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Mindfulness: A Practical Guide to Awakening by Goldstein, Joseph (2013) Hardcover

Joseph Goldstein

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Mindfulness: A Practical Guide to Awakening by Goldstein, Joseph (2013) Hardcover Joseph Goldstein Joseph Goldstein has studied and taught insight meditation and Buddhist practices for almost 50 years; Mindfulness: A Practical Guide to Awakening is a lucid, warm distillation of this experience and wisdom. Goldstein examines the Satipatthana Sutta, which contains the four foundations of Buddhist mindfulness, and presents it to modern audiences in an accessible and discerning manner. Focusing on such tools as "ardency," "clear knowing" and "concentration," Goldstein makes a case for the use of Buddhist technique to survive the mundane daily grind and arrive at spiritual awakening. He breaks the concept of mindfulness down to four useful categories: the body, feelings (including sensory perceptions), mind and dhammas--Buddhist categories of experience that identify the hindrances and help-aids on the path to awakening.

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