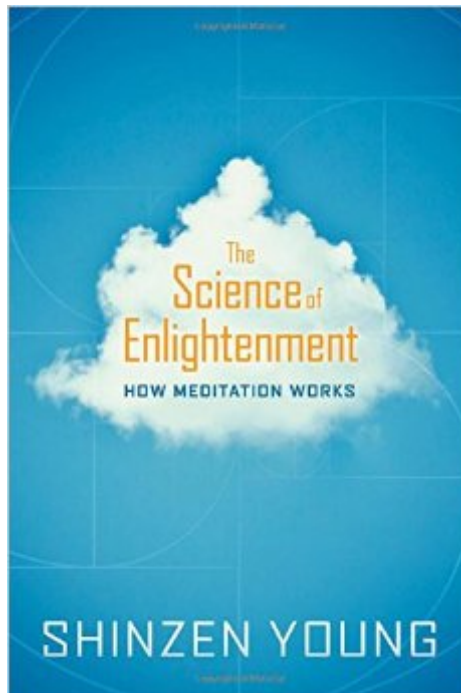


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# The Science Of Enlightenment: How Meditation Works



## Synopsis

“Enlightenment” is it a myth or is it real? In every spiritual tradition, inner explorers have discovered that the liberated state is in fact a natural experience, as real as the sensations you are having right now—and that through the investigation of your own thoughts, feelings, and perceptions you can awaken to clear insight and a happiness independent of conditions. For decades, one of the most engaging teachers of our time has illuminated the many dimensions of awakening—but solely at his live retreats and on audio recordings. Now, with *The Science of Enlightenment*, Shinzen Young brings to readers an uncommonly lucid guide to mindfulness meditation for the first time: how it works and how to use it to enhance your cognitive capacities, your kindness and connection with the world, and the richness of all your experiences. As thousands of his students and listeners will confirm, Shinzen is like no other teacher you’ve ever encountered. He merges scientific clarity, a rare grasp of source-language teachings East and West, and a gift for sparking insight through unexpected analogies, illustrations, humor, and firsthand accounts that reveal the inner journey to be as wondrous as any geographical expedition. Join him here to explore: Universal insights spanning Buddhism, Christian and Jewish mysticism, shamanism, the yogas of India, and many other paths How to begin and navigate your own meditation practice Concentration, clarity, and equanimity—the core catalysts of awakening Impermanence—its many aspects and how to work with them Experiencing the “wave” and “particle” natures of self Purification and clarification—how we digest mental blockages and habits through inner work Emerging neuroscience research, the future of enlightenment, and much more For meditators of all levels and beliefs—especially those who think they’ve heard it all—this many-faceted gem will be sure to surprise, provoke, illuminate, and inspire.

## Book Information

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## Customer Reviews

This is a very good book with many insights of practical importance for the practice of meditation. A few noteworthy points: 1. This is not a "how-to" manual for meditation. Shinzen Young's system of meditation is concisely and precisely described in his various writings, available for free at his websites. This book should be used in conjunction with specific instruction available from these writings or directly from Young or his students. 2. This book explicates a global, unified, high level viewpoint based on the author's extensive experience in a wide variety of contemplative practices. Though it would be unfair to label it "theoretical" (because it is deeply grounded in practice and application), some people unfamiliar with the author's system may react to its apparent "conceptuality." (Compare to point #1 above.) 3. The book is more infused with philosophical and religious traditions in style and presentation than Young's practical and direct guides to his system of meditation. Strongly secular and materialist minded people may react to this. 4. Warning: this book contains passages of speculation. The author is very clear to delineate when he writes from direct experience and when he engages in speculation. Nonetheless, some readers ignoring this delineation may react.

The clarity, precision, and integrity of this book come off every page; while indeed great editing helps; the content is based on Shinzen's vast and nuanced depth of understanding and direct experience. It's a book on meditation I wish every teenager would read, not to mention every "adult." It's written by an individual who has so gone beyond being deludedly enamored of meditation for personal agenda, power, and magical thinking. If you come across meditation teachers who are not kind and ethical, you have not come across a true master, though they may be fine meditation teachers. Anyone who has spent time with Shinzen, and I have, knows that he walks his talk: truly a master, and one of the clearest, kindest, and most ethical individuals I know, to say nothing of his natural genius for synthesizing relevant information meaningfully. I am so happy to be able to share with others this unencumbered, exquisitely distilled treatment of meditation so skillfully presented for people seeking a way through the morass of superstitious and/or reductionistic and/or doctrinaire and/or self-promoting overlay that riddles so much of the literature on the topic of meditation. This is

a book on how and why meditation can craft a person to be truly honest, ethical, sane, humane, and healthy in both mind and body. So set down your bottles, pills, trips, traps, and tokes. Lay down your load and get acquainted with your body and mind clearly enough to get truly free. Meditation, which leads to understanding and overcoming the mechanisms that drive personal and collective misery, is the ultimate form of social revolution, social action. Thank you from my heart, Shinzen.

Well organized and beautifully written. I lived as a harsh cynic for many years of my life, especially when it came to religious and spiritual practice. When I first heard "Science of Enlightenment" in its audio form, a switch went off in my head. I guess Shinzen used exactly the language that I needed to hear to move me away from a cynical framework of thinking and into practical way of training. There were certain things that he said, that when I heard them, I felt like a small part of me had experienced them somewhere before. The way you guys organized this book is fantastic. I see it as a perfect motivation for beginning practitioners. It lays out the reasons in a way that are practical and not religiously dogmatic. It gives a broad perspective on contemplative practice that is inclusive of a huge range of traditions. These were things that I really needed to hear to get me motivated to practice. I'm really grateful.

Shinzen's practices, teachings and retreats have profoundly impacted my life. Fortunately he was the first teacher I came across, because it made for dabbling in other traditions to come quite naturally. Very fortunate to have crossed paths with this dude and his book has the highest recommendations possible from me.

Didn't even finish the book just skipped to the chapter "just note gone" and that chapter told me everything i ever needed to know like literally, ever in my life and investigation of life and reality. Idk why he insist there is no best method or fastest way to enlightenment when he eventually admits there is but w/e . Best book i ever read even if the entire book was only that one chapter . Seriously . I understand why everybody starts laughing hysterically when they see it, when they see that source which cannot be seen and realize they are that and everthing is that and has always been that. Lmao

I am a long time meditator but new to Shinzen Young. Finding him has been revelatory.His unique and clear perspective is helping me find a different and helpful way of looking at and working with my experiences. Highly recommend both this book and the more detailed practice instructions

available on his website.

This is a treasure! It is the coup de maitre of a master teacher whose primary purpose is to advance the well being of all people. Anyone and everyone who has the privilege of reading this book and practicing these skills will benefit. This is a gift to all.

I like the clarity of the prose in this book. I also appreciate Shinzen Young's scholarly approach to the subject.

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