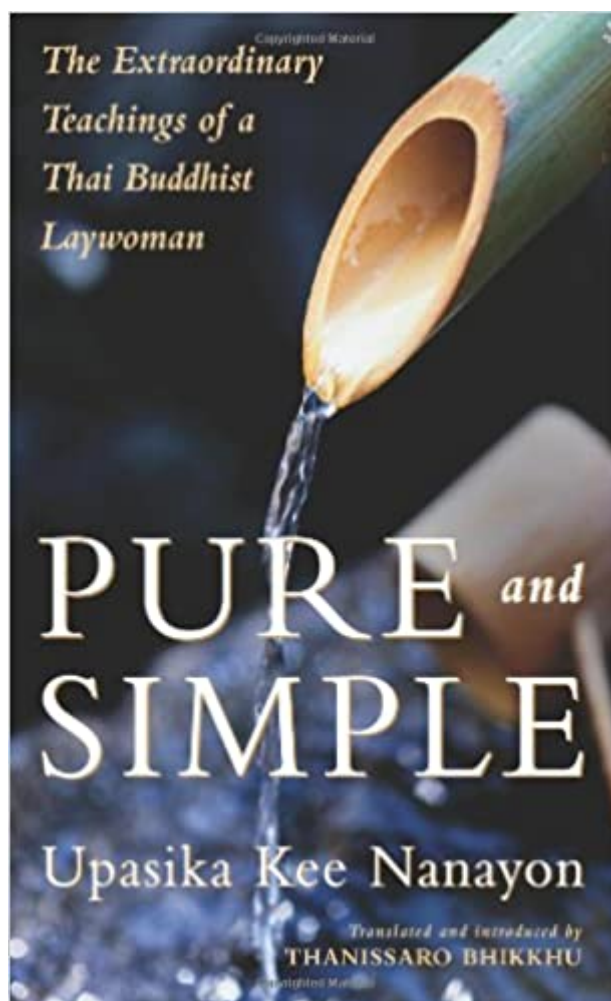


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Pure And Simple: The Extraordinary Teachings Of A Thai Buddhist Laywoman



Synopsis

Upasika Kee was a uniquely powerful spiritual teacher. Evocative of the great Ajahn Chah, her teachings are earthy, refreshingly direct, and hard-hitting. In the twentieth century, she grew to become one of the most famous teachers in Thailand--male or female--all the more remarkable because, rarer still, she was not a monastic but a layperson. Her relentless honesty, along with her encouraging voice, is one reason so many contemporary Buddhist teachers recall Upasika Kee so fondly, and so often. With this book, readers seeking something reminiscent of the classic *Mindfulness in Plain English* can receive instruction on meditation practice as they become acquainted with the legacy of a renowned Buddhist figure. *Pure and Simple*, the first widely-available collection of her writings, will be gratefully received not only by those who knew Upasika Kee, but by anyone who encounters her for the first time in its pages.

Book Information

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Customer Reviews

Upasika Kee (1901-78) was an extremely popular Buddhist teacher in Thailand, starting a retreat center in the hills outside Rajburi that still thrives today. In this rare collection of her writings, Upasika Kee displays relentless honesty in conveying her experience of, and devotion to, Dhamma practice. She says one must be uncompromising in one's dedication to upholding Buddhist precepts. To detach from ego-based thought, to persistently practice meditation and breath work, to tame the "monkey mind," these are the basics, and, in her opinion, the only road to awareness. According to Upasika Kee, without serious practice, one will never stop the suffering caused by the

mental "defilements" that drive us. Readers just learning about Buddhism will find the book thought-provoking, but the real audience will be those already dedicated to Buddhist practice. Interestingly, Upasika Kee was self-taught, learning most of her practice from reading. It seems apropos for this book to be the means for other Buddhist devotees to follow suit. Janet St. John

