



# The Sound of Silence: The Selected Teachings of Ajahn Sumedho

*Ajahn Sumedho, Ajahn Amaro, Aja Sumedho, Aja Amaro*

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The sound of silence is like a subtlety behind everything that you awaken to; you don't notice it if you're seeking the extremes. Yet as we start to become more poised, more present, fully receptive of all this moment has to offer, we start to experience it vividly and listening to it can draw us ever--deeper into the mysteries of now.

Always skillful and good humored, Ajahn Sumedho's teachings defy boundaries. Anyone--from laypeople looking to deepen their grasp of the Buddha's message, to lifetime Buddhist monastics--will appreciate the author's sparkling insights into to such key Buddhist themes as awareness, consciousness, identity, relief from suffering, and mindfulness of the body. *The Sound of Silence* represents the best of Ajahn Sumedho's masterful work to help us all see each life with a new and sustaining clarity.

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