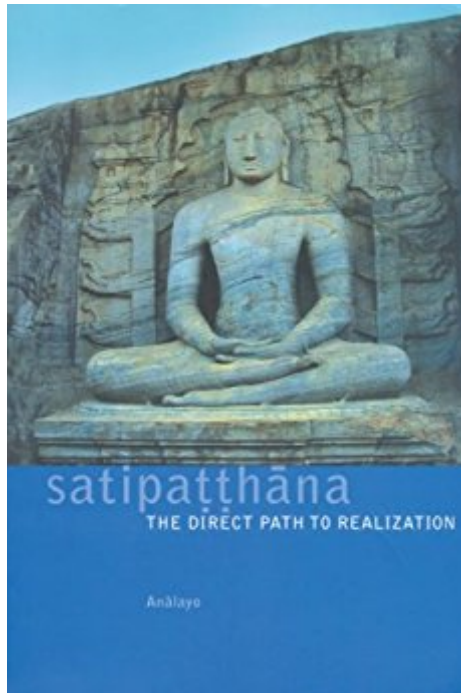




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Satipatthana: The Direct Path To Realization



Synopsis

The Satipatthana Sutta is the teaching on mindfulness and the breath and is the basis of much insight meditation practice today. This book is a thorough and insightful guide to this deceptively simple yet profound teaching. 'With painstaking thoroughness, Ven. Analayo marshals the suttas of the Pali canon, works of modern scholarship, and the teachings of present-day meditation masters to make the rich implications of the Satipatthana Sutta, so concise in the original, clear to contemporary students of the Dharma.' Bhikkhu Bodhi

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Brilliant in depth analysis of the meditation sutta that "vipassana" meditation practices are based on. If you practice vipassana meditation and want to understand the original discourse in more depth and from a modern context, this is the book to read. We have heard what our teachers say about vipassana, Now read this excellent analysis of what the Buddha himself taught.

A "must see" for every satipatthana practitioner. Every relative concept about sati and satipatthana is

clearly discussed in this awesome book. Analayo explains some of the important issues in a really strict order 'first the discourse of Pali, then the abhidharma and commentaries, finally the opinions of contemporary mindful meditation teachers. ()

Any serious Theravadan meditation student should explore this well-researched, authoritative and practical book. Not for beginners

Even though this book is written as a scholarly overview of the sutta, Ven. Analayo's analysis is excellent for the meditation practitioner. He not only puts this compact sutta on meditation into linguistic and doctrinal context, but he also explains how this is to be put into practice. This is the best book on the Satipatthana sutta out there.

This is the best book there is on the Satipatthana Sutra. I have read a few good commentaries on the Satipatthana Sutra but of them all this will become a classic. It is a great balance of great practice advice and deep technical knowledge. Thank you Venerable Analayo for your great work. This will bless many sentient beings for ages to come.

Brilliant book, Very complicated, not for the beginner in Buddhist Ideas. Lots of footnotes and lot additional study to fully understand and realize the thought and Ideas in it. This is a book I will study over and over again. It has led me down several paths of Buddhism. Not to be read in an evening. Highly recommend for anyone with a serious interest in this philosophy.

5stars

A rigorous composition that clearly explains Samatha and Vipassana. I would recommend this to anyone seeking serenity and clear insight.

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