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"She is described as one of the foremost lay Buddhist teachers of the twentieth century, but many Western readers will be introduced to Upasika Kee Nanayon for the first time in *Pure and Simple*. Born in Thailand at the turn of the century, Upasika Kee gave up the family business in mid-life to found a forest retreat center, where she devoted herself to meditation and study until her death in 1993. Thanissaro Bhikkhu, an American who studied in the Forest Tradition for twenty years in Thailand, is a translator of Pali and Thai and here he turns his adept hand to Upasika Kee. She was a Buddhist from the old school who talked the talk and walked the walk. The book's title neatly summarizes the themes that run through many of these talks: keep it pure by staying away from defilements, and keep it simple by avoiding distractions. That's keeping it real, Upasika Kee-style." (Shambhala Sun)"Upasika Kee teaches from her own experience in a voice that is clear and unwavering. Her devotion to liberation is apparent everywhere on these pages." (Sharon Salzberg, author of *Lovingkindness and Faith*)"Wonderful news! These extraordinary teachings are now available for a wide readership. Upasika Kee presents Buddhadharma in a simple, direct and unadorned way. Profound insights and approaches to practice are delivered with a freshness that seems to be coming right out of her own meditations--right then and there." (Larry Rosenberg, Senior teacher, Cambridge Insight Meditation Center and Insight Meditation Society, and author of *Breath by Breath and Living in the Light of Death*)"Delve deeper into your own spiritual practice with *Pure and Simple*, a translation of the teachings of Upasika Kee Nanayon, a Thai Buddhist laywoman and the foremost woman Dharma teacher of 20th-century Thailand." (Body and Soul)"Upasika Kee broke through to complete inner peace. Here is one woman's universal achievement." (Kate Wheeler, editor of *Nixon Under the Bodhi Tree and Other Works of Buddhist Fiction*)"Upasika Kee is a true 'dharma warrior.' Her teaching is always uncompromising and tough-as-nails. She always speaks the truth no matter what." (Mu Soeng, author of *Trust in Mind and The Diamond Sutra*)

Incredible! The best book on practicing the heart of Buddhism there is. I've read many books from many traditions but this one is just incredible in its clarity in describing and teaching. I always read a

bit of this every day and once I've finished the book I simply begin reading it again. Each paragraph is worth of contemplation and study. If all you had was this one book to learn the path it would be quite enough. Buddha exhorted his followers to practice at all times and this is exactly what he told them to practice. I feel so lucky to have come across this wonderful book. Every Buddhist should read and study this!

Upasika Kee Nanayon was an excellent teacher. Without higher ordination available to her, she nonetheless dedicated her life to the Dhamma Vinaya and through her persevering effort can point others along the same path. This book is a Dhamma gem of lucid accessible brilliance. Clear and easy to understand, it is for those who are ready to work on disciplining the mind and purifying the heart. It offers practical insight on the workings of the mind in a personable relevant way. There is no theory, no abstract principles, only the distillation of the practice in "pure and simple" language. Very similar to Ajahn Chah's style of teaching. Though it is easy to understand even for beginners, the teaching provides for advanced practice in training the mind for on the cushion and off.

Just superb in its teaching of meditation and mindfulness, the best I have read in her tradition. The extreme effectiveness of her approach is incredible. She is fun to read and pithy as hell. Just a great teacher. Life changing.

The name says it all. There's nothing extra. The style is stern & direct. Emphasis is on the reader's willingness to practice-get actually serious & practice in the manner outlined. If you want to bump your meditation practice forward, try at least a kindle sample. I read a great deal but this is the 1st book I felt motivated to do a review.

Clear and simply written. Very good! It is a book that one can return to over and over again - like a good text.

Upasika Kee Nanayon reminds me of Ajahn Chah. Consider that a complement. Nanayon was not a Nun, but her teachings suggest suggest she was "aware".

It seemed like Upasika Kee Nanayon was talking directly to me. She cut's right to the heart of the matter. The title perfectly describes her style.

wonderful teaching in simple, direct language. it's particularly nice to see yet another buddhist woman rise to literary/spiritual prominence.

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