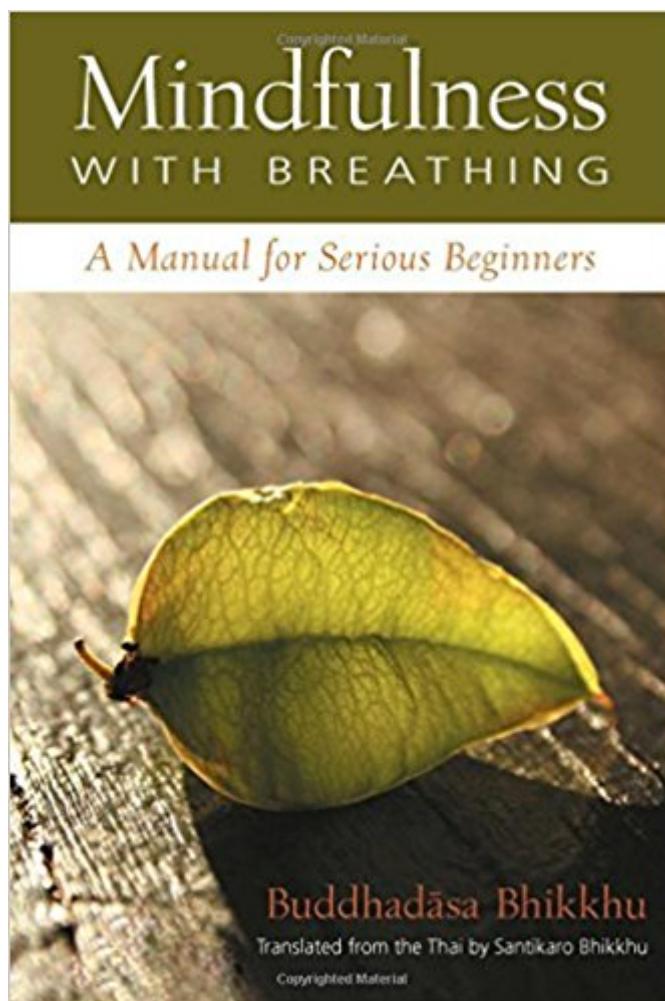


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# Mindfulness With Breathing : A Manual For Serious Beginners



## Synopsis

Any practitioner, after meditating for some time, inevitably wonders what meditation method the historical Buddha Shakyamuni himself used while beneath the Bodhi Tree. Many people understand that prior to his realization, Shakyamuni Buddha studied with many of the great yogis of his time, but most do not know what method he ultimately found leads most directly to nirvana. In Ajahn Buddhadasa Bhikkhu's book, *Mindfulness With Breathing*, the Thai meditation master provides practitioners with penetrating insights into the *Anapanasati Sutta*, the canonical text which many believe is the most direct transmission of Shakyamuni Buddha's breath meditation methods. Combined with a concise translation of the sutta itself, *Mindfulness with Breathing* is one of the best guides to Buddhist meditation practice available in the English language.

## Book Information

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## Customer Reviews

"In this book, Ajahn Buddhadasa will take you by the hand and lead you, as he did me, all the way from the first attempt to observe the in-breaths and out-breaths, to the kinds of insight that have the power to liberate. You will begin with merely a set of instructions, but then you must take these clear words of teaching and put them into practice. If you do, you will not be disappointed. You have in your hands a precious yogic manual." (Larry Rosenberg, Director, Cambridge Insight Meditation Center and author of *Breath by Breath*)

Text: English (translation)

This book is a thorough and authoritative discussion of the "Mindfulness of Breathing" Sutta of Buddha. It treats the sixteen steps, or four groups of four, with great detail. It teaches how to watch the breath and what to be mindful of during the breathing exercises. Even though I have practiced vipassana meditation for years, I was surprised to see the specific, sequential, and direct instructions Buddhadasa gives. It is not just, "Pay attention to your breathing and make mental notes when your mind wanders." I have had to read the book two times just to begin to understand it. A third reading is coming. It is hard to comprehend all sixteen steps, but one can just use the first tetrad, the first four steps, and go a long way. A summary is given by the translator at the end. This book is for one who seriously wants to use mindfulness meditation of the Theravada kind to try to gain self-knowledge. For that it is excellent.

This book is a deep exploration of Insight Meditation based on the Anapanasati Sutra. It is very detailed and contains quite a few Pali terms, but it goes beyond most popular books in depth. It was translated from Thai and is not the smoothest book in the world to read. However, it covers lots of ground in a short space and is a good supplement to other texts such as Breath by Breath by Larry Rosenberg. Larry Rosenberg's book covers a lot of the same material, but is geared more toward a Western audience and doesn't get as deeply into the Pali terminology, the underlying philosophy, etc. I see the two books as useful and complimentary. Together they constitute a good comprehensive introduction to Insight Meditation.

This is a book to read slowly. The specific meditative techniques are doable. The explanations are enlightening and require more than one reading. May all beings benefit from a meditation practice.

Exactly what I ordered so I'm good with it.

I have plateaued in my meditation practice, which I started about 4 years ago. Even though my life has changed profoundly, I am now even more curious about the advanced experiences of Jhana and Awakening. Anapanasati is the foundation upon which these advanced skills are built. This book strikes the right balance between the detail and the high level view of Anapanasati.

Having read some less-than-perfect reviews here, I had to chime in. This book is very well done. It has been a help to me. I'm buying this book again because mine was stolen.

The most effective book one could lay hands on when it comes to Buddhist meditation.

Excellent for serious students. He has a wonderful sense of humor.

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