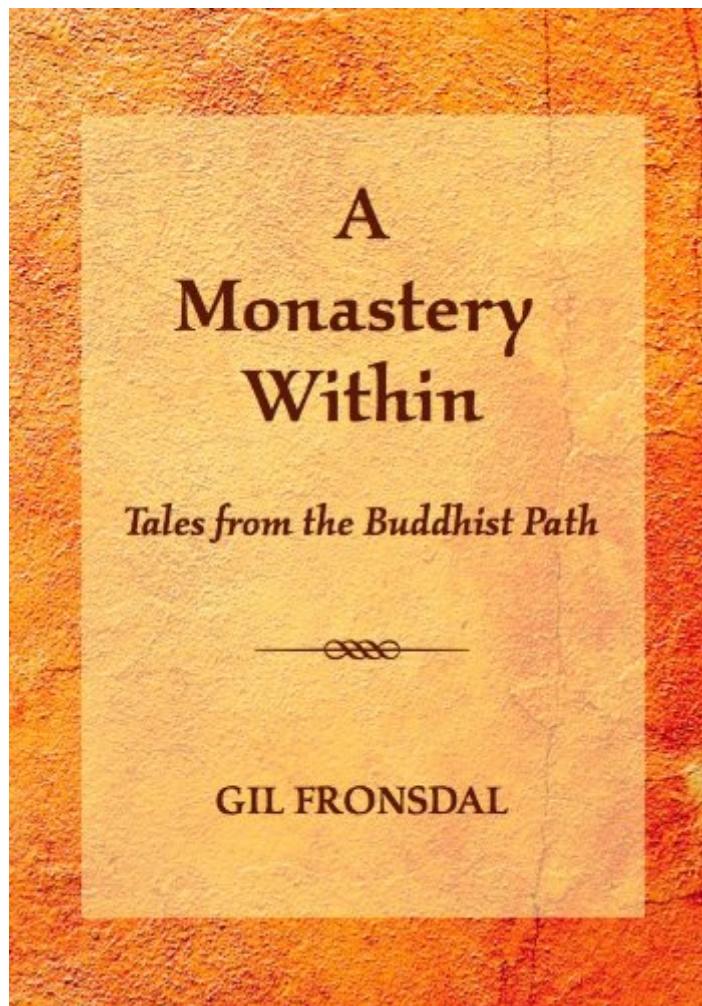


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# A Monastery Within: Tales From The Buddhist Path



## **Synopsis**

Inspired by his years of Buddhist monastic life, Gil Fronsdal has written these warm-hearted stories as part of the tradition of teaching through storytelling. These are tales of transformation and spiritual growth. They delight and challenge as they express different facets of the Buddhist path to liberation in familiar, yet fresh and engaging, ways. These stories can be reread often, each time supporting new reflections on the spiritual life and the possibility of each person awakening to the kindness, clarity and insight available to all of us. *A Monastery Within* points to how each person can build an inner home for the awakened life.

**About the Author:** Gil Fronsdal is the primary teacher for the Insight Meditation Center in Redwood City, California. He has been teaching since 1990 and has practiced Zen and Vipassana in the U.S. and Asia since 1975. He was a Theravada monk in Burma and trained with Jack Kornfield to be a Vipassana teacher. He was also ordained as a Soto Zen priest at the San Francisco Zen Center and received Dharma Transmission from Mel Weitsman. Gil has a PhD in Religious Studies from Stanford University. His translation of the "Dhammapada", an important collection of Buddhist verses, is published by Shambhala Publications. He is the author of "The Issue at Hand: Essays on Buddhist Mindfulness Practice." He is a husband and a father of two sons.

## **Book Information**

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## Customer Reviews

Nice short stories that clearly articulate the Buddhist philosophy. I enjoyed each of the stories.

Thank you!

Fronsdal writes clearly, with the apparent and easy knowledge of an insider. The short stories are all very much in the Zen manner, but somehow without the more subtle and complex "one hand clapping" intricacies. That said, the stories work well both as simple little tales but also as more specialized Buddhist lessons. I can't recall ever reading anything else by Fronsdal, but from now on I will be looking out for more by this marvelous writer.

Anyone who is a practicing Buddhist, meditator, or thoughtful human being will find that these can be a powerful tool for re-examining your beliefs. The stories range from a few pages to just a few sentences; they are all equally powerful. The stories are tales from a fictional monastery with a wise Abbess whom all sorts of people turn to for answers and advice. If you buy this book you will not be disappointed.

A Monastery Within, Gil Fronsdal's newest book, is, as he writes, the kind of book to read slowly and savour. I, indeed, did close the book after each wonderful story and think about all the layers of meaning for my life. I also sent a copy to one of my closest friends for her birthday. She's a psychologist and has used some of the stories with her clients. Even though I'm working on not clinging to my books, this book is a keeper. For those of you who aren't acquainted with this masterful storyteller and wise Vipassana teacher, go to [...] to hear his lovely, caring voice...the only thing missing from this book.

I have long been a fan of Gil Fronsdal's teaching. This book contains simple and beautiful short stories. It is a breath of fresh air when compared to many of the 300+ page Buddhist books in the marketplace. Reads very easily, but the messages are compelling and clear. To me the most important message was that you do not need to go to a far off land and live in a monastery to develop peace and equanimity. We all have our own monastery right here within us. We can access

it anywhere and anytime. This book proves that the simplest teachings are often the best. Thank you Gil, for this delightful gem.

Short stories with huge insight and inspiration. Living in Japan myself, anything Gil publishes (plus his IMC podcasts) have become my go to sources in my mindfulness practice. I'm happy to be able to be apart of a great community like this and learn many valuable things everyday from Gil's work.

This collection of short Buddhist teaching stories combines simplicity, gentleness, and wisdom with Gil's own subtle sense of humor. It's a book you can dip into often at any place and find useful insights into ways to approach questions in life with more clarity and grounding in kindness. Even though the stories are nominally Buddhist, like Aesop's fables their appeal and application is universal, and the book makes a great gift for any thinking person. I bought four copies, gave three away!

Normally, I am not big on stories. Normally, they wander too much for my taste. But these stories serve me well as lessons. I will return to them again and again when I need encouragement on the Path.

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