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Audio Excerpt Body Scan Meditation Summary One of the foremost experts in meditation distills her 30 years of teaching in a 28-day program that will change lives. From the basics of posture, breathing, and scheduling to the finer points of calming the mind, distraction, and addressing specific problems (pain in a particular area, problems with going to sleep, etc.) Real Happiness delivers a comprehensive guide. Includes guided meditations. Real Happiness by Sharon Salzberg of Workman Publishing Product Description Thousands of years prove it, and Western science supports it: Meditation sharpens focus. Meditation lowers blood pressure, relieves chronic pain, reduces stress. Meditation helps us experience greater calm. Meditation connects us to our innermost emotions and challenges our habits of self-assessment. Meditation helps protect the brain against aging and improves our capacity to learn new things. Meditation opens the door to real and accessible happiness. There is no better person to show a beginner how to harness the power of meditation than Sharon Salzberg, one of the world's foremost meditation teachers and spiritual writers. Co-founder of the Insight Meditation Society, author of Lovingkindness, Faith, and other books, Ms. Salzberg distills 30 years of teaching meditation to a 28-day program that will change lives. It's not about Buddhism, it's not esoteric—it's closer to an exercise, like driving or cycling. From the basics of posture, breathing, and the daily schedule to the finer points of calming the mind, distraction, dealing with specific problem areas (pain in the legs? to fallen asleep?) to the larger issues of compassion and awareness, real happiness is a complete guide. It explains how meditation works; why a daily meditation exercise results in more resilience, creativity, peace, clarity and balance; and provides twelve meditation exercises, including mindfulness meditation and walking meditation. An extensive selection of frequently asked questions covers the most common concerns of beginners who meditate—Is meditation selfish? How do I know if I'm doing it right? Can I use meditation to manage weight? Includes guided meditations. Reviews / Praise Salzberg speaks from experience . . . an extraordinary teacher. — O, The Oprah Magazine Sharon Salzberg has offered a gift of peace to the world. — Alice Walker To those who have taken her courses (like me), [Real Happiness] contains all the jewels in Sharon's teachings plus more. — Ram Dass, author of Be Here Now The real deal, a trustworthy-to. — Daniel Goleman, author emotional intelligence real happiness is a real happiness. . . simple, practical, efficient. . . I love it and highly recommend it! — Robert Thurman, author of Inner Revolution and Infinite Life: Awakening to Bliss Within Can Guide and Support a Newcomer or enrich and refresh an experienced practitioner. . . No one could ask for a better teacher. — Martha Beck, columnist for O, The Oprah Magazine and author of Finding Your Own North Star An inviting gateway to the inner territory of deep well-being and wisdom. With Sharon's gentle voice, intimacy with the landscape and thus exquisite guidance, mindfulness and loving kindness come to life. — Jon Kabat-Zinn, author of Coming to Our Senses and Wherever You go, There You Are People often ask me where to start if they are interested in learning more about meditation. Now I know where to send them: Real Happiness is the perfect start. — Dr. Richard J. Davidson, William James and Vilas Research Professor of Psychology and Psychiatry; Director, Center for Examining Healthy Minds; University of Wisconsin-Madison A masterful work: deep, warm and engaging. I want to give it to everyone I know. — Mark Epstein, MD author of Thoughts Without Thinkers and Going to Pieces Without Falling Apart In a voice that is wise and witty, personal, contemporary and engagingly friendly, Sharon Salzberg has written this wonderful book that will be accessible and encouraging for novice meditators as well as inspiring for dedicated practitioners. — Sylvia Boorstein, author of Happiness is an Inside Job We have seen some attempts at such a full teaching of the Buddhist meditation practice and lifestyle, but no one has accomplished the high skillfulness of Sharon Salzberg's remarkably clear transmission of adventure awakening. . . . A thoroughly modern gift from 2,500 years ago by one of our favorite teachers. — Stephen Levine, author of Who Dies and A Gradual Awakening Wonderfully clear, remarkably accessible, warm-hearted and wise. Everything you need to change your life! — Jack Kornfield, author of A Path with Heart and After the Ecstasy, the Laundry Her voice is filled with humor, kindness and wisdom and her meditation instructions are practical and accessible. — Ethan Nichtern, author of One City: A Declaration of Interdependence Salzberg outlines a path wide enough for everyone from today's wounded veterans; to ADD school children; To (and beyond) stay-at-home parents and CEOs. - Eliza Griswold, author of The Tenth Parallel: Dispatches from fault line between Christianity and Islam I will propose and give this jewel! . . . to all I know who want to bring