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how Dinty Moore went looking for the faith he'd lost in what might seem the most unlikely of places: the ancient Eastern tradition of Buddhism. Moore demystifies and explains the contradictions and concepts of this most mystic-seeming of religious traditions.

**The Accidental  
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Both a lively  
introduction to this  
Eastern spiritual  
tradition and a colorful  
portrait of American  
society, The Accidental  
Buddhist “makes the  
oftentimes  
impenetrable concepts  
of Buddhism accessible

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Buddhist  
to the reader and  
contains striking, and  
important, parallels  
and contrasts between  
[the author's] own  
Catholic upbringing  
and ancient Buddhist  
traditions" (Library  
Journal).

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Sitting Still Hardcover -  
Jan. 10 1997 by Dinty  
W. Moore (Author) 4.6  
out of 5 stars 60  
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## **9780385492676: The Accidental Buddhist: Mindfulness ...**

Former CMS missionary  
Rolf Lepelaar reviews  
The Accidental  
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enlightenment and

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sitting still, American style. Rolf served with his wife, Bonnie, in Cambodia for more than 10 years. Of all the books I have read on Buddhism, The Accidental Buddhist by Dinty Moore is the most helpful book for understanding the mindset of Westerners attracted to Buddhism.

**Review: The  
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**The Accidental  
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a “blessedly down-to-  
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(Rodger...

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they relate to your  
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Can agnostics and  
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In No-Nonsense  
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## **The Accidental Buddhist: Mindfulness, Enlightenment, and ...**

The Sanskrit word for meditation, bhavana, means "mental culture," and all forms of Buddhist meditation involve mindfulness. In particular, shamatha("peaceful dwelling") meditation



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Buddhist  
develops mindfulness;  
people sitting in  
shamatha train  
themselves to stay  
alert to the present  
moment, observing  
and then releasing  
thoughts instead of  
chasing them.

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