



Insight Meditation: A Psychology of Freedom

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The fruit of some twenty years' experience leading Buddhist meditation retreats, this book touches on a wide range of topics raised repeatedly by meditators and includes favorite stories, key Buddhist teachings, and answers to most-asked questions.

Insight Meditation: A Psychology of Freedom Details

Date : Published March 25th 2003 by Shambhala (first published 1993)

ISBN : 9781590300169

Author : Joseph Goldstein

Format : Paperback 208 pages

Genre : Religion, Buddhism, Nonfiction, Spirituality, Psychology, Philosophy

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From Reader Review Insight Meditation: A Psychology of Freedom for online ebook

Viet Hung Nguyen says

A must read for meditators.

Mohammad Ali Abedi says

I learned about Joseph Goldstein from Dan Harris' book, podcast, and his meditation app. On the podcast, I liked the one interview they had together, and in the app, his guided meditations are good.

Joseph Goldstein seems to be a great meditation teacher, but I can't say I loved his book. I think for some people, being a face to face teacher, or talking, might be easier than writing.

I felt that the book did not really have a structure and just felt like a collection of different thoughts on the practice and his experiences.

Even thinking about it while writing this, I can't really remember much from the book that stayed with me.

D.S. West says

Of the books on Buddhist meditation I've consulted so far, this one goes at the front of the pack. I had Goldstein pressed against my nose on four days of long walks between my apartment and Main Street in Longmont, Colorado. I understand why much of the advice for meditation is vague, given the nature of the practice (and the need to avoid "project" thinking), but it's hard to understand why some writers tried to write a book on the subject in the first place. Goldstein takes a different approach. The functional advice for meditation is scant, but the question of "Why meditate?" is explored at length and in depth. Issues such as morality, karma, and the relationship between self and emotion are addressed beautifully.

I'm sad to see this book done. Goldstein hails from the vipassana/insight school on the sutrayana side of Buddhism. I'm immediately moving to a book on tatrayana. It should be interesting to see how the philosophies overlap and contradict one another...

That was an aside. In terms of this book, allow me to say it's a pleasure to read, sitting or standing. (If you're among the motorists who had to put up with me this week, accept my deepest apologies. I aspire to metta. I read this book--now I know what that means, and now that I know what it means, I healthy-desire it.)

Rosie Nguyen says

Hay l?m. Ai quan tâm t?i thi?n thì nên ??c. Tác gi? sách này là m?t trong nh?ng ng??i vi?t sách v? thi?n n?i

tiếng nh?t ? ph??ng Tây, theo h?c tr?c ti?p nhi?u thi?n s? n?i tiếng c?a châu Á t? Goenka ??n U Pandita Sayadaw. Ông c?ng t?ng gi?ng d?y nhi?u khóa thi?n, và có nhi?u thi?n sinh khá n?i theo h?c. Nhà báo Dan Harris, tác gi? quy?n 10% Happier là thi?n sinh c?a ông này.

V? sách, vi?t ??n gi?n, d? hi?u, gi?i quy?t nhi?u v?n ?? v??ng m?c v? thi?n và cu?c s?ng. Có nh?ng cái mình không rõ ho?c còn b?n kho?n khi ng?i thi?n thì ?ã tìm th?y l?i gi?i th?u ?áo trong quy?n này. Phong cách vi?t nh? nhàng d? ch?u, th? hi?n tính cách c?a m?t con ng?i ?i?m ??m khiêm t?n và hi?u bi?t. Thích sách vi?t ki?u v?y. Th?t tuy?t.

L says

Great book on various aspects of the practice of Vipassana meditation by one of the founders of this style of Buddhism in the West; I like the way it's organized by topic in easily digestible short snippets on each. It doesn't need to be read from start to finish; I view it as more of a reference or something to inspire my own practice.

Niño says

One of the goals of meditation is freedom. The mental liberation of letting it be. Being open to all that life has to offer. The non-judgmental relationship to our thoughts, to fully see the impermanence of all things. Thoughts are nothing but never ending scenes in our mind, like clouds passing over a mountain. We don't need to identify with them, instead, we practice acknowledgement, accepting each thought with fullness.

Karen Rose Ginman says

There is nothing like a Jew who has become a Buddhist to guide you on your spiritual journey. I highly urge you to read this book, and I am only 50 pages in-- how's that for a recommendation!

Kevin says

I liked the sections on meditation and loving kindness the most, the parts that included stories about supernatural powers not so much. The sections on death and parents were also informative. The book is set up where the chapters can each be read as a separate essay, so it would be an easy to read bedtime book.

Drobg62 says

Essential reading for those with a serious interest in deepening their meditation practice

If you have been practicing meditation for a while and are interested in more depth or understanding this is a fantastic resource. For those new to meditation who are seeking clear information on the specifics of how to

meditate, look elsewhere.

Cindywho says

It's full of nice short discussions of aspects of meditation and dharma - short enough for my attention span, but heady enough that maybe my unconscious thought it was too much and had me mistakenly return the book to the library before I was finished! Luckily, it was still on the shelf when I went back for it. (October 27, 2006)

Amos Smith says

This is a solid book on meditation. A concept from this book that always stuck with me... When we observe our emotions in meditation we don't over-identify with them. If we experience anger, we don't say "my anger." If we experience grief we don't say "my grief." We simply say "anger" or "grief." This is the path of meditation in the beginning--to identify what is going on, then let it go. We get wrapped up in negative emotions when we over-identify with them, instead of just letting them go.

-Amos Smith (author of *Healing The Divide: Recovering Christianity's Mystic Roots*)

Jon Gauthier says

I regularly read this before daily sittings (whenever I'm meditating at home rather than with a group). An outstanding guide to the Insight/Vipassana take on Buddhist meditation practice. Goldstein's writing is flowing and affable – it calms me down and reminds me why I am spending all this time sitting in the first place.

Jon Bash says

Much shorter than his more recent, massive "Mindfulness," this one reads more like one of Thich Nhat Hanh's little books, with 1-4 page chapters with little bits of wisdom strung into larger sections on a theme. Didn't hit me with as many "truth bombs" as the aforementioned "Mindfulness," but I think that might be partially due to timing. Some bits of metaphysical nonsense, but it's to be expected. Mostly deals with actual concrete reality of our day-to-day experience. It's great mostly. I'd definitely recommend it.

Tom Otvos says

Not having read Joseph Goldstein before, I was pleasantly surprised. He has quite an earthy style that I found very likeable. The book is a whirlwind tour of vipassana, but my favourite parts were sections 2 and 3, "How to Practice" and "Freeing the Mind". Both sections had a lot of useful little tips that seemed to resonate with me, the latter section being particularly useful as it discusses how to deal with specific hinderances. Also kind of nice is that each chapter is literally no more than 2-3 pages, so it makes for very focused reading and

I can see myself using this as a future reference.

Later sections were a little less practice-based, and dealt with issues like karma, psychology, and "practicing in the world", all of which remained interesting but a bit less so in my current stage of practice.

Jonathan says

some bits were insightful, but I guess I've read enough books on Buddhist practice that little of this was new or revelatory to me.
