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The author of Mindfulness, Bliss, and Beyond Venerable Ajahn Brahmavamsa Mahathera (known to most as Ajahn Brahm) was born Peter Betts in London, United Kingdom in August 7, 1951. He came from a working-class background, and won a scholarship to study Theoretical Physics at Cambridge University in the late 1960s.

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The following excerpt is from MINDFULNESS, BLISS, AND BEYOND: A Meditator's Handbook by Ajahn Brahm. In this chapter we will cover the four initial stages of meditation. You may wish to go through the initial stages quickly, but be very careful if you do. If you pass through the initial steps too quickly, you may find that the preparatory work has not been completed.

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