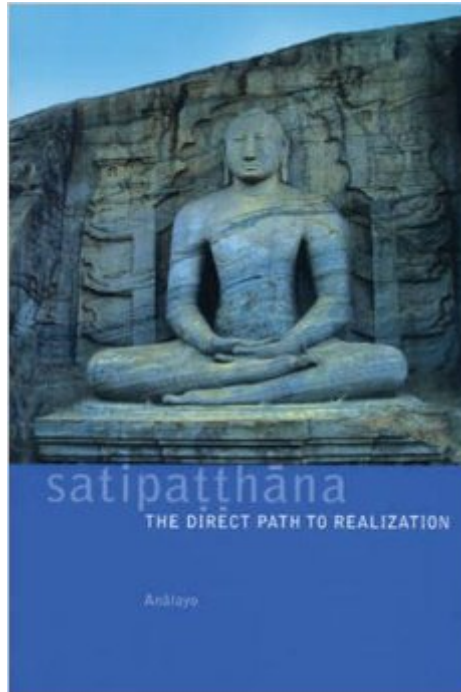


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# Satipaā<sup>1</sup>-ā<sup>1</sup>-hÄ<sup>na</sup>: The Direct Path To Realization



## Synopsis

• Surely destined to become the classic commentary on the Satipatthana • "Christopher Titmuss Now in its second printing!

## Book Information

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## Customer Reviews

The form of meditation discussed in this work is generally known these days as 'mindfulness' meditation, or in other circles (e.g., the Goenka crowd) as 'vipassana' (often translated 'Insight' meditation). Analayo has written a wonderful treatise on this ancient form of Buddhist (or perhaps pre-Buddhist, as you'll see) form of practice. But to avoid disappointment, you must know what this book is and is not. It is not really a practice manual in any strict sense, although of course many practical insights can be gleaned from its pages. It is not something most people will ever finish reading through, although it is very worth reading. It is not written for the casual reader of popular books on Buddhism, though I feel it is essential for anyone who wants a deep understanding of early Buddhist meditation and philosophy. What this book is (in my estimation): a highly detailed, densely academic discussion of meditation as viewed by the earliest Buddhist practitioners (the sources cited are almost exclusively from the Pali cannon) and/or the Buddha himself, to the extent that you consider the Pali sutras an accurate rendition of his teachings. Certainly there are modern meditation teachers' thoughts thrown in as well, and even citations of relatively recent neuroscientific work on meditation, but by and large this seems to be Buddhist meditation from the orthodox perspective. There is nothing wrong with that at all, and I found it a very eye-opening read, if a rather long haul. The discussions are quite dense and the distinctions made, subtle; what I

ended up doing was reading 10-15 pages of this book each morning after meditating and with a cup of tea.

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