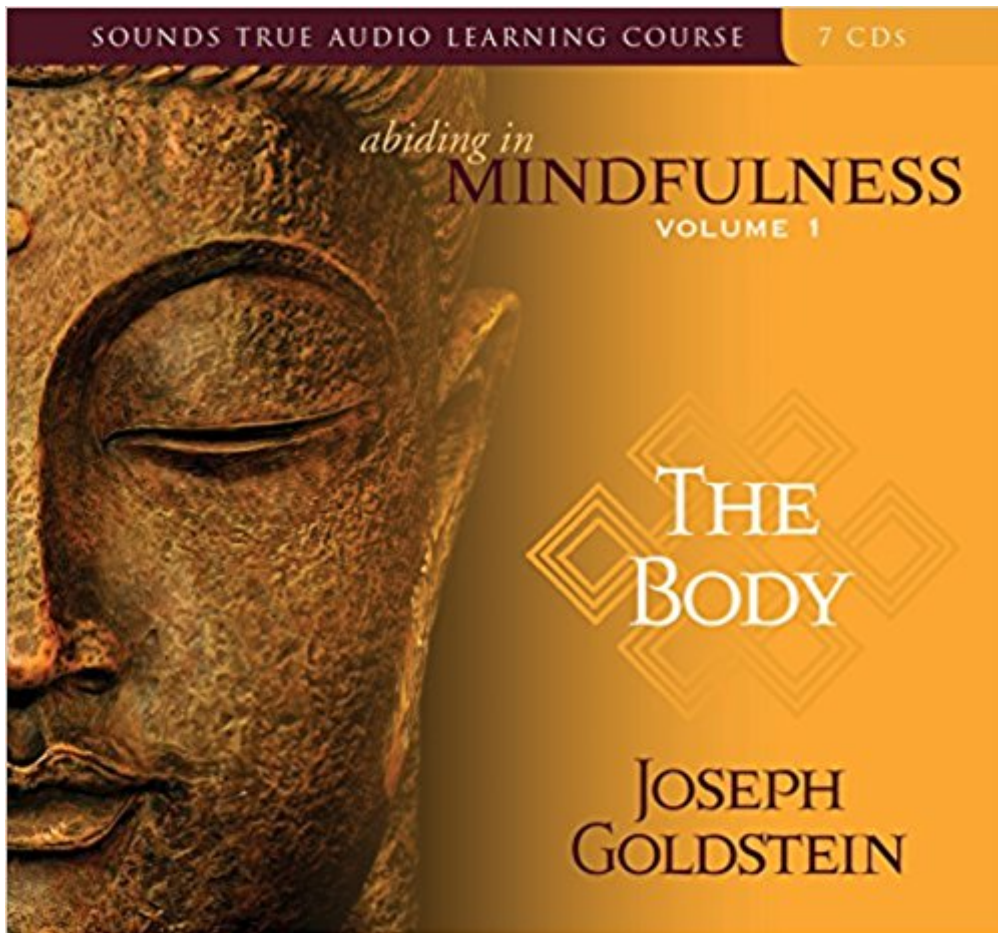


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# Abiding In Mindfulness: The Body (v. 1)



## Synopsis

Western Buddhists are coming of age, and eager for advanced teachings aimed at serious practitioners. There are few more qualified to offer such training than Joseph Goldstein, one of the West's foremost teachers of insight meditation for over thirty years. Now, this pre-eminent voice presents *Abiding in Mindfulness*, an in-depth course on the Satipatthana Sutta. Considered the core of Buddha's teachings, this vital discourse elucidates the four foundations of mindfulness meditation-the "direct path to awakening." On volumes one and two of these teachings-originally recorded live at the Forest Refuge in Massachusetts-listeners join Joseph Goldstein to explore:- The comprehensive structure of this seemingly simple teaching- A detailed investigation of how different meditation practices lead to realization- The Buddhist approach to engaging with the body: from progressive instruction on being with the breath to deconstruction of body concepts through awareness of the elements After more than thirty-five years studying and practicing this essential text, Joseph Goldstein concludes that the seeds of all the Buddha's teachings are contained within the Satipatthana Sutta. "When you open any one door into the dharma, it leads to all the rest," he explains. Targeted for experienced practitioners, yet accessible to those new to Buddhism, *Abiding in Mindfulness* offers more than twelve hours of insights and meditations for immersing oneself in this perennial jewel of Buddhist wisdom.

## Book Information

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## Customer Reviews

Joseph Goldstein co-founded the Insight Meditation Society in Barre, Massachusetts. His books

include *The Experience of Insight* (Shambhala, 1987), *Insight Meditation* (Shambhala, 2003), and *One Dharma: The Emerging Western Buddhism* (HarperSanFrancisco, 2002). He teaches internationally and resides in Massachusetts.

No one that I know of illuminates the heart of Vipassana Buddhism as clearly and thoroughly as Joseph Goldstein. This series of talks, and there are many (see vol. II and vol. III), are at once thorough and engaging. This series is not for the beginner, unless the beginner is uncommonly persistent in her (his) intention to awaken. He opens the gate.

Joseph Goldstein's *Abiding in Mindfulness: The Body* has created an excellent compilation of the Dhamma. I highly recommend this CD collection to anyone who is seriously contemplating on learning the fundamentals necessary for overcoming the hindrances and how to meditate mindfully. I really look forward to more products from Joseph. Joseph, "Please keep making more Dhamma books and CDs."

There's a significant amnt of depth to the material. I've listened to each CD numerous times and every time something new resonates. Thank you!

Joseph Goldstein's clarity of mind and warmth of heart make this set of c/d's the finest home teaching for Theravadan Buddhists.

I can't praise this collection of talks (all 3 volumes together) given over a period of years at "The Forest Retreat", highly enough. It is definitely for more advanced students, but if the beginner has the (what I see as) appropriate outlook that it will take years of study, practice and contemplation and reading/listening to lots of books/teachings repeatedly to really begin to understand and integrate what Buddhism has to offer, then the beginner could benefit from listening to them over and over, over a period of years. By then they will maybe be more advanced beginners! Joseph Goldstein has given us the gift of a practical down to earth, thoughtful and detailed commentary on the Buddha's foundational sutra on the four foundations of mindfulness, closely following the scholarly commentary on this sutra by Analayo, "*Satipatthana: The Direct Path To Realization*". I have had this Analayo book for four years and never could read more than a small portion of it, as it was too dry and scholarly for me. I read the translation of the Buddha's sutra, but couldn't usefully unpack it on my own. Now, after listening to Goldstein's talks a few times I find myself referring to

Analayo's book (one small piece at a time) and I now find it is a very rich source of contemplation and it helps me to make use of these methods in my daily life in a way I really appreciate. In other words, Goldstein's talks made Analayo's commentary on the Buddha's sutra more accessible to me, and hence the Buddha's sutra is now more accessible to me. This has deepened my practice and brought it into my daily life in a way I am delighted with. I fully expect to continue to gain more benefit from this sutra for years to come. There is enough material here for a lifetime of practice. (This is not to say that I won't also be reading, practicing and listening to multiple other teachings as well.) Thank you Joseph Goldstein.

I truly appreciated this audio CD with the wealth of practice hints it provided. However, unless one is familiar with the basics of Insight (Vipassana) meditation, this selection could be disappointing. It does not provide basic instructions for meditation techniques such as posture, mindfulness of breathing, etc. If you have had some meditation experience in the Insight practice, you will appreciate the AHA! moments you'll have when listening to these lectures and connecting your own meditation experiences with Goldstein's explanations. This is a collection I will use as reference for a long time!

Buddhism bliss.

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