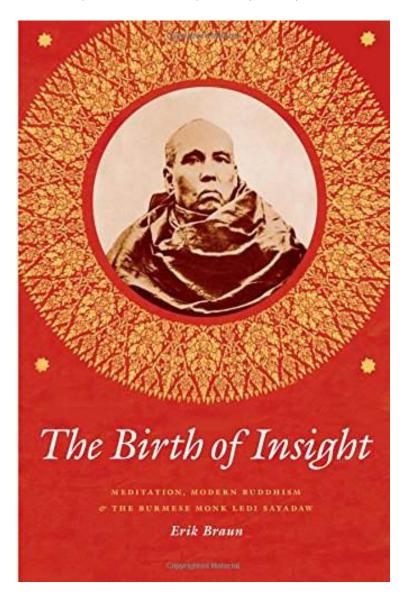
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| #639465 in Books | Erik Braun | 2016-07-28 | 2013-11-19 | Original language: English | PDF # 1 | 9.00 x .80 x 6.00l, .0 | File type: PDF | 280 pages

| The Birth of Insight Meditation Modern Buddhism and the Burmese Monk Ledi Sayadaw Buddhism and Modernity | File size: 19.Mb

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15 of 15 review helpful The book I wanted to write By Ben O Loughlin Three years ago I was in Myanmar to attend a 30 day silent Vipassana meditation retreat at one of SN Goenka's centres in Mandalay On my brief pilgrimage which bookended my retreat I visited Ledi Sayadaw's meditation cave on the banks of the Chindwin River near Monywa I also visited the Archives and Library of Buddhism at Shwedagon Pagoda in Yangon in a Insight meditation which claims to offer practitioners a chance to escape all suffering by perceiving the true nature of reality is one of the most popular forms of meditation today The Theravada Buddhist cultures of South and Southeast Asia often see it as the Buddha rsquo's most important gift to humanity In the first book to examine how this practice came to play such a dominant mdash and relatively recent mdash role in Buddhism Erik Braun takes readers to Burma Idquo This is an exemplary work within the history of religions with its careful argumentation and substantial evidence for the foundation of nbsp vipassana nbsp meditation to be located within the ideas of an important nineteenth century Burmese

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