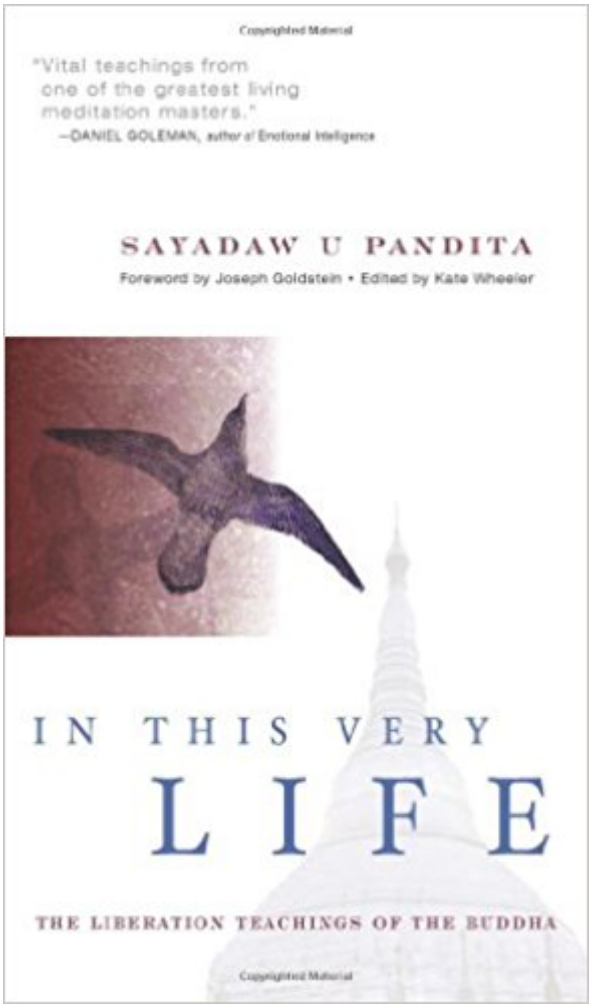
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In This Very Life : The Liberation Teachings Of The Buddha



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Synopsis

Burmese meditation master Sayadaw U Pandita shows us that freedom is as immediate as breathing, as fundamental as a footstep. In this book he describes the path of the Buddha and calls all of us to that heroic journey of liberation. Enlivened by numerous case histories and anecdotes, In This Very Life is a matchless guide to the inner territory of meditation - as described by the Buddha.

Book Information

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Customer Reviews

"This is a truly alive transmission of the Buddha’s teachings, a direct and explicit guide to the freeing of the mind here and now. The Buddha’s teachings can be realized by each one of us, and In This Very Life shows us how." (Joseph Goldstein, author of One Dharma and A Heart Full of Peace)"A classic guide to vipassana." (Buddhadharma)"A classic, beautifully edited compilation. Useful stories and profound understanding illuminate and contextualize practitioners’ meditative experience. The author brings to life many of the essential teachings of the Buddha, presenting them in a clear, organized, and inspiring way. Beginning or advanced students will learn teachings they have not encountered before, clarify points they have, and increase confidence, which in turn can lead to the development of concentration and insight. The book includes basic meditation instructions and discussions of ways to deepen one’s practice and strengthen the forces that bring about enlightenment. In This Very Life also provides glimpses of the landscape of deepening wisdom and an illuminated mind." (Inquiring Mind)"An exquisitely precise and profound analysis of mind states and meditation practice written in a remarkably clear, readable style." (Roger Walsh,

Professor of Psychiatry and Philosophy, University of California)"A rounded and incisive meditation manual based on U Pandita’s 40 years of meditation experience. The author is masterful in his analysis of mind states and his commentary on the essentials of mediation practice will appeal to a wide variety of readers...These teachings are very profound and relevant to those of us who live in a culture where craving and aversion exert a strong and persistent hold over us." (Spirituality and Health)"Vital teachings from one of the greatest living meditation masters." (Daniel Goleman, author of Emotional Intelligence and The Meditative Mind)

Text: English (translation) --This text refers to an out of print or unavailable edition of this title.

This is the definitive guidance of a Meditation Master in the form of a book. Enjoyable to read--not heavy or laborious-yet obviously written by a genuine Master Teacher. Each state one passes through as one advances in their practice is described in a manner that a practiced meditator can find excellent confirmation, reference points and tips to enhance their practice. I’m an advanced meditator and teacher for over 45 years but had just reached a state where I needed truly enlightened guidance--Sayadaw U. Pandita’s superb book--In This Very Life: The Liberation Teachings of the Buddha--provided just that. I believe that this book would benefit anyone who is serious about meditation --but especially those who are advanced practitioners.This is the best book I have ever read on meditation and I’ve read a great many.

Pandita is an authority on this practice, and this book contains many aspects of his teaching which are generally not accessible to practitioners unless one personally attends practice in his ashram.This book introduces mindfulness meditation as taught by Buddha and takes a no non-sense approach to give a head start towards awakening.This is a serious book, and as any serious book on this serious subject, it is not a story book. Pandita goes slowly in to details, and makes sure that reality is unveiled systematically. Of course, if the student is weak in determination, the book would not help. However, for serious students, this is an invaluable book.I wish Pandita’s all teachings some day become available to Western readers in other books.If you are a beginning meditator truly serious about awakening, read this book. It will really change the way you practice.

Very profound book. Comprehensive.

I’ve read meditation books before and this one numbers in the very best. It is easy to read, down to

earth and inspiring.

learning to relax is the ultimate in self preservation.meditate...you are so important to yourselfself preservation. ..innner peace...believeve in yourself

One of the best of its kind, highly recommended.

The author is a world famous Buddhist instructor. His work is studied by many students and is often recommended as an addition to a practitioner’s library.I have not read this yet but it came highly recommended by several well known western Buddhist instructors whose works I am currently reading. Yes, I am reading more than one book at a time but they each compliment the other. And for me, this enhances my understanding. I know from what has been said that I will treasure this book once I catch up and am able to read it. So I borrowed the five star rating from all the recomendations I have read, heard and seen

This book has been on my shelves almost since it was published. This is indeed, as others have noted, a most perfect introduction to Buddhism, as a deed and an awakening discipline, not just a system of thoughts.I read the burmese Nobel Prize Aung San Suu Kyi made it (a gift from her husband) her guide to further her meditation practice when she had only herself, being in forced reclusion and deprived of any teacher’s help, to rely upon. And grandly profited from it. So that should be recommendation enough.I’d like to recommend another fine book worth gracing your shelves, about understanding Buddhism: BUDDHAHOOD by P.D. Mehta (available on .com, albeit not on Kindle)

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