This book gives you a sound overview of insight meditation. It teaches the philosophical foundations of the practice, discusses self-discipline, and basic concentration. Sayadaw also explores the various types of insight. Chapter five contains practical instructions for practicing vipassana. This article also discusses more books on self-discipline.

4. Seeking the Heart of Wisdom: The Path of Insight Meditation (Shambhala Classics) - Joseph Goldstein, Jack Kornfield, Dalai Lama and Robert K. Hall M.D. This is an excellent guide for beginners and more experienced practitioners. You will discover the main ideas and practices involved in insight meditation. Alongside these are useful exercises to broaden your understanding. An introductory guide to Insight meditation, offering exercises from two master teachers and a look into how this practice leads to compassion and a deeper understanding of self. Insight meditation is a Buddhist practice that opens the way to profound awakening in our daily lives. This introductory guide offers wisdom about how this path cultivates compassion, strengthens mindfulness, and leads to a deeper understanding of ourselves and others. It also includes exercises from these two master teachers, developed from their meditation retreats taught around the world. Buy other books like The Path of Insight Meditation. Related Articles. Looking for More Great Reads? Insight meditation is a Buddhist practice that opens the way to profound awakening in our daily lives. This introductory guide offers wisdom about how this path cultivates compassion, strengthens mindfulness, and leads to a deeper understanding of ourselves and others. It also includes exercises from these two master teachers, developed from their meditation retreats taught around the world. Insight meditation is a Buddhist practice that opens the way to profound awakening in our daily lives. This introductory guide offers wisdom about how this path cultivates compassion, strengthens mindfulness, and leads to a deeper understanding of ourselves and others. It also includes exercises from these two master teachers, developed from their meditation retreats taught around the world. Joseph Goldstein and Jack Kornfield are the founders of the Insight Meditation Society in Barre, Massachusetts, and each has authored many books on meditation. Year: 2018.