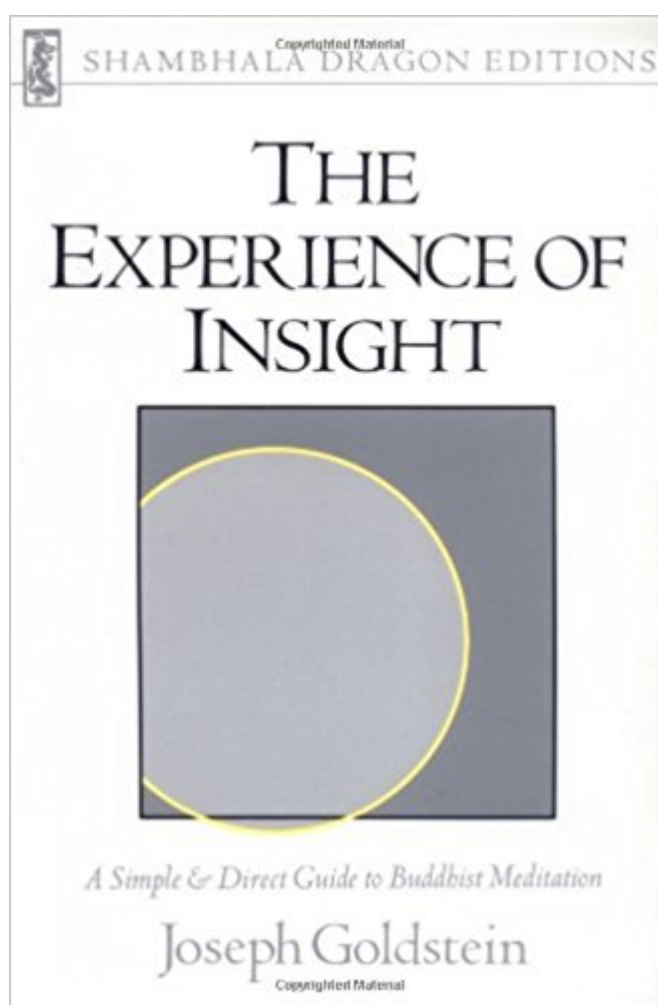


The book was found

The Experience Of Insight: A Simple And Direct Guide To Buddhist Meditation (Shambhala Dragon Editions)



Synopsis

Here is a modern classic of unusually clear, practical instruction for the practice of Buddhist meditation: sitting and walking meditation, how one relates with the breath, feelings, thought, sense perceptions, consciousness, and everyday activities. Basic Buddhist topics such as the nature of karma, the four noble truths, the factors of enlightenment, dependent origination, and devotion are discussed.

Book Information

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A modern classic of instruction for the practice of Buddhist meditation.

This book, written 36 years ago, stands as one of the freshest takes I've encountered for some time on subjects that are core to the Buddhist experience. I will re-read this one often, putting it on the shelf where I keep my classics. Goldstein writes with such a non assuming voice, retaining as he

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Excellent book - I learn a lot from this book.

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If you're looking to really pay attention to your entire life. This book is for you.

Excellent and succinct introduction to Buddhist meditation. Indeed, a good general introduction to meditation.

Book changed my life. I've read this a few times now.

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