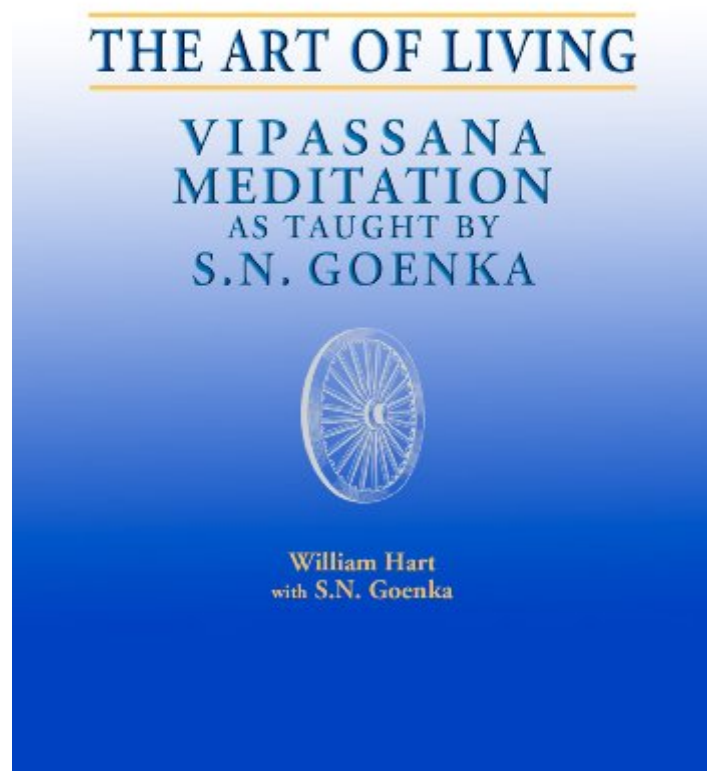




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# The Art Of Living: Vipassana Meditation As Taught By S. N. Goenka



## Synopsis

A full-length study of the teaching of S. N. Goenka, prepared under his guidance and with his approval. Useful for meditators and non-meditators alike. This was the first book to appear in English that accurately describes the practice of Vipassana at length for the general reader. It includes stories by Goenkaji as well as answers to students' questions that convey a vivid sense of his teaching.

## Book Information

File Size: 474 KB

Print Length: 178 pages

Publisher: Pariyatti (November 15, 2011)

Publication Date: November 15, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B0069CJMG6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #49,831 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5 in Kindle Store > Kindle eBooks > Religion & Spirituality > Buddhism > Theravada #12 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Theravada #63 in Kindle Store > Kindle eBooks > Religion & Spirituality > New Age > Meditation

## Customer Reviews

I bought the audio and have listened many times. Then I bought the book so I can highlight it. It has helped me understand why we should meditate, why we suffer and the cause of suffering. The lessons were easy to understand, very interesting and the reader has a good voice. Some audio books can become boring, my mind wanders and I never finish them. I highly recommended this book.

I am glad I selected this book, pure and simple. I got a great deal from the material, and I especially

appreciated the questions and answers at the end of each section. The book explains the purpose of this form of meditation in a way that is simultaneously "no-nonsense" and deeply compassionate.

Okay book, interesting read I suppose (I like how it is broken down into the 10 days). But I'm not a fan of the method and his rambling. The short stories with each chapter are much more enjoyable than his teaching. Would not give or recommend to a friend, many better books out there in my opinion.

Reading this book I already felt the extra air and space awaiting me and granting me degrees of freedom and bliss. The book not only speaks in clichés and general slogans. It goes into everyday examples and raises the questions we are usually ashamed to ask. And, of course, answers them.

This book will open your eyes to true happiness! It briefly teaches about Vipassana Meditation and its benefits. Although it's helpful, it's really only a glimpse of what you need to do. It will get the stone rolling. I recommend this book to anyone and everyone. Especially if you're in a dark place, it will help you greatly.

News of this slim volume was delivered to me by one of my closest friends who also happens to teach Buddhism. Since we exchange books and information, and it always seems to come from my direction, his recommendation of this book was something to be taken seriously. He was so absorbed in its contents and direction that he undertook the 10-day Vipassana Meditation retreat that students of S.N. Goenka offer. While he was on his retreat, I read the book and was immediately taken by its clear, practical approach to what is considered Buddha's original prescription for meditation and ultimately reaching nirvana. Upon my friend's return (he hadn't changed all that much) and his relaying to me the details of the place and course, I resolved to take the Vipassana training myself. I applied and was accepted. Needless to say, those closest to you will not look on this adventure with the same enthusiasm as you. It really reflects Buddha's Second Noble Truth: that ignorance causes suffering. So I recommend that all involved immerse themselves in the great goal and opportunity for self-growth that Vipassana offers. This book and the practice will change your life (and those around you) for the better.

This is a great beginner's introduction to Vipassana meditation. Goenke presents a straightforward traditional form of Buddhism that may seem somewhat strict and by the book, but the essential

points are right on. As a practitioner of Vipassana, I appreciated this read.

Been practicing Vipassana since 2005 and i read this a long time ago and had bought it for someone. The book is okay to wet your curiosity about vipassana, but after that, you really need to attend a 10-day course to understand it's potential at all. The courses are donation based, so no need feel obligated to pay more than you can afford. Spend 10 days studying your mind and body, in what better way can you spend 10 days of your life??

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