



Seeking the Heart of Wisdom: The Path of Insight Meditation (Shambhala Classics)

By Joseph Goldstein, Jack Kornfield

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In *Seeking the Heart of Wisdom* Goldstein and Kornfield present the central teachings and practices of insight meditation in a clear and personal language. The path of insight meditation is a journey of understanding our bodies, our minds, and our lives, of seeing clearly the true nature of experience. The authors guide the reader in developing the openness and compassion that are at the heart of this spiritual practice. For those already treading the path, as well as those just starting out, this book will be a welcome companion along the way. Among the topics covered are:

- The hindrances to meditation—ranging from doubt and fear to painful knees—and skillful means of overcoming them
- How compassion can arise in response to the suffering we see in our own lives and in the world
- How to integrate a life of responsible action and service with a meditative life based on nonattachment

Useful exercises are presented alongside the teachings to help readers deepen their understanding of the subjects.

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Editorial Review

From Library Journal

This seminal work by Goldstein and Kornfield, cofounders of the Insight Meditation Center in Barre, MA, discusses the development of Theravada in its unique American form.

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Review

"A thorough, illuminating, and practical overview of insight meditation. . . . This classic text is a rich source of Buddhist wisdom and practice."—*Spirituality & Health*

"For those who are already treading the path as well as those who are just setting out, *Seeking the Heart of Wisdom* will be a welcome companion along the way."—*The Middle Way*

"It succeeds excellently. Brilliantly, one would say, were it not that the simplicity and total unpretentiousness of the authors are so far removed from any striving for brilliance or effect. Goldstein and Kornfield are totally concerned with one thing only: to convey as straightforwardly as possible the essence of the Buddha's message."—*Buddhist Studies Review*

"A skillful blend of pragmatic instruction, psychological insight, and perennial wisdom."—Daniel Goleman, author of *Emotional Intelligence*

From the Inside Flap

Guides the reader in developing the openness and compassion that are at the heart of the spiritual practice of insight meditation. With specific exercises which accompany discussions and practices.

Users Review

From reader reviews:

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Lola Paolucci:

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