

JOSEPH GOLDSTEIN

The  
Experience of  
**INSIGHT**

*A Simple & Direct Guide to Buddhist Meditation*

# THE EXPERIENCE OF INSIGHT

*A Simple and Direct Guide  
to Buddhist Meditation*

Joseph Goldstein

Introduction by Ram Dass

Preface by Robert Hall



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## A Simple & Direct Guide to Buddhist Meditation

Here is a modern classic of unusually clear, practical instruction for the practice of Buddhist meditation, sitting and walking meditation, how one relates with the breath, feelings, thoughts, sense perceptions, consciousness, and everyday activities. Basic Buddhist topics such as the nature of karma, the four noble truths, the factors of enlightenment, dependent origination, and devotion are discussed.

Joseph Goldstein studied for many years in India with the renowned Buddhist meditation master Anagarika Sri Munindra. He has taught numerous meditation classes, workshops, and retreats in America over the last eight years, and is one of the founders and primary teachers of the Insight Meditation Society in Barre, Massachusetts.

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Goldstein, a longtime serious student and teacher of eastern philosophy, is seen at work, leading a course in meditation. Each chapter grew out of a lesson on a particular topic, and over-all the book lucidly covers a wide spectrum of spiritual insight.

This attractive volume is in the tradition of Krishnamurti's books and various classics like *The Three Pillars of Zen* in its strength, clarity, and simplicity, its teachings often illustrated with stories and anecdotes.

—Brain Mind Bulletin

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*The Experience of Insight* comes about as close to delivering the promise of its title as any written material can.

—East West Journal

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...a broad-minded, open-handed invitation to come and experience for oneself the everchanging nature of mind and body.

—New Age



SHAMBHALA  
Boulder