steadfastness, grace, peace, and happiness into their lives through the practice of meditation. — Elizabeth Lesser, co-founder of the Omega Institute and author of Broken Open: How difficult times can help us grow I often suggest to my stressed patients that they meditate, but most people don't know where to start. Real Happiness is the perfect meditation recipe, with everything a first-timer could need. — Frank Lipman, M.D., author of Revive A simple, straightforward way to learn the most essential methods of Buddhist meditation, from one of the most famous meditation teachers in the West today. — Dzogchen Ponlop, author of Rebel Buddha: On the Road to Freedom Very few books will actually make you a better person. This is one of them. — Chelsea Cain, author of the New York Times bestseller Heartsick and Sweetheart Salzberg's four-week program to develop insight meditation, mindfulness and her specialty of loving-kindness instructs and awakens us clearly, leading step by step to the discovery of who we are, why we are here, and how to realize a more fulfilling life and more harmonious world. I highly recommend this to anyone seeking self-recovery and inner peace, well-being and enlightenment. — Lama Surya Das Author Bio SHARON SALZBERG co-founded the Insight Meditation Society with Jack Kornfield and Joseph Goldstein, and is the author of eight books, including the bestselling Lovingkindness and Faith. A teacher for more than thirty years, she has been a contributing editor at O, The Oprah Magazine, and has been featured in Time, Real Simple, Good Housekeeping, Self, Shambhala Sun, More, and others. She divides her time between Barre, Massachusetts, home of IMS, and New York City. Share on FacebookShare on TwitterShare on LinkedIn Top Reviews Recent Top Reviews Have you ever tried To Meditate and Thought You Weren't Good At It? Are you sporadic with your meditation practice because you just don't have time to do it? Have you ever wondered what physically happens to your brain, your body while you meditate? Sharon Salzberg addresses these issues in her book Real Happiness. Salzberg begins by explaining what meditation is and what it is not. She then goes into the benefits and science of meditation, which for me was probably my favorite chapter. Learning that the brain physically changes when participating in mindful meditation was fascinating to me. From here the book is divided into a four week program with each week focusing on a different type of meditation. Every week is beautifully landscaped; with an introduction and then go into practice preview. I loved this because it's nice to know in advance what the meditation session will be. You don't want to think about how when to stay focused on meditation yourself. When you get a look at what's to come, Salzberg introduces you to several different types of meditations to week's focus area. She highlights or italicizes important concepts to remember, and provides tips and gentle reminders along the way. She concludes each episode with frequently asked questions, reflections and takeaways. I really enjoyed and learned a lot from this book. I loved Salzberg's writing style and her organization. This book was so well done. . . . highly recommend! © 1996-2015, Amazon.com, Inc. or its subsidiaries. . . fEM-STARSL-LOVED, ITI INDEED! _One-of-A-KIND BOOK... A WHOLE + REAL MEDITATION COURSE... ALL IN 1 SIMPLE, YET DEEP BOOK OR AUDIO-BOOK! first read when a friend 'gifted' the book to me, sometime before the year 2000, in his 1st Edition. I already had meditation daily for a few years, mainly alternating meditation practices: a day of mindfulness of breathing (in four stages), then, the next day practice Metta Bhavanana (or Cultivation o... fEM-STARSL-LOVED, ITI INDEED! _One-of-A-KIND BOOK... A WHOLE + REAL MEDITATION COURSE... ALL IN 1 SIMPLE, YET DEEP BOOK OR AUDIO-BOOK! first read when a friend 'gifted' the book to me, sometime before the year 2000, in his 1st Edition. I already had meditation daily for a few years, mainly alternating meditation practices: a day of mindfulness of breathing (in four stages), then, the next day practice Metta Bhavanana (or Cultivation of Universal Loving-Kindness in five stages). My meditation practice was pretty 'solid' and if it hadn't been a gift, I probably wouldn't have ever read this very well-written book, which presents with pristine clarity, deep simplicity (anyone who has tried to write concisely and accurately, completely covers, as simple as possible, but not too simple, it's genius! To do so with meditation, and all meditation myths, misunderstandings, and preconceptions are more abundant, thus exponentially more difficult than an unknown subject, or Tabula Rosa/Blank Slate. Any doubts about the challenge of precise and concise, just read my attempt to summarize ...) which is tasty, digestible and satisfying, whether this is your first attempt to meditate (which I would recommend for any beginner, or a samādhi-yogi, who is interested in this type of meditation that mixes Mindfulness, Loving-Kindness, and the traditional vipassanā sōpa. The book flows, as it is designed, written in this piece by piece style, for which the content is described, presented and to be processed, read (or listened to audio version, read by the author, which I personally prefer in this type of book), and its meant to be put into practice, step-by-step, but-by-bit, cumulating additional techniques and emphases from one week, to the next, is the ideal set-up to follow as one would a traditional meditation class: (which usually meets once a week, the technique(s) and one is explained, practiced in class, then it is questioned/suggested that each individual then practices that of the week's homework each day; typically suggests 15-45 minutes per day, starting the first week = 15-30 minutes, increasing incrementally each week) even if everyone is different, and the teachings styles vary, and often depend on the specific method. I think Salzberg suggests that she try 40 minutes every day from the beginning, which I personally think is a perfect length for anyone who establishes a significant daily practice. This course is described in the four x 1 week section (which is very, very attainable, for slow readers, and/or busy people, but only if you really want that dramatically excellent betfs... as if you follow as directed: practice 40 embossed per day, every day, for four weeks, I personally guarantee that you will feel markedly enhanced in countless ways! (Better to any exercise, or medication ... plus unlike medications like human physiology try to adapt biochemistry, and thus reduces the effect over time; the exact opposite occurs with meditation. If you have chronic pain, anxiety, depression instead of building tolerance to medication, time and accumulation increases meditation!). I have taught many meditation courses, and this style of progressive, cumulative learning is, without a doubt, the most affective. (Although it is not necessary to complete this book in 4 x A week time frame layout, there is no reason not to have a solid meditation practice, 28 days from the day you start) I regularly listen to the audio version, specific parts, random sections, and sometimes the entire text, from intro to, all at once.) The audio version version probably helps, but the writing is from a first person to second person, instructional storytelling style. It gives a real sense of intimacy. *Later I mention how some of Sharon Salzberg's cohorts are prolific publishers, which no criticism just my own speculation. First-off, I love having lots of Jack Kornfield books and conversations! Jack has helped me navigate like after No-Self. No words can explain the connection. Joseph Goldstein's publications, such as: On Dharma: Abiding In Mindfulness is an example of where to go for text (and sound) Dharma's study with tremendous depth, breadth of weight, penetrating wisdom and understanding (in sheer volume alone)! Sharon Salzberg could write and publish as much as she wants. Her wisdom, wisdom, true literary talent and boundless practical experience are second to none. Her other published works of writing are Meditation-based, along with Interactive and correspondence courses offered by IMS (the courses are co-authors of Joseph Goldstein, and are really focused on teaching Mindfulness/Metta/Vipassanā, Interactive Journaling, Online Chat Groups, 1-on-1 Media Advising (not necessarily with Sharon or Joseph, but IMS Staff) with the stated emphasis on maintaining your Meditation Practice, once established! And is available via web for those of us who are not lucky enough to live near Barre or Marin This speaks volumes of her primary purpose, and passion. It makes sense that she, unlike many others with similar backgrounds and experience, identifies as a Meditation Teacher, not a Buddhist teacher, or Buddhist meditation teacher, just a meditation teacher. She's mastered her craft. The Art & Science of Teaching Meditation, all over the world, online, 1-on-1, from prisoners, to neurosurgeons, and doing it non-stop for --40 years, and she does it all in this, relatively short book (It's Good Full, but it's concise and accurate, and if she wanted to make money from book sales, she could. She hopefully will post more, and she is often doing events on things like Good Reads and her Blog, Twitter, etc. She does write essays, blogs, articles, etc and is very accessible, as far as I can tell. This is her heart and soul; she does it so well, she doesn't need 8 variant of the same book, she got it right over 15 years ago, and the updates have been very significant, but the essence doesn't come and go with every season. FYI: One reason I love her, and relate to Sharon (We're on a first name basis, at least right now.) She didn't have a happy camper as a college kid or before (and she started college at 16... obviously intelligent, and also probably in a hurry to get fixed! I would also be if I had lived in four different arrangements before going to college at 16 (Family Deaths, Family Mental Illness, Family Displaced From Home to Home, Abandonment, Fear, Anxiety, Anger, Resentment... she was suffering, and she tried the Peace Corps, she concluded and while in the East, she took up Meditation... and has not stopped!) I can't recommend this book out loud enough! Nor can I convey with precision, style and grace that she does, in a way that leaves nothing out, and adds nothing superfluous. Like