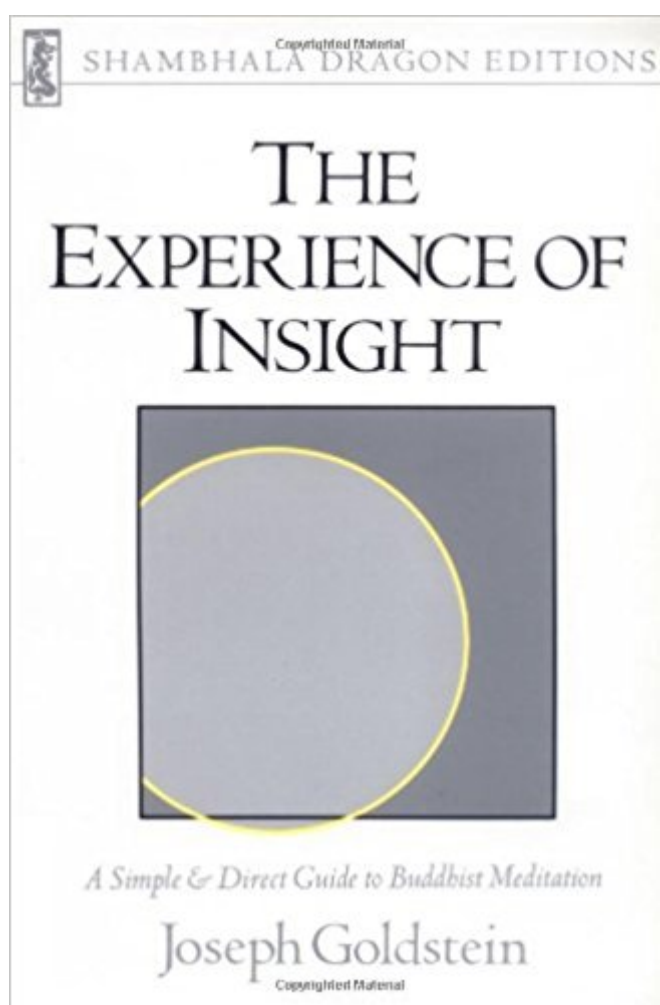


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The Experience Of Insight: A Simple And Direct Guide To Buddhist Meditation (Shambhala Dragon Editions)



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

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Excellent book - I learn a lot from this book.

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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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