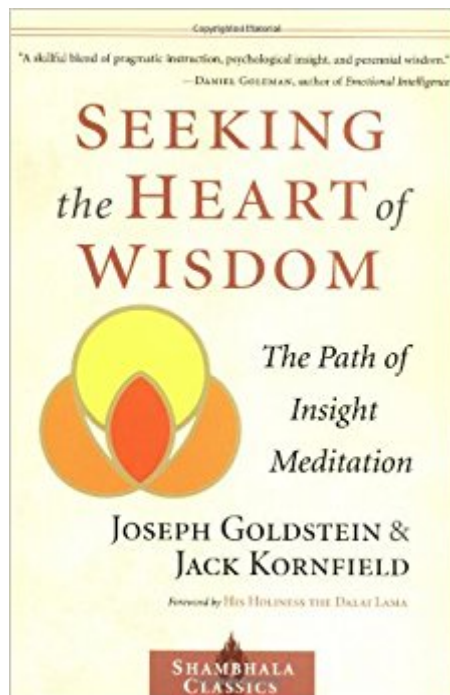




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# Seeking The Heart Of Wisdom: The Path Of Insight Meditation (Shambhala Classics)



## 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

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## Customer Reviews

This seminal work by Goldstein and Kornfield, cofounders of the Insight Meditation Center in Barre, MA, discusses the development of Theravada in its unique American form. Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

"A thorough, illuminating, and practical overview of insight meditation. . . . This classic text is a rich source of Buddhist wisdom and practice." – •Spirituality & Health "For those who are already treading the path as well as those who are just setting out, *Seeking the Heart of Wisdom* will be a welcome companion along the way." – •The Middle Way "It succeeds excellently. Brilliantly, one would say, were it not that the simplicity and total unpretentiousness of the authors are so far removed from any striving for brilliance or effect. Goldstein and Kornfield are totally concerned with one thing only: to convey as straightforwardly as possible the essence of the Buddha's message." – •Buddhist Studies Review "A skillful blend of pragmatic instruction, psychological insight, and perennial wisdom." – •Daniel Goleman, author of *Emotional Intelligence*

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.

A book for novice and seasoned meditators alike. Both Goldstein and Kornfield contribute their expertise and experience with clear, concise instructions and exercises to guide students on The Path. The advice is sensible and reasonable, and I've read and later reread this book. In return, I have received hope and support for my life. This book has been my bible since the late 1990's.

A great book for me as a beginning meditator. Almost a reference manual on meditation. Not "how to" but historical context and the "why" and "goals" of meditation. Answered questions that I have had about meditation. A book worth keeping for a reference tool.

Fantastic book. It's my second time through the book. Now that I've spent more time in meditation and mindfulness it means twice as much as the first read.

Good overview of Insight meditation, it provides an important explanation of Theravada Buddhism by entering into a path of Buddhist precepts and truths.

I am enjoying this informative and insightful read. Helpful tools for utilizing meditation and breaking down my concerns and doubts. Recommend this book to anyone interested in mindfulness and

compassion for others and self. I will be purchasing more for gifts! Metta

A classic by these two authors. They take complex Buddhist teachings and make them accessible for everyday life

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.

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