I said, if you haven't tried, or you're not a natural born writer accomplishing what she has is something that literally no one else could do! When I first read Real Happiness almost 15 years ago, I loved it from the first go at it. (Despite having some false preconceptions, immediate aspects of teaching in my Mindfulness and Loving-Kindness practices, and the effect was noticeable!) I had some close friends who practiced meditation within the framework of the Vipassanā Movement and was only familiar with S.N. Goenka from a rather skewed, superficial perspective. I lived, studied, practiced ecumenical Buddhism in a deliberate community (a semi-monastic, full-time, live-in, year-round, single-sex, communal, ordination setting, which is hard to explain with simplicity, which I half-jokingly described to someone trying to understand the conditions as a Buddhist seminary, and for some reason this seemingly over simplification has proven to be more helpful than overly simplistic). Although I was, on some levels, very open to different approaches to Buddhism, my lack of true openness, teachability, Beginner-Minds interpreted the influence of, or even simple openness to, Secular Meditation as somehow 'subordinate' to the ecumenical* Buddhist path that I was (and am, but now I am vipassanā and experience vipassanā, although I started Vipassanā Style after Vipassanā arose) exclusively committed retrospectively, the fruits of long term Meditation, Meditation, Meditation, Meditation Buddha-Dharma /Dharma practice, and especially holistic wisdom, Transcendental Insight, emotional maturity, neuroplasticity, and expansion in depth and breadth of understanding, guidance, inspiration and innovation are gleaned from various teachers, who fall under this broad category of Teachers of the Vipassanā Movement their impact on myself and countless other countless others... both Buddhist and non-Buddhist, Secular Humanists and Non-Spiritual/Religious Individuals, have/are huge, and truly life-changing! In addition, for a collection of specific individual teachers who teach different styles of meditation, that fit, either entirely or largely, within Modern Vipassanā Style the monumental impact of this first generation of American Vipassanā Teachers, like Sharon Salzberg, Jack Kornfield and Joseph Goldstein (Tara Brach & Shinzen Young) have each deeply influenced my practice, and thus my life, and those I come into contact with, physically and subsequently. Each in different ways, some more than others, but in many ways we have a collection of Meditation Teachers, who for me, The Manhattan Project had nothing on, in terms of Physicists, as we do in this group of living Masters. 100 years from now people will look back and try to imagine what it was like to live, meditate, practice Buddhism in the United States when ALL these Master Teachers were all around and teaching and writing at the same time... If I'm wrong, go back to me 100 years, and I'll give you your money back (present value, not adjusted for inflation) for them ALL! The Jack Kornfield (who is more than all the others put together... and my personally I'm grateful for it, Jack is a very dear teacher), Goldstein his books aren't as good as Jack's, but he makes up for it in density! Wow! I don't know which The Dharma, Abiding in Mindfulness, I'm on episode 3, part 3, and each part is only about 1 book, so I'm doing their Dharma series, and I guess since there are 4 dwellings of Mindfulness, I'm on part 3 Sec 3, which is like an encyclopedia... BUT BRILLIANT, Funny, DEEPI, Shinzen Young, my new HERO! (Not as well known at present, but read The Science of the Enlightenment and you will understand... if you are a Buddhist who loves meditating and getting insight), Salzberg (Honestly, she could probably write as much as she wanted, but do what she does so incredibly, she doesn't need 10 book's to convey her Teaching, the rest is in hand, or the mind/heart of partitions), Levine (Both Levine's, although Noah and I are ~same age, and have a lot of history in common, he's done amazing things, and his Podcast Against the Flow is Excellent, which is the book, Dharma Puan, OYE! 5th Precept Hardliners! I LOVE IT), Brach (Although Jack is also a clinical psychologist, and combines meditation and Dharma with Western psychology, although he became a psychologist after spending several years in the Thai Forest Tradition, under Ajahn Chah, Dr. Brach I'm not so much about, but her voice is lovely and soothing, and her Radical Acceptance is STELLAR, and her guided Meditation Audios are excellent and unique. If I hadn't done my psychoanalysis, and gone through all the childhood stuff, which is important (as Jack Kornfield discusses/treats a lot (especially in A Path With Heart he talks about it biographically, but in his later conversations from retreats, special guided meditations, etc he actually incorporates it into meditations. In Living Without Fear by Thich Nhat Hanh, he discusses this for a very long time, it seems more familiar with Western Mind/Paradigm, etc, the better, whaler, fuller teaching approaches like the cultural Buddhist take, such as Thich Nhat Hanh, and Yongey Mingyur Rinpoche, the young Tibetan Tulku, (Damn, I know Noah