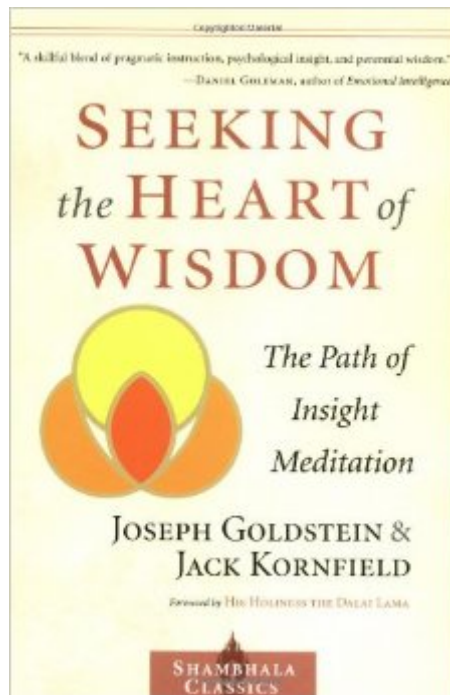


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# Seeking The Heart Of Wisdom: The Path Of Insight Meditation (Shambhala Classics)



## Synopsis

In *Seeking the Heart of Wisdom* Goldstein and Kornfield present the central teachings and practices of insight meditation in a clear and personal language. The path of insight meditation is a journey of understanding our bodies, our minds, and our lives, of seeing clearly the true nature of experience. The authors guide the reader in developing the openness and compassion that are at the heart of this spiritual practice. For those already treading the path, as well as those just starting out, this book will be a welcome companion along the way. Among the topics covered are:

• The hindrances to meditation "ranging from doubt and fear to painful knees" and skillful means of overcoming them

• How compassion can arise in response to the suffering we see in our own lives and in the world

• How to integrate a life of responsible action and service with a meditative life based on nonattachment

Useful exercises are presented alongside the teachings to help readers deepen their understanding of the subjects.

## Book Information

Series: Shambhala Classics

Paperback: 216 pages

Publisher: Shambhala; Reprint edition (March 6, 2001)

Language: English

ISBN-10: 157062805X

ISBN-13: 978-1570628054

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (31 customer reviews)

Best Sellers Rank: #59,846 in Books (See Top 100 in Books) #10 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Dalai Lama](#) #17 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Theravada](#) #86 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice](#)

## Customer Reviews

I've read many books recently on Buddhism and meditation. I find quite a few of them hard to read; there are many sayings like, "it is your breath, but it is not your breath" that I try very much to wrap my head but never quite do. This book is much more straight forward for a western reader. I found it very easy to read and follow. It covers a lot, and I will probably have to reread chapters after I've done more zazen sitting, but it really is accessible and well written. If you are looking for a

beginner's guide to Buddhist principals and teaching and want to start sitting meditation in a meaningful way, this is the book for you.

I picked up the pocket version of this book one day and happened to open to the page which talks about the accumulation of material items and the transitory happiness it brings -- how once the novelty of the item has worn off we go about buying more things-- all in the hopes of stimulating that "happiness" response. Boy did that hit the nail on the head!! I had to get the full length version and it has been very enlightening. A definite must for anyone who is at a point in their life where they are questioning their purpose, their "path" and want to know what to do to effect change. I loved it!!!

This book kicked off meditation for me. It is easy to follow and offers lots of helpful guidance to deepening your meditation and bringing more meaning to life. One of those books I go back to when I need help centering.

I love the simple and direct understanding the authors impart as to how to begin Vipassana, the core elements and components. This seems like a training manual, for those of us who cannot attend a training seminar. I really appreciate the deepening of my understanding in just the first few pages. Mindfulness has made a huge difference in the way I see my own life and how I work with clients in psychotherapy. I highly recommend this book, and anything by Jack Kornfield.

I was very impressed with the authors' ability to address concerns that I have had with meditation in the past: specifically, that meditation often sounds like an escape from reality, or a numbing mechanism that shields one from reality. The authors speak from a depth of experience when they explain that meditation is like "learning to surf": there will always be waves in life, and insight meditation provides a method of learning to "surf" those waves and remain standing. The authors admit that a successful meditation practice doesn't get rid of the problems inherent in day-to-day living. It simply equips us with the means to deal with problems as they arise in the moment.[Koratoseeworld.googlepages.com](http://Koratoseeworld.googlepages.com)

This is an insightful book. I am drawn to eastern philosophy. I love the quiet thoughtfulness that this book illuminates for the reader. Just reading it would make me feel peace. I loved it. Terri Jo Lorz

This book is true to its title~ The authors truly seek the heart of wisdom by skillfully blending

Buddhist teachings on insight meditation practice with conventional knowledge, without losing authenticity. The book is extremely informative and instructive for beginners. For those who are attracted to this practice, but still are not convinced enough to actually sit and accept this practice (looking for rationale), this book is very convincing through its highly eloquent, balanced, pragmatic, and wise voice... And if you are already practicing then this book further motivates you to work through various hindrances and stick to this practice. How I see it, anyone with an open and receptive heart will absorb the wisdom of the words here and be encouraged to develop and expand their own practice.

well-written, I liked the collaboration and different pearls of wisdom from the two authors. A very helpful book for understanding the full implications of karma and the Four Noble Truths of the Buddha.

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