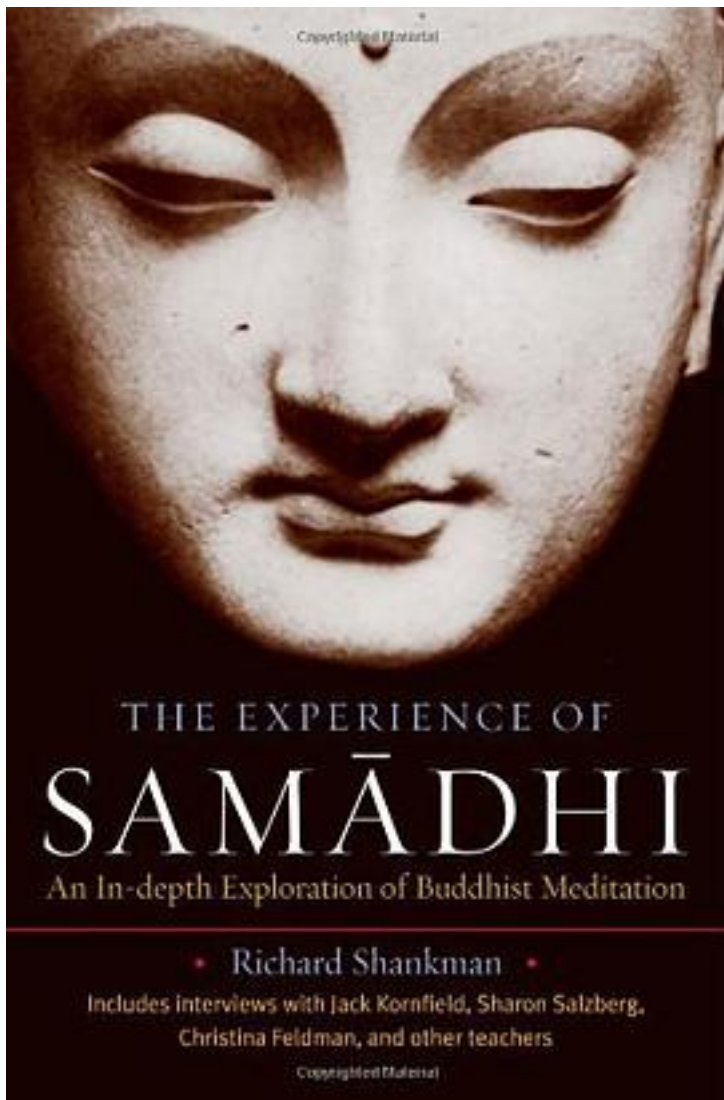


The Experience of Samadhi



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Dharma practice comprises a wide range of wise instructions and skillful means. As a result, meditators may be exposed to a diversity of approaches to the core teachings and the meditative path--and that can be confusing at times. In this clear and accessible exploration, Dharma teacher and longtime meditator Richard Shankman unravels the mix of differing, sometimes conflicting, views and traditional teachings on how samadhi (concentration) is understood and taught.

In part one, Richard Shankman explores the range of teachings and views about samadhi in the Theravada Pali tradition, examines different approaches, and considers how they can inform and enrich our meditation practice.

Part two consists of a series of interviews with prominent contemporary Theravada and Vipassana (Insight) Buddhist teachers. These discussions focus on the practical experience of samadhi, bringing the theoretical to life and offering a range of applications of the different meditation techniques.

作者介绍:

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标签

冥想

佛教

Dharma

评论

3.5星吧，感觉作者并不像实修者，只是照搬，写不出什么深刻洞见？有些段落反复出现感觉在凑字数。总的来说把经藏和《清净道论》里的四禅八定的框架搞清楚了。有些问题大家都很关心的，例如寻伺禅支和心一境禅支是否可以并存的问题；干观和先止后观的问题，回答好浅令人无法满足..第二部分是一些人物采访，只看了那几个僧人的，采访稿比正文有料多了。

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书评

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