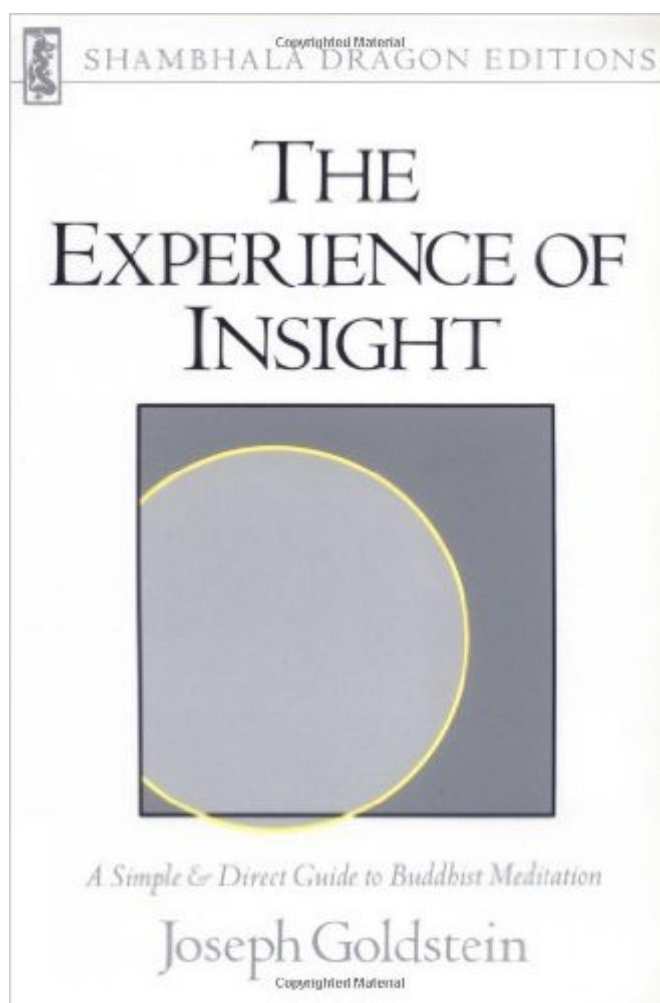


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# The Experience Of Insight: A Simple And Direct Guide To Buddhist Meditation (Shambhala Dragon Editions)



## 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

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 [See all reviews](#) (28 customer reviews)

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## Customer Reviews

I picked up this book in hopes of becoming more acclimated with Insight (or Vipassana) meditation. The format is unique in that it is excerpts from speeches given by Mr. Goldstein during a 30 day meditation retreat. Each "chapter" is a different topic, some consisting of a page or two (usually the morning talks) while others span upwards of 10 pages. I liked this format because it felt a little like reading a daily journal. You can follow along, reading a passage in the morning, then one in the evening or whatever pace you choose. One aspect that I really liked was the question and answer section at the end of each evening talk. Many of the questions that I had after reading the passage were brought up and explained in these sections. The topics chosen by Mr. Goldstein are basic but interesting. The author has a great skill of bringing in outside sources to help clarify and reinforce the ideas that are being expressed. Whether it be Taoism, Japanese Zen, or Tibetan Buddhism, Goldstein shows how closely the hearts of these teachings resemble each other. He also takes time

to show that the different schools of Buddhism are just different ways of looking at the same thing or, as he puts it, different fingers pointing to the same moon. To become pre-occupied with the finger is to miss the main point. As for actual instruction on sitting meditation, this book covers some things lightly but doesn't get into a lot of depth on it. He talks briefly about the common "Mindfulness of Breathing" meditation (along with some small variations on it) and also meta bhavana (lovingkindness) meditation. As far as this aspect of the book goes, I still prefer Pramanada's meditation guide, "Change Your Mind," to this one because of its detail.

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