



El arte de vivir

William Hart

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La traducción en español de "El Arte de Vivir" es la introducción clásica a la Meditación Vipassana, tal y como la enseña S.N. Goenka. Preparado bajo su tutela y con su aprobación, este estudio completo incluye historias por Goenkaji, así como respuestas a preguntas realizadas por sus estudiantes; las cuales transmiten un sentido vívido de su enseñanza.

El arte de vivir Details

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From Reader Review El arte de vivir for online ebook

William says

I just finished a 10 day silent retreat with S.N.Goenka. It was absolutely amazing and I learned so much. This book is essentially that training. Don't know how much a person could get just by reading it. Afterwards, though, it is a great resource.

Jimmy Longley says

Reviewed as part of my 100 books challenge: <http://jimmylongley.com/blog/books/>

Run-on Sentence Summary

A brief introduction to Vipassana meditation, and a guidebook for a popular 10 day retreat.

Impressions

I've read a lot about meditation over the years, and practiced it daily off and on since college. At the beginning of my travels, I wasn't able to join my friends Nate and Kyle in taking this famous 10 day course, and have been hoping to find a good opportunity ever since. When I found this little book in a hostel in India, I thought I'd give it a go.

I have read a lot about meditation, and practiced it off and on for years. I've read a handful of books on it, and I feel like this one is as good as any of them as a brief introduction to the basic precepts. This book is not about buddhism the religion, but the secular practice of meditation that was originally laid out by the buddha, as well as the basics of the 10 day meditation retreat championed by SN Goenka.

Final Thoughts

If you have any interest in meditation, give this short guide a read. I hope I get to take the course one day.

Favorite Quote

"Whatever necessities you require, work to get them. If you fail to get something, then smile and try again in a different way. If you succeed, then enjoy what you get, but without attachment."

Carlton Davis says

If you are looking for a book to explain Vipassana Meditation and the core principles of Buddhism, this is the book to read. It is very clear and precise. Wonderful short stories are attached to the end of each chapter on the various aspects of the practice. My favorite is the story of the two rings: one set with a diamond and the other a simple silver ring inscribed "This will also change."

Bharath Ramakrishnan says

This is an honest book written in simple language explaining vipassana meditation techniques and key teachings of the Buddha. It is a good companion to have which can be read prior to attending a course and referring to the concepts at a later date. Though it does not discuss any meditation techniques for which the course has to be attended, it does cover background, concepts and benefits. It has a good Q&A with SN Goenka and simple stories to make the point.

Phil Calandra says

"The Art of Living..." is the study of Vipassana Meditation which is the technique of exploring the subtle inner reality. The two primary exercises to this end is the focus on respiration and the observation of sensation. Both these exercises are designed to gain right awareness and to show the practitioner that there is no permanent "self" or "ego". The "self" is explained as a delusion that is formed by the combination of mental and physical processes that are in constant flux and movement. The practical side of Vipassana Meditation is the freedom of suffering and full liberation. The author further states that there is an experience, "Nibbana", that is beyond the field of mind and matter, that is unconditional, beyond death and is the ultimate reality. The question is how can the delusional "self" shed light on the unconditional nature of the ultimate reality. If, indeed, there is the dissolution of the "self," who or what is It that knows? Vipassana Meditation is taught in courses of ten days for those interested in learning the technique. The reviews of this course are mixed and this course appears to be very challenging. I would, however highly recommend this book.

Homa Zd says

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Sina Saberi says

I recommend it to ANY living being ! it's a MUST!

Brendan says

read this book, take a vipassana meditation course. it is honestly one of the most fulfilling experiences you can have on the planet that doesn't involve something illegal.

Tara says

I attended the ten-day course in Onalaska, WA in May 2012.

We began "noble silence" on day zero, and left on day twelve.

For the ten days in-between, we observed the noble silence: no talking or looking at any other student. This is to help the student feel as thought they are in isolation, and to minimize distractions.

The meditation retreat was the best gift I ever gave myself.

The study of Vipassana meditation is non-religious, and can be applied by anyone regardless of religion. To be clear, it is not a push on buddhism, although the buddha did teach this technique.

