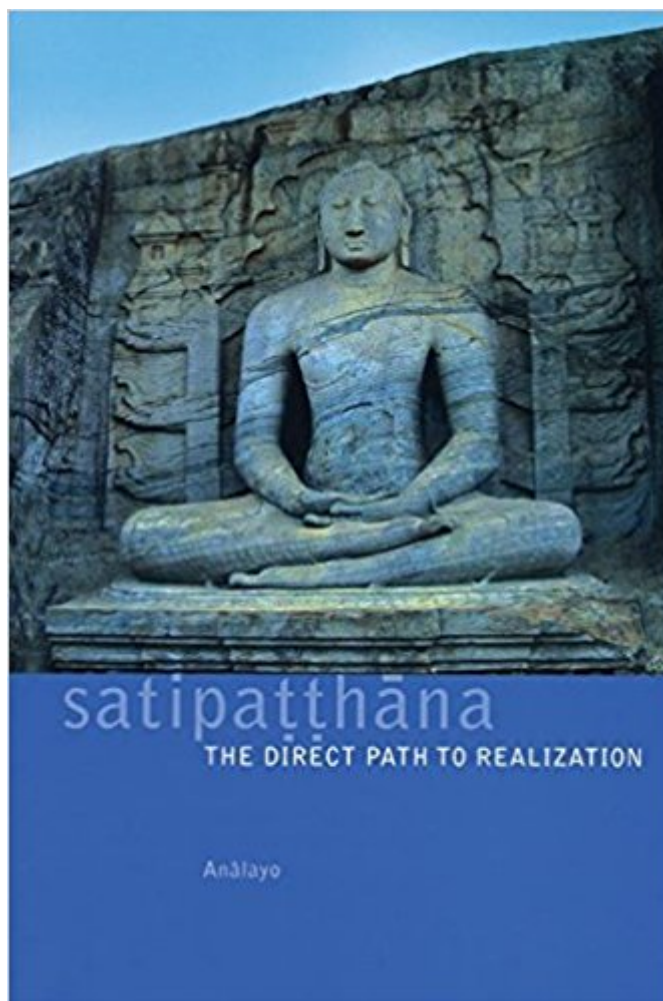


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# Satipaāḥāna: The Direct Path To Realization



## Synopsis

• Surely destined to become the classic commentary on the Satipatthana • "Christopher Titmuss Now in its second printing!

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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 practioner. 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 abidarma and comentaries, finally the opinions of contemporary mindful medtation 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 being 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 done several paths of Buddhism. Not to be read in a evening Highly recommend for any one with a serious interest is this philosophy.

5stars

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

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