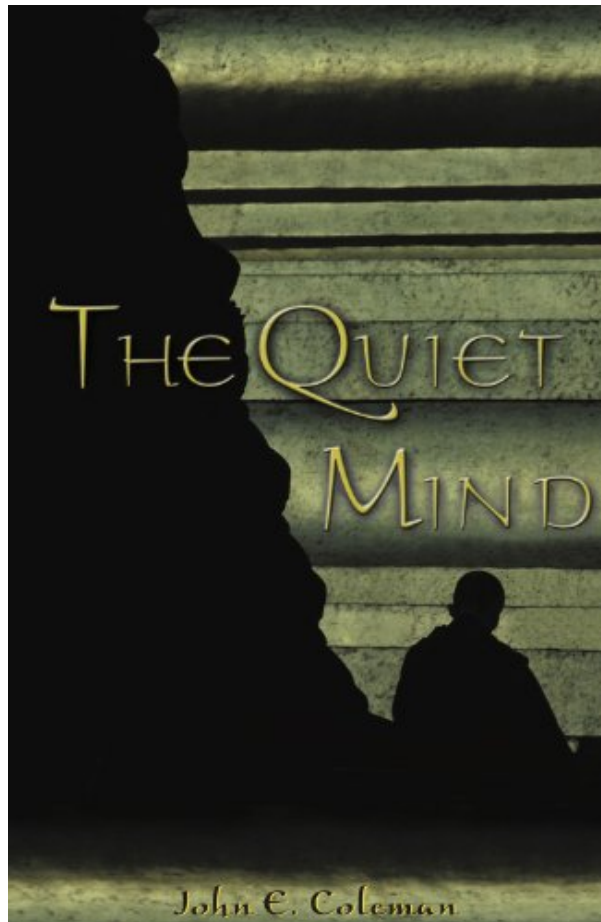
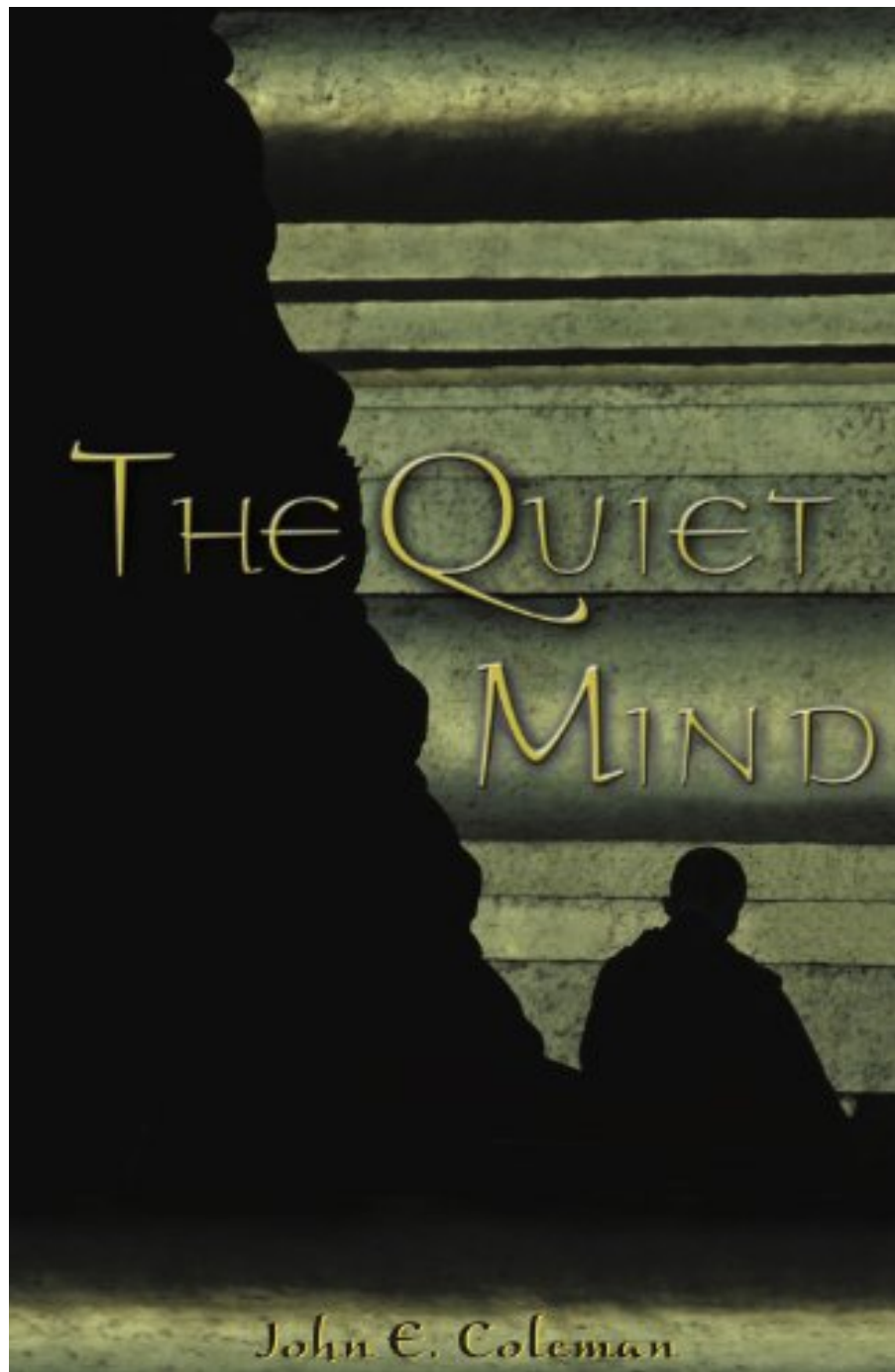


