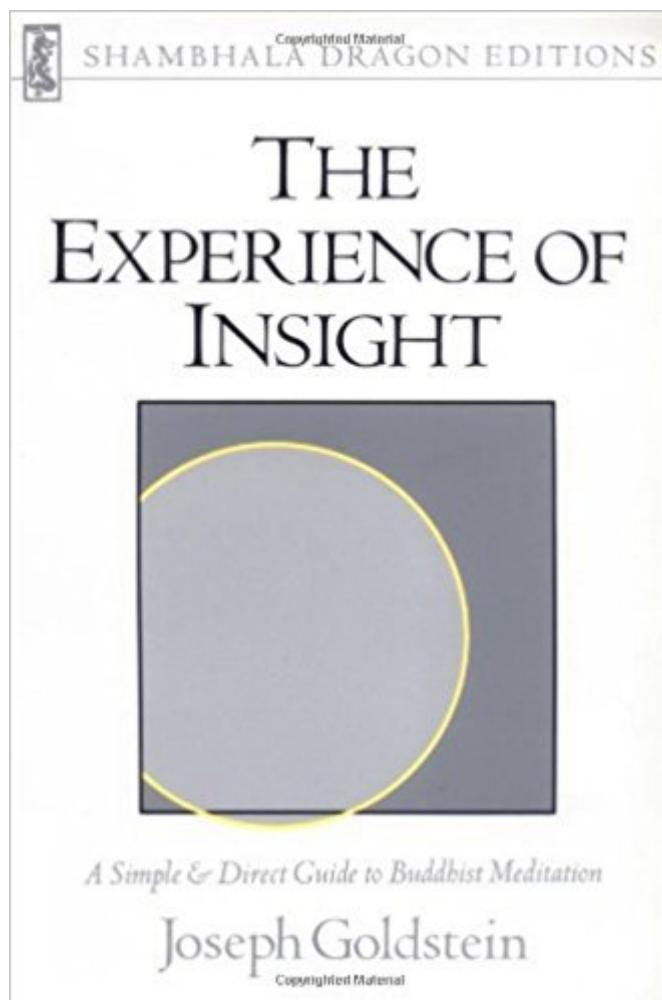


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The Experience Of Insight: A Simple And Direct Guide To Buddhist Meditation (Shambhala Dragon Editions)



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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"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." *• Brain Mind Bulletin* "The Experience of Insight comes about as close to delivering the promise of its title as any written material can." *• East West Journal* "A broad-minded, open-handed invitation to come and experience for oneself the everchanging nature of mind and body." *• 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. He's 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!

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