



The Experience of Samadhi: An In-depth Exploration of Buddhist Meditation

Richard Shankman

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Dharma practice comprises a wide range of wise instructions and skillful means. As a result, meditators may be exposed to a diversity of approaches to the core teachings and the meditative path--and that can be confusing at times. In this clear and accessible exploration, Dharma teacher and longtime meditator Richard Shankman unravels the mix of differing, sometimes conflicting, views and traditional teachings on how samadhi (concentration) is understood and taught.

In part one, Richard Shankman explores the range of teachings and views about samadhi in the Theravada Pali tradition, examines different approaches, and considers how they can inform and enrich our meditation practice.

Part two consists of a series of interviews with prominent contemporary Theravada and Vipassana (Insight) Buddhist teachers. These discussions focus on the practical experience of samadhi, bringing the theoretical to life and offering a range of applications of the different meditation techniques.



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