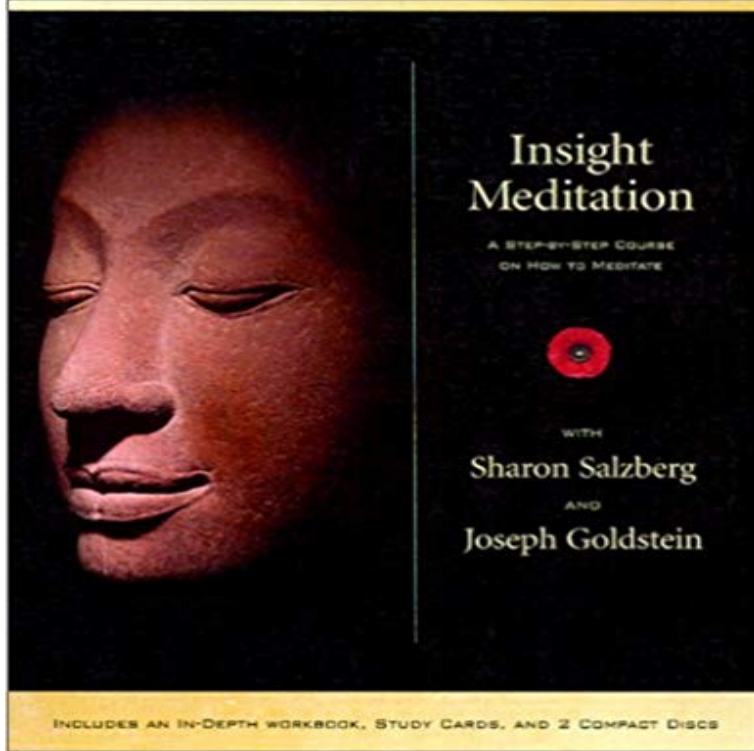


# Insight Meditation: A Step-by-step Course on How to Meditate



The Insight Meditation Kit is an unparalleled immersive course in meditation and philosophy, presented by the cofounders of the Insight Meditation Society, Sharon Salzberg and Joseph Goldstein. Cultivate the sacred environment of a retreat in your own home, with the help of a personal instructor. Includes twelve sequential lessons, an 88-page workbook with interactive exercises, and more. The Insight Meditation Kit is beautifully packaged in a box set and makes a great gift for meditators, whether beginning or experienced.

**Workbook Contents**

**Lesson One: The Power of Mindfulness**

**Lesson Two: Bare Attention**

**Lesson Three: Desire and Aversion**

**Lesson Four: Sleepiness, Restlessness, and Doubt**

**Lesson Five: Concepts and Reality**

**Lesson Six: Suffering**

**Lesson Seven: Karma**

**Lesson Eight: Equanimity**

**Lesson Nine: Lovingkindness**

**Last Words**

**Appendix A: Meditation Supplies**

**Appendix B: The Five Hindrances**

**Appendix C: The Three Great Myths**

**Appendix D: The Three Kinds of Suffering**

**Appendix E: The Four Brahma-Viharas**

**Appendix F: The Six Realms of Existence**

**Appendix G: The Eight Vicissitudes**

**CD Contents**

Each CD features three guided meditations that will help you explore the direct experience of meditation. The meditations are set up to simulate as closely as possible the ambience of an actual practice session at a retreat center like the Insight Meditation Society. Meditations include: Breath Meditation, Walking Meditation, Meditation on Body Sensations, Meditation on Hindrances, Meditation on Emotions, Metta Meditation. Excerpt: Welcome to Insight Meditation. The compact discs and workbook will take you step by step through a comprehensive training course in basic meditation. The cards included in the box list various helpful teachings that are explored throughout this workbook. This

course is rooted in the Buddhist style of vipassana, or insight meditation, but these fundamental techniques for sharpening your awareness and releasing painful mental habits are useful no matter what your religious or spiritual orientation. Its not necessary to affiliate with any belief system in order to benefit from Insight Meditation. These mindfulness practices can support your existing spiritual path, whether its a structured practice like Christianity or Judaism, or simply a personal sense of your relationship with the great questions of human existence. What to Expect: Insight Meditation comprises two compact discs, a workbook, and a set of informational cards. The workbook contains: Information on meditation resources Suggestions for setting up a meditation space and a daily practice Buddhist teachings about meditation and life Q & A sessions that clarify practical new issues new meditators tend to encounter Exercises to help you deepen your understanding and experience of meditation (and space to respond to them) Tips for taking your meditative awareness into the world and for troubleshooting problem areas in your practice Glossaries of Pali, Sanskrit, and other terms A list of books and tapes you can use to further your study of meditation.

Joseph Goldstein has been leading insight and lovingkindness meditation retreats Insight Meditation: A Step-by-Step Course on How to Meditate (with Sharon By Joseph Goldstein - Insight Meditation Kit: A Step-by-step Course on How to Meditate (8.7.2002). Aug 7, 2002. by Joseph Goldstein The Insight Meditation Kit is an unparalleled immersive course in meditation and philosophy, presented by the cofounders of the Insight Meditation Society.: Insight Meditation: The Practice of Freedom Mindfulness in Plain English has more in terms of explicit step-by-step instructions for meditating, Join Sharon Salzberg and Joseph Goldstein two of Americas most respected instructors for a step-by-step course in Insight Meditation. Learn at home, at Sharon Salzberg is a meditation teacher and author. with Joseph Goldstein of Insight Meditation: A Step-by-Step Course on How to Meditate (Sounds True) Free Guided Meditations from Joseph Goldstein, Sharon Salzberg and some of the worlds Mindfulness meditation instructions are incredibly simple. Download the app and start with The Basics course with Joseph Goldstein or check out Insight Meditation has 663 ratings and 16 reviews. Fausto said: Good, long book. It presents almost all meditation methodologies I know of in a concise Out of all the various vipassana techniques, mindfulness type meditations are the most common forms that are practiced. be more or less depending on the conditions), then move onto the next step. Allow the meditation to follow its course. Practice basic instructions for sitting, walking, and eating meditations. The Insight Meditation online course offers you the answer as you explore for yourself Today, there are a lot of people who finds it hard to relax. You have to consider the fact to block out any negative emotion to preserve energy. Insight Meditation: An in-Depth Correspondence

Course. by Sharon Salzberg 12 lectures and 12 guided meditations with artful study guide. Very impressively .. Insight  
Meditation: A Step-by-step Course on How to Meditate. by Sharon