All can benefit from Vipassana.

The author S.N. Goenka is a hindu.

I am a Christian.

If you are at all interested, please talk to me about my experience.

Here is the website:

<http://www.kunja.dhamma.org/>

Lapis Lazuli says

I absolutely love this book. I would recommend this book to anyone if...

- you're interested in developing inner peace and wisdom
 - you're interested in meditation
 - you're interested in the mind-body phenomena
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Iman says

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Nishad says

This book is an excellent introduction to the wonderful technique of 'Vipassana' which is most secular, logical and scientific method of meditation I have ever came across.

Most of the texts, concepts and theories in the book are basically compilation of the 'Dhamma' discourses given at actual 10-day-retreat. However the writing style is simple, clear and concise enough to be understood by general readers. Accompanied with short stories and Q&A at the end of each chapters, it makes reading more fun and maintain a good flow.

I agree it will be more valuable resource/reference book for the ones who have already participated the course or ones thinking of taking one. Though it is equally insightful book for anyone interested in meditation, mind-body phenomenon, self improvement and understanding or in general wanting to be develop inner peace and wisdom. I am sure everyone will definitely get something beneficial out of this book and hopefully inspire them to try out this wonderful meditation technique.

Finally having participated the course, I can say it has been a very unique, fulfilling and profound experience

for me and I am super grateful to have come across it. Can't recommend enough for everyone to give this technique a try. Reading this book would be a great starting point followed by participating in the course and obviously practicing it to 'really experience' it by 'yourself' and feel the difference.

May all beings be happy, peaceful and liberated.

Greg Brooks-English says

This book is a review of the practice and theory that underpins the foundations of SN Goenka's famous 10-day meditation retreats. A former Hindu industrialist suffering from chronic migraine headaches sought treatment from all the world's best medical doctors and found no treatment. It was only after he did a Vipassana retreat that his headaches cleared up. This pure Buddhist teaching was preserved and kept in Myanmar (Burma) and reintroduced to India and the world where it is one of the fastest growing Buddhist teachings in West and East (www.dhamma.org). Participants agree to practice the five precepts on the retreat of no stealing, lying, sex, drugs, etc., and to not leave during the 10 days (though if you really really want to, you can). Retreatants begin the first three days with shamatta, or calm-abbiding, which calms the mind whilst focusing on the in and out flow of the breath on the bridge between both nostrils - as the narrower the focal point the sharper the mind becomes. On the fourth day, Vipassana begins, meaning looking deeply. Meditators focus their awareness on the sensations arising from sitting in one position without moving or attaching to pleasant ones or pushing away unpleasant ones. Out of this strong effort, one's impurities are eliminated, as you are doing this for about 10.5 hours daily, plus a 1.5 hour dharma talk daily (which are really fun and wholesome and a great relief from meditating all day long - whew!), amazing things happen!!! For each participant it is unique and suited to them because it's their own mind. Speaking for myself, my first 10-day retreat I relieved every sexual encounter of my entire life, helping me to become aware of just how much I overvalued sex over time. On the next retreat, I did a life review of my own death, touch such profound depths of gratitude, and finally I saw much deeper things which I am not at liberty to speak about. Can't recommend this book highly enough, but even more - go on the darn retreat and see for yourself. The real test of the retreat is that it's offered by donation only. If you don't have money, no problem, and if you have lots of money, no problem. Just go! They have them in Korea now too!

Teo 2050 says

[Hart W (1987) (05:12) Art of Living, The - Vipassana Meditation as Taught by S. N. Goenka

Foreword by S. N. Goenka

Preface

Introduction

– Story: Swimology

01. The Search

– Questions and Answers

– Story: To Walk on the Path

02. The Starting Point

- Matter
 - Mind
 - Questions and Answers
 - Story: The Buddha and the Scientist

03. The Immediate Cause

- Kamma
 - Three Types of Actions
 - The Cause of Suffering
 - Questions and Answers
 - Story: Seed and Fruit

04. The Root of the Problem

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Azar says

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