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Shaila Catherine. Shaila Catherine has been practicing meditation since 1980, with more than eight years of accumulated silent retreat experience. She has taught insight meditation since 1996 in the U.S. and internationally. Shaila has dedicated several years to studying with masters in India, Nepal and Thailand, completed a one-year intensive meditation retreat with the focus on concentration and jhana, and authored Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and ...