



The Experience of Insight: A Simple and Direct Guide to Buddhist Meditation (Shambhala Dragon Editions)

Joseph Goldstein

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Here is a modern classic of unusually clear, practical instruction for the practice of Buddhist meditation: sitting and walking meditation, how one relates with the breath, feelings, thought, sense perceptions, consciousness, and everyday activities. Basic Buddhist topics such as the nature of karma, the four noble truths, the factors of enlightenment, dependent origination, and devotion are discussed.

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