# THE QUIET MIND BY JOHN E. COLEMAN



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## Review

“A fascinating glimpse of the path of a spiritual seeker who had both the yearning and the discipline to practice with some of the greatest spiritual mentors of our time. This classic spiritual odyssey offers a wealth of insight, inspiration, and practical advice to all readers with a thirst for adventures of the spirit.” —Dr. Joel and Michelle Levy, founders, InnerWork Technologies and the International Center for Contemplative Inquiry, and authors, *Living in Balance* and *Simple Meditation and Relaxation*

“Rereading *The Quiet Mind* after almost 30 years, I am touched again with how well John Coleman presents urgency and dedication to spiritual practice—a universal response to the realization that liberation and peace of mind are a possibility.” —Sylvia Boorstein, cofounding teacher, Spirit Rock Meditation Center, and author, *Don’t Just Do Something, Sit There!*

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## About the Author

John E. Coleman is a teacher of Vipassana meditation, a Korean War veteran, and a former employee of the CIA, with whom he worked undercover in Thailand from the late 1950s to the early 1960s.

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**The Quiet Mind By John E. Coleman.** Discovering how to have reading routine is like learning to attempt for eating something that you actually do not want. It will need more times to help. Additionally, it will certainly additionally little bit make to serve the food to your mouth and ingest it. Well, as reading a book *The Quiet Mind By John E. Coleman*, in some cases, if you need to read something for your new jobs, you will really feel so lightheaded of it. Even it is a book like *The Quiet Mind By John E. Coleman*; it will certainly make you feel so bad.

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A fascinating, engaging, and unique memoir, this story covers John Coleman's life after his cover is blown as a CIA agent in Asia in the late 1950s, leading him to embark on a vigorous pursuit of spiritual truth. In his travels through India, Burma, Japan, and Thailand, he encounters luminous teachers such as Krishnamurti, Maharishi, and D.T. Suzuki. Ultimately, his search for peace of mind and liberating insights comes to fruition in Yangon—also known as Rangoon—under the tutelage of the great Vipassana meditation master Sayagyi U Ba Khin.

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- Format: Kindle eBook

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## Most helpful customer reviews

9 of 10 people found the following review helpful.

The path of a true Vipassana meditation master

By Panusuk

A very pleasant read, indeed ! Full of anecdotes, humorous comments, encounters with people now gone, not the least, Sayagi U Ba Khin, whose direct teachings allowed the author to find his path to the Quiet Mind and through whom the author received what was necessary to become the great Vipassana Meditation teacher he is.

I back the other review made on July 12, 2006. The 10-day meditation retreat under the guidance and actual presence of Mr John E. Coleman is a profound and beautiful experience.

5 of 5 people found the following review helpful.

The direct Buddha's teaching

By Mario Amati

I met John Earl Coleman in November 1985, after my first Vipassana retreat I did in Wat Suan Mokkh on February. When I came back from Thailand I did my first retreat with John in Monselice (Italy). I remember I got only the last Vipassana sitting remaining still for 60' ... I had strong pains and difficulties all over this course, in my mind and body, because Life is suffering and conflict, but we can't stop our research, as my Master wrote in "The Quiet Mind - A Journey Through Space and Mind". It is very interesting the period covered by the book when also Beatles went to India under their Guru teachings, searching something different from business and celebrity suggestions. In the book John Coleman tells about his research for a simple and very direct teaching. It does really function, simple but very profound, useful for detoxifying the body and mind, like Sayagyi U Ba Khin taught in Rangoon, a precious gem for mankind. Personally I am proud to be a teacher of Vipassana appointed by John Coleman for the IMC Italy and I hope this book will offer a new approach to your lives, that could help in the chaos of existence and bring a feeling of peace and happiness in the world.

4 of 4 people found the following review helpful.

Powerful Testimony

By J. Smart

I have been seriously meditating over 17 years, and only discovered Vipassana a coupla years ago. Where have you been all my life? I appreciate Coleman's quest for a quiet mind, and I could write of such a journey myself. This book is a short tome covering several spiritual paths. I do somewhat agree with one of the reviewers who laments that it is superficial. I wish Coleman would have gone into much more detail of his experiences; he leaves the reader panting for more. Again, he doesn't say a lot about Vipassana. He would probably agree with me - it is something to be experienced, rather than read about. Read this book and take the 10 day course offered at several locations throughout the U.S. and the world. Very, very powerful; a life-changing experience.

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