



The Quiet Mind

John E. Coleman

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The Quiet Mind John E. Coleman

A fascinating, engaging, and unique memoir, this story covers John Coleman's life after his cover is blown as a CIA agent in Asia in the late 1950s, leading him to embark on a vigorous pursuit of spiritual truth. In his travels through India, Burma, Japan, and Thailand, he encounters luminous teachers such as Krishnamurti, Maharishi, and D.T. Suzuki. Ultimately, his search for peace of mind and liberating insights comes to fruition in Yangon-also known as Rangoon-under the tutelage of the great Vipassana meditation master Sayagyi U Ba Khin.

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