



CONTENTS

1. PEACE OF MIND	1
2. THE THINKER	6
3. THE LAYER OF MIND	10
4. CONCENTRATION	17
5. PERSONALIZATION.....	30
6. CONFIDENCE	34
7. MENTAL STRENGTH	39
8. THE 6 TREASURES	43
9. THE 9 IMPEDIMENTS.....	52
10. SUSTAINED PRACTICE	62
11. PRACTICE PLANNING	68
12. MINDFULNESS.....	79
13. CENTERS OF ATTENTION	85
14. CONCENTRATION OBJECTS	99

15. TOO MUCH TO THINK ABOUT	106
16. BECOMING ONE-POINTED	110
17. THE FRUSTRATION TRAP	117
18. TRAINING THE MIND	119
19. MINDLOCKS FOR SOUND OBJECTS	126
20. MINDLOCKS FOR ALL OBJECTS	135
21. CONCENTRATION EXAMPLES.....	144
22. ENTERING MEDITATION	179
23. CONCLUSION	184
ON COACHING & HEALING.....	186
ABOUT THE AUTHOR	188
THE SAMADHI HANDBOOK	190
ONLINE RESOURCES	194