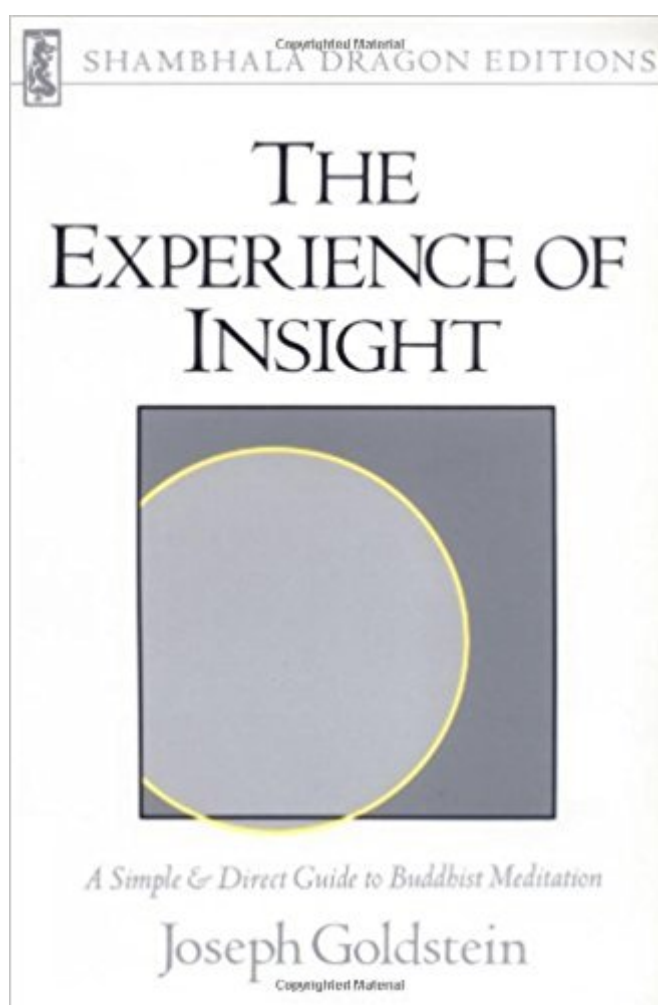


The book was found

# 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

Series: Shambhala Dragon Editions

Paperback: 192 pages

Publisher: Shambhala; Reissue edition (June 12, 1987)

Language: English

ISBN-10: 0877732264

ISBN-13: 978-0877732266

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 34 customer reviews

Best Sellers Rank: #162,837 in Books (See Top 100 in Books) #60 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Theravada](#) #238 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice](#) #1164 in [Books > Health, Fitness & Dieting > Alternative Medicine > Meditation](#)

## Customer Reviews

"This attractive volume is in the tradition of Krishnamurti's books and various classics like *The Three Pillars of Zen* in its strength, clarity, and simplicity." [—â•Brain Mind Bulletin](#) "The Experience of Insight comes about as close to delivering the promise of its title as any written material can."

[—â•East West Journal](#) "A broad-minded, open-handed invitation to come and experience for oneself the everchanging nature of mind and body." [—â•New Age](#)

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

does here that inquisitive state of mind that so intrigued me when I was in college. He's so accessible as a person when he writes, having that gift that makes the reader want to call him up with yet another question. I felt so present at the retreat he records here because of the unique way he expresses himself. Hes clearly a guy who should pick up the pen and give us some more.

Excellent book - I learn a lot from this book.

Good for all levels of meditators, this book is clear, challenging, and compassionate.

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.

excellent!

tops

[Download to continue reading...](#)

The Experience of Insight: A Simple and Direct Guide to Buddhist Meditation (Shambhala Dragon Editions) Dragon NaturallySpeaking: Dragon NaturallySpeaking Essentials, Dragon NaturallySpeaking Basics, Dragon NaturallySpeaking for Beginners, Dragon NaturallySpeaking ... Commands You Need to Know, Dragon Maste No B.S. Direct Marketing: The Ultimate No Holds Barred Kick Butt Take No Prisoners Direct Marketing for Non-Direct Marketing Businesses The Way of White Clouds: A Buddhist Pilgrim in Tibet (Shambhala Dragon Editions) Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Dragon-Born: The Dragon-Born Saga Books 1-3, Half-Blood Dragon, Magic-Born Dragon, Queen of the Dragons Photo Book of Buddhist Holy Places: (Buddhist pilgrimage sites ) (Pictures of ancient Buddhist temples, stupas, shrines and monasteries) (buddha, asian, ... monastery, southeast, east, pilgrimage) A Flash of Lightning in the Dark of Night: A Guide to the Bodhisattva's Way of Life (Shambhala Dragon Editions) Insight Guides: Experience Shanghai (Insight Experience Guides) Insight Guides: Experience London

(Insight Experience Guides) The Mysticism of Sound and Music: The Sufi Teaching of Hazrat Inayat Khan (Shambhala Dragon Editions) The Mysticism of Sound and Music (Shambhala Dragon Editions) by Khan, Hazrat Inayat Revised 1st (first) Shamb Edition (1996) Rumi's World: The Life and Works of the Greatest Sufi Poet (Shambhala dragon editions) Seeking the Heart of Wisdom: The Path of Insight Meditation (Shambhala Classics) Insight Meditation: A Psychology of Freedom (Shambhala Classics) Breath by Breath: The Liberating Practice of Insight Meditation (Shambhala Classics) Tao of Organization: The I Ching for Group Dynamics (Shambhala Dragon Editions) The Sutra of Hui-neng, Grand Master of Zen: With Hui-neng's Commentary on the Diamond Sutra (Shambhala Dragon Editions) The Heart of Awareness: A Translation of the Ashtavakra Gita (Shambhala Dragon Editions) Buddhist Quotes: Meditation, Happiness, Inner Peace.: Spirituality and Buddhism: Bouddha, Zen, Thich Nhat Hanh, DalaÃfÂ -LamaÃçâ -Â| (Buddhism, Bouddha, Buddhist ... & Spirituality, DalaÃfÂ Lama, Zen. Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)