begin to open up to the mystery of things, to Enlightenment itself. Maitreyabandhu takes you on the journey with practical week-by-week exercises, focusing on cultivating mindfulness, simplifying your life and knowing yourself.

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