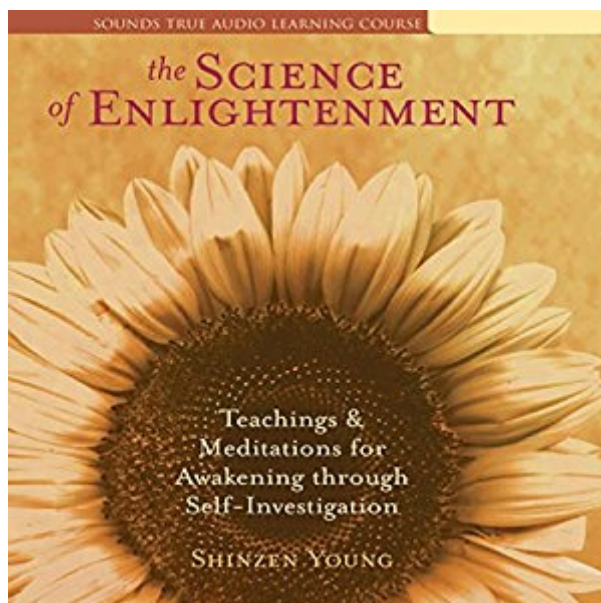


The book was found

The Science Of Enlightenment



Synopsis

The Science of Enlightenment Shinzen Young Is enlightenment a myth? Or is it real? On The Science of Enlightenment, you will learn that the liberated state is as real as your sensations right now. For it is through the investigation of your own experience that you can awaken to clear insight and happiness independent of conditions: the state of enlightenment. Through his expertise in both science and spirituality, meditation teacher Shinzen Young demystifies the principles of awakening contained in the world's great spiritual traditions, and shows you how to use them in your own life. Here is a 12-tape course covering traditional teachings, scientific insights, and practical instruction; you will test for yourself the great wisdom traditions, including Buddhism, Christianity, Jewish mysticism, Sufism, Hinduism, shamanism, and many others. Why is "single-pointed concentration" so highly regarded on every contemplative path? How do you bypass inner blocks for a state of highest presence? How do you know if your meditation practice is working? Shinzen Young elucidates these topics with precision and intelligence, demonstrating why he is regarded as one of the West's most articulate and understandable teachers of classical mystical experience. The search for awakening is not limited to a chosen few. It is a field open for you to investigate; once you possess the "inner technologies" to do so. Now you can begin that investigation, with The Science of Enlightenment. --This text refers to an out of print or unavailable edition of this title.

Book Information

Audible Audio Edition

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Customer Reviews

This is a fascinating set of talks by Shinzen Young on his attempt to codify enlightenment

experiences from the world's religions. Lots to think about. It includes some guided meditations. It is NOT an audio version of his later book of the same name. It's an independent series of talks recorded years earlier.

Shinzen lectures your heart and mind in this extensive series. It is a very comprehensive and broad explanation of meditation as a science and practice. very enlightening. I listened once and planing on listening again

If I was to be stranded on an island and only have one audiobook, this would be it. The clarity that Shinzen brings to the subject of enlightenment is astounding. I have never experienced such clear, integrated views of the path to awakening as well as how this path relates to other traditions and science. It contains fascinating topics that you will not hear very often from most teachers. Highly recommended! I've been listening to it once or twice a year for three years and like the title of my review says it will deepen your understanding with every listen. I guarantee it!

I just finished listening to Shinzen Young's The Science of Enlightenment audio CDs. I ripped all 14 CDs into MP3s, synced them to my iPhone and listened at home, on the road, at the gym, and even at work. I have high expectations, and I was not disappointed. Aside from being a Buddhist monk, scholar, meditation teacher, mathematician, and science geek, Shinzen is also a linguist, so he's very particular and precise with his use of words, pronunciation, and diction (especially with foreign languages). He likes to define and clarify any ambiguity in the terms he uses in his discourses. He doesn't go into too much philosophical conjecture and speaks in a friendly matter-of-factness tone. The bottom line: Shinzen Young demystified the concept classical enlightenment, making "happiness independent of conditions" a realistic and tangible goal for people who choose to tread the path of liberation. Thanks to Shinzen Young I now realize that my kind of practice is Vipassana, my proclivity is towards Theravada, and that, when I grow up, I want to become a hard-nosed rationalist Buddha :)~C

I find this audio set to be very helpful in pointing toward relaxation during meditation. I use it twice a day and have found this to be very beneficial.

I really enjoy listening. Its great for relaxing me and helping me fall asleep. His voice is soothing and I love the the stories he tells.

Shinzen has a great way of "putting it all together", making the path very clear, and inspiring listeners. Several meditations are included.

Become the master of your world through mindfulness.

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