Levine and I are the same age, but Yongey is far younger!) who was trained by the last great generation of Tibetan Lamas raised and educated in Tibet in The Joy of Living he examines the psychological necessities of many Western Buddhist, like many of the older, Cultural Buddhist, (not because of lack of will, or compassion,... listen to Jack Kornfield's Transmissions about all his Time with the HH XIV Dalai Lama, the man sobbing as he hears about what many Americans do... but admits he can not understand it) ... you can great insight, but still do not have the emotional maturity, I know that's what happened to me I'm Psychoanalysis. a year or two of 5 days/week, if you're ALL-IN, SO is the addition of Meditation, and Tara Brach really seems to get this, and both in her approach. etc) Many of the are intimately connected, beginning with Jack Kornfield and Joseph Goldstein, although they were already familiar, their friendship and influential Teachings during the formative time of the Naropa Institute [now Naropa University] son led to the most influential institutions of both Buddhism and Secular Meditation, stare with the Insight Meditation Society (IMS) (Co-Founded in 1976 by Sharon Salzberg, Jack Kornfield Joseph Goldstein and Jacqueline Schwartz in Barre, Massachusetts) and later IMS sister-center Spirit Rock in Marin, California. Although no way limited to these two cornerstones of Meditation in the United States, many of the who's who in American Buddhism and/or meditation have their roots in the primary birthplace of Western Vipassanā, in South/Southeast Asian teachers and the modern growth of meditation and Vipassana- Method, such as Ledi Sayadaw, U Ba Khin, Mahasi Sayadaw. Saya Udaw Pandita. Ajahn Chan, Goenka, Dipa Ma, Munindra, etc, along with Western-Born Theravada monastics: Ajahn Sumedho, Bhikkhu Bodhi, Āhānissaro Bhikkhu/Ajaan Geoff, Ajahn Amaro, and American teachers who aside from being influential in establishing Centers in the United States; Jack Kornfield, Sharon Salzberg, Joseph Goldstein, Tara Brach and Shinzen Young are undoubtedly, hugely influential through their writings and audio recordings of Dharma and instructional calls from Retreats and such (and now more video recordings), along with Jon Kabat-Zinn, Gil Fronsdal, Ruth Denison, Noah Levine, and too many more than I can imagine mentioning. There is such depth and breath, with deep weight of experience and wisdom in this book, that each of these IMS, Spirit Rock and Kabat-Zinn has brought to Meditation in the West, and the psychological and neuroscience empirical evidence that shows what 40 years ago, this group of amazing people, (and probably all old hippies, then Kornfield, Salzberg and Goldstein were all three just outside the Peace Corps, but still dissatisfied, and how the living examples they met in S/E Asia of Living Peacefulness & Serenity that they each, independently crossed paths with in Burma, India and Thailand, inspired them, and have kept their inspiration growing & flowing 40 years later, and one thing I know, is that they have only improved with time (Practice and wisdom.) [The modern Vipassanā Style is deliberately differentiated from the vernal term: Vipassanā and probably more often mistaken for each other than understood as separate applications of Pali & Sanskrit word: Vipassanā (māha-vipassanā, Transcendental Insight, a specific point in the Buddhist path that marks Stream-Entry, Breaking the first three Fetters advancement from māha-saṅgha to Anya/Anya Saṅgha, the community of noble disciples, which all Buddhists strive for, and most styles or names, such as Mindfulness of are samatha and vipassanā meditation techniques)from the historical Buddhist Dharma / Dharma, which refers to the Transcendental Insight aspect of Samatha-Vipassanā Meditation (Samatha meaning 'soothing and focusing), which in addition to the scope of what is supposed to be a book review. I will just say that although meditations are designed to be Samatha and some Vipassanā, the vast majority are both, and although some Buddhist feel that one can practice a Vipassanā style meditation without developing the basis of Samādhi and Mindfulness, I know only one, which is very minority among Buddhist practitioners, although sometimes it seems to be the majority of misunderstandings with those who are not familiar with the actual practices. It would be akin to calling a style of meditation Nirvāna Meditation and think that this meditation is for those who want the Enlightenment, but need not develop any basis of samādhi or dhyāna / jāhna (or vipassanā) that this only produces Nirvāna without any building of foundation in calm and focus concentration, absorption, or Insight, just goes straight to Liberation, extinguishes any karma-vipāka, stills the mind, ceases any unskillful act of body, speech or mind, but without any preliminary ethical or meditative training.) * Ecumenical Buddhism (differentiated from eclectic in identifying/relating the unity, oneness within the various schools, and unification of a Buddha-dharma, while eclecticism emanates paradigm from a point of view to draw different aspects from separate, different forms of Buddhism. Thus the fundamental paradigm of eclectic view of the