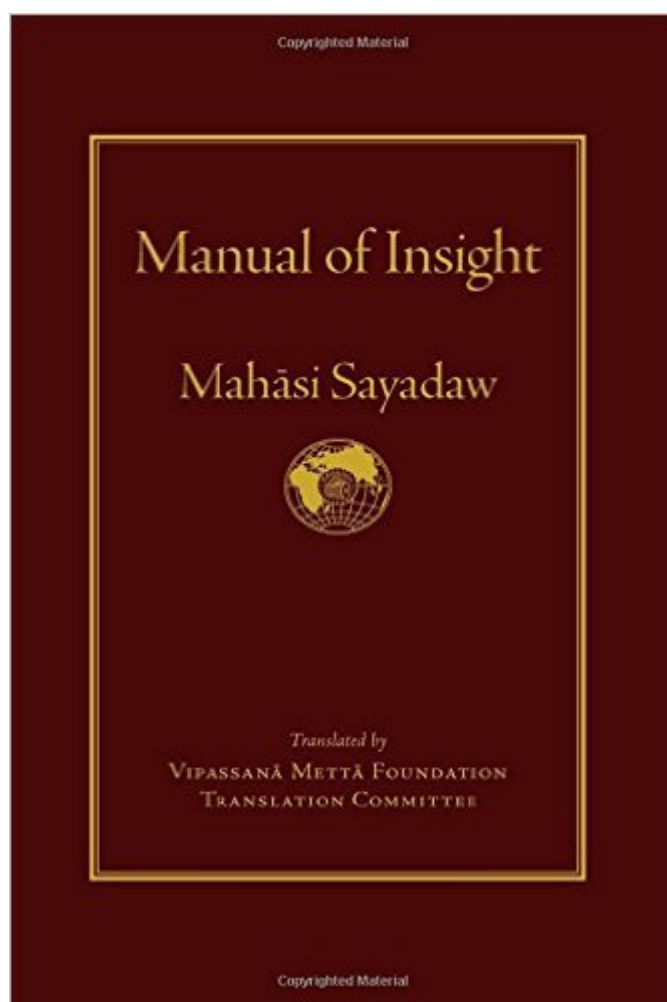


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# Manual Of Insight



## Synopsis

The most comprehensive manual of the practice of insight meditation (vipassana), written by one of its foremost 20th century proponents, is translated into English for the first time. Manual of Insight is the magnum opus of Mahasi Sayadaw, one of the originators of the vipassana movement that has swept through the Buddhist world over the last hundred years. The manual presents a comprehensive overview of the practice of insight meditation, including the foundational aspects of ethical self-discipline, understanding the philosophical framework for the practice, and developing basic concentration and mindfulness. It culminates with an in-depth exploration of the various types of insight and spiritual fruits that the practice yields. Authored by the master who brought insight meditation to the West and whose students include Joseph Goldstein, Jack Kornfield, and Sharon Salzberg, Manual of Insight is a veritable Bible for any practitioner of vipassana.

## Book Information

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## Customer Reviews

I've bought many books on different techniques of insight meditation. This one is epic and what a bargain at \$25. I would not have hesitated to pay full price for it either. Even if a person didn't want to practice this technique the first 260 pages have invaluable information. This insight technique is probably one of the few that a person could have good success without having access to a meditation teacher or meditation center.

I believe that Mahasi Sayadaw's text is a major contribution to the serious student of the Theravada

Tradition of Buddhism. It looks and feels like a manual, but the reading has the type of personal tone to it that one would find if the teacher was within reach. Manual of Insight captures, arranges, and develops the ancient teachings of the Buddha in a way that the reader can grasp and retain and apply. It takes a skillful teacher to convey material for his/her students in this fashion. Mahasi Sayadaw does just that! While I do not think this text is for beginners, I do think that at some point he or she should make the manual an important resource for learning and memorizing. And the Index and other materials at the back of the book will further support such a cause.

as close to a buddhist how to "bible" as one can get, it finally does away with the wrong view in the west that doing jhana is not doing insight. "one by one as they occurred" is insight job done. it further explains the Nanis in a comprehensible way, which is good for the west also. furthermore it rightly states as the most important thing: that the 4 noble truths is a personal internal thing, to be comprehended (the 2 first) (your personal suffering) and not a philosophical exercise, the next two are both internal and external (the experience of surrender/conversion and what it entails) that is its personal, and it is the same thing that happens to all (that gets there). so is to be understood both internally (automatic and universally by reflecting) one can really regret that a book like this one did not make it to translation already in the 60s, it would have saved the western circus from a lot of anguish sorrow and agony, and it would no doubt have made climate in the sanghas a lot easier for the jhanayanas out there. just know this, no matter what the insight purists say, you are on the right track.

Although mindfulness in its secular applications has tremendous benefits, it's helpful to remember that the original teachings of the Buddha are about liberation. (Introduction to the text at xvii). And it's helpful knowing that's the goal of this 710 page missive. Here's a master's approach to a path for the practitioner who wants to closely follow the original teachings of the Buddha. The Burmese monk Mahasi Sayadaw is legendary in the Theravada tradition. To have this foundational work available in English is an extraordinary opportunity for anyone wanting a serious spiritual practice. At a time when much of today's Buddhist literature comes from sources from the second and third turning of the wheel, Mahasi Sayadaw draws directly from the original Suttas taken as the words of the Buddha. How has Mahasi Sayadaw laid out the path? It begins with conduct. It stands to reason: You can't be poisoning the ground while planting seeds. It's difficult to make progress when your day to day conduct conflicts with the beliefs you are trying to implement. After that it's about wisdom and means, meditation. After the

initial discussion about purification of the mind and reality, the text turns to meditation as means, encompassing the four foundations of mindfulness, mindfulness of breathing and insight meditation, all based on key suttas from the days of the Buddha. These are supplemented with information packed appendixes with inserted folio. Thereâ€™s an amazing English-Pali, Pali-English Glossary that follows. Itâ€™s always great to see a book published as a sturdy hardback fit for the ages. Itâ€™s a text to be read and pondered over time, a text to be kept close and turned to again and again. If Buddhists started leaving books in hotel rooms this would likely be the book, a Theravadan Bible for a practice leading to awakening.

This is a pretty intense book. I've been meditating daily for about a year and a half and have become interested in Buddhism recently, but not so much that I would consider myself a Buddhist. This book is written for those that are devout Buddhist and have been practicing for awhile both the religion and meditation. You need to be familiar with some of the Pali terms in Buddhism. It's not suitable for beginners to the religion or to meditation. But for those that consider themselves true Buddhists, this book is an essential companion. For those people I would give it 5 stars. For the rest of us more secular Westerners interested in the Buddhist psychology or deepening meditation practice, I think there are more accessible books, easier to read. This one reads like a college text book, great for monastic Buddhist scholars but a bit hard to get through for average folks. I did find much inspiration and good instruction from the "Practical Instructions" section so for that and the beauty of the book, it was a worthy purchase.

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