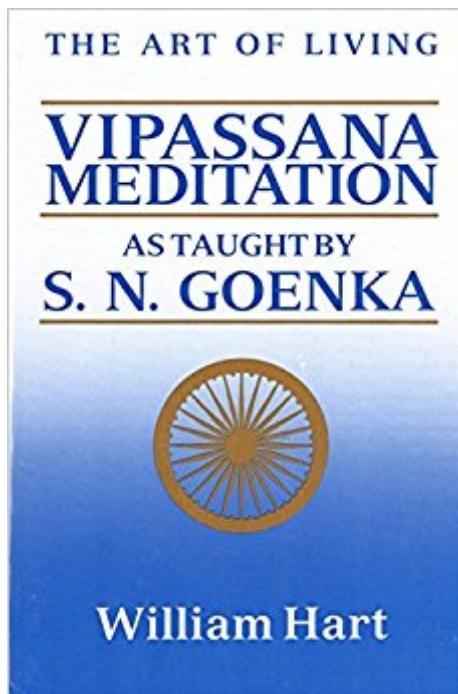


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# The Art Of Living: Vipassana Meditation



## **Synopsis**

The Ancient Meditation Technique that Brings Real Peace of MindVipassand-bhavand, "the development of insight," embodies the essence of the teaching of the Buddha. As taught by S. N. Goenka, this path to self-awareness is extraordinary in its simplicity, its lack of dogma and, above all, its results. The Vipassana technique can be successfully applied by anyone. Based on the lectures and writings of S. N. Goenka--and prepared under his direct guidance--The Art of Living shows how this technique can be used to solve problems, develop unused potential, and lead a peaceful, productive life. It includes stories by S. N. Goenka, as well as answers to students' questions, that convey a vivid sense of his teaching. S. N. Goenka's Vipassana courses have attracted thousands of people of every background. Unique among teachers of meditation, Goenka is a retired industrialist and former leader of the Indian Community in Burma. Although a layman, his teaching has won the approval of senior Buddhist monks in Burma, India, and Sri Lanka, a number of whom have taken courses under his guidance. Despite his magnetism, he has no wish to be a "guru" --instead he teaches self-responsibility. This is the first systematic study of his teachings to appear in English.

## **Book Information**

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## **Customer Reviews**

Unlocks the Vipassana technique--"the development of insight"--that embodies the essence of the teaching of the Buddha, revealing an extraordinarily simple and effective path to self-awareness.

Vipassana-bhavana, 'the development of insight,' embodies the essence of the teaching of the Buddha. As taught by S. N. Goenka, this path to self-awareness is extraordinary in its simplicity, its lack of dogma and, above all, its results. The Vipassana technique can be successfully applied by anyone.

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 cliches 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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