

The Art of Living: Vipassana Meditation as Taught by S.N. Goenka William Hart 2011

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The Art of Living " Vipassana means "insight" in the ancient Pali language of India. It is the essence of the teaching of the Buddha, the actual experience of the truths of which he spoke. The Buddha himself attained that experience by the practice of meditation, and therefore meditation is what he primarily taught. His words are records of his experiences in meditation, as well as detailed instructions on how to practice in order to reach the goal he had attained, the experience of truth. This is widely accepted, by the problem remains of how to understand and follow the instructions given by In 1969 Mr. Goenka was authorized as a teacher of Vipassana meditation by U Ba Khin. In that year he came to India and began teaching Vipassana there, reintroducing this technique into the land of its origin. In a country still sharply divided by caste and religion, Mr. Goenka's courses have attracted thousands of people of every background. Thousands of Westerners have also participated in Vipassana courses, attracted by the practical nature of the technique. One method of exploring the inner world is Vipassana meditation as taught by S. N. Goenka. This is a practical way to examine the reality of one's own body and mind, to uncover and solve whatever problems lie hidden there, to develop unused potential, and to channel it for one's own good and the good of others. His book, The Art of Living, has been translated into more than 15 languages. The Art of Meditation: Achieving Peace through the Vipassana Technique is another famous book of his. - -This text refers to the paperback edition. From the Back Cover. Vipassana-bhavana, 'the development of insight, ' embodies the essence of the teaching of the Buddha. As taught by S. N. Goenka, this path to self-awareness is extraordinary in its simplicity, its lack of dogma and, above all, its results. The Vipassana technique can be successfully applied by anyone. - -This text refers to an alternate kind Vipassana Meditation as Taught by S.N. Goenka. VIPASSANA PRODUCTS. While the main emphasis in Vipassana meditation as taught by S.N. Goenka is on actual practice, this product may provide inspiration and guidance to a Vipassana meditator. We also carry titles from the Theravada tradition, as we feel that by exploring the wider world of the Theravada texts, which include the Buddha's discourses, commentaries, and scholarly articles and treatises, meditators have an opportunity to deepen their understanding of the Dhamma and thereby enrich their meditation practice. Although I've also benefited from reading the Tibetan book of living and dying prior, "art of living" puts ideals in simpler terms; the content is easier to absorb and put into practice.