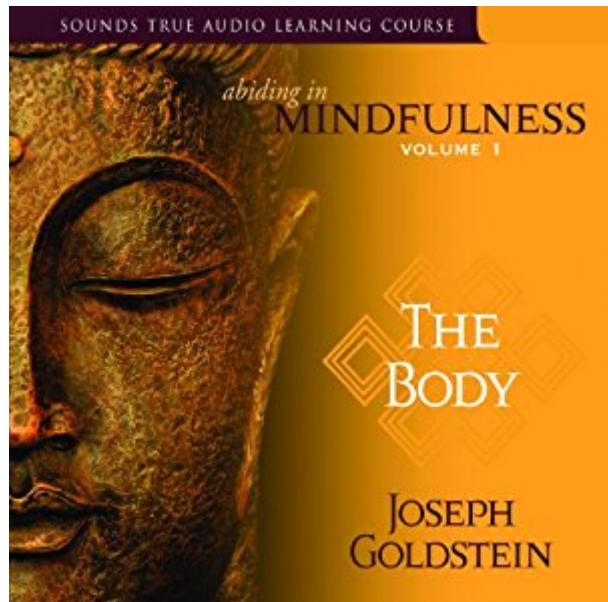


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# Abiding In Mindfulness, Volume 1: The Body



## Synopsis

In the words of the Buddha, the four foundations of mindfulness (the four satipathanas) are "the direct path for the purification of beings, for the surmounting of sorrow and lamentation, for the disappearance of dukkha (suffering) and discontent, for acquiring the true method, for the realization of Nibbana." Within the quintessential discourse called the Satipatthana Sutta, we find the Buddha's seminal teachings about the practice of meditation. On Abiding in Mindfulness, Volume I: The Body, esteemed teacher and author Joseph Goldstein presents an audio curriculum to reveal the deeper insights of this vital sutta - and how it serves to inform and guide your own daily practice. Goldstein sets the stage for your journey through the sutta by clarifying the Buddha's initial declaration of the "direct path" to awakening that is its promise. Through the wisdom of Buddhist masters of ancient and modern times and the expertise of his own 40-year study and practice, he shares the subtle nuances of each key term derived from the original Pali. Where do you find the ardency to sustain and balance your efforts along the path? How do you cultivate the breadth of mindfulness that makes any spiritual undertaking possible? What strengthens your perception of impermanence - both internally and externally? With Goldstein's lucid instruction, you will discover a wellspring of profound revelations to revitalize and mature your practice, and help you bring forth its fruits in every area of your life. Course objectives: Explore the four abidings of mindfulness, or qualities of mind, as the direct path for awakening. Observe the three kinds of cravings and desires, and how they manifest. Analyze how mindfulness of the body is the first foundation of mindfulness as taught by the Buddha. Discuss the ways of clearly knowing and the four basic qualities of matter in relationship to the relative (objective or conceptual) and the ultimate (subjective or direct) levels of experience or truth. On Abiding in Mindfulness, Volume I: The Body, Goldstein introduces you to the first satipatthana, the domain of the body. Here, you will learn the cornerstone techniques for successful meditation practice, as taught by the Buddha himself. From appropriate places and postures for practice to clear comprehension of all aspects of the body to the elements and energies that make up our physical form, Goldstein brings you to the threshold of the "ultimate truth" of our bodies.

## Book Information

Audible Audio Edition

Listening Length: 8 hours and 1 minute

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: November 9, 2012

Language: English

ASIN: B00A45ZV5K

Best Sellers Rank: #147 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #200 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice #562 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult

## Customer Reviews

I truly appreciated this audio CD with the wealth of practice hints it provided. However, unless one is familiar with the basics of Insight (Vipassana) meditation, this selection could be disappointing. It does not provide basic instructions for meditation techniques such as posture, mindfulness of breathing, etc. If you have had some meditation experience in the Insight practice, you will appreciate the AHA! moments you'll have when listening to these lectures and connecting your own meditation experiences with Goldstein's explanations. This a collection I will use as reference for a long time!

I can't praise this collection of talks (all 3 volumes together) given over a period of years at "The Forest Retreat", highly enough. It is definitely for more advanced students, but if the beginner has the (what I see as) appropriate outlook that it will take years of study, practice and contemplation and reading/listening to lots of books/teachings repeatedly to really begin to understand and integrate what Buddhism has to offer, then the beginner could benefit from listening to them over and over, over a period of years. By then they will maybe be more advanced beginners! Joseph Goldstein has given us the gift of a practical down to earth, thoughtful and detailed commentary on the Buddha's foundational sutra on the four foundations of mindfulness, closely following the scholarly commentary on this sutra by Analayo, "Satipatthana: The Direct Path To Realization". I have had this Analayo book for four years and never could read more than a small portion of it, as it was too dry and scholarly for me. I read the translation of the Buddha's sutra, but couldn't usefully unpack it on my own. Now, after listening to Goldstein's talks a few times I find myself referring to Analayo's book (one small piece at a time) and I now find it is a very rich source of contemplation and it helps me to make use of these methods in my daily life in a way I really appreciate. In other words, Goldstein's talks made Analayo's commentary on the Buddha's sutra more accessible to me, and hence the Buddha's sutra is now more accessible to me. This has deepened my practice and

brought it into my daily life in a way I am delighted with. I fully expect to continue to gain more benefit from this sutra for years to come. There is enough material here for a lifetime of practice. (This is not to say that I won't also be reading, practicing and listening to multiple other teachings as well.) Thank you Joseph Goldstein.

Joseph Goldstein's *Abiding in Mindfulness: The Body* has created an excellent compilation of the Dhamma. I highly recommend this CD collection to anyone who is seriously contemplating on learning the fundamentals necessary for overcoming the hindrances and how to meditate mindfully. I really look forward to more products from Joseph. Joseph, "Please keep making more Dhamma books and CDs."

No one that I know of illuminates the heart of Vipassana Buddhism as clearly and thoroughly as Joseph Goldstein. This series of talks, and there are many (see vol. II and vol. III), are at once thorough and engaging. This series is not for the beginner, unless the beginner is uncommonly persistent in her (his) intention to awaken. He opens the gate.

There's a significant amount of depth to the material. I've listened to each CD numerous times and every time something new resonates. Thank you!

Buddhism bliss.

Joseph Goldstein's clarity of mind and warmth of heart make this set of c/d's the finest home teaching for Theravadan Buddhists.

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