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Título: Four Foundations Of Mindfulness

Autor: Silananda, Sayadaw

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Sinopsis

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This book is an excellent study and exploration of the Maha-Satipatthana Sutta (nearly identical to the Satipatthana Sutta), the foundational Buddhist discourse on Satipatthana, also known as vipassana, or insight, meditation, the system of meditation unique to the Buddhist tradition.

The author draws on his own extensive knowledge and experience of the vipassana system of meditation, the knowledge and experience of the Mahasi Sayadaw tradition of insight meditation of which he is a student himself, including the methods taught by the Venerable Sayadaw himself.

Just as importantly, perhaps moreso, the author works into his treatment detailed explanations of the Buddhist commentarial literature provided as supplemental and illuminating commentarial reading by the ancient monastics over the millenia (available in full in Soma Thera's "The Way of Mindfulness," an important book itself, available in print from Pariyatti.com and online for-free from accesstoinsight.org). This literature is essential. It provides to the very brief original instructions in the sutta much more practical and lucid explanatory guidelines. Silananda works the instructions in this material into accessible and much less terse language for the modern lay reader today. Readers will have the full benefit of this excellent and vital material imparted to them in an easy-to-read-and-understand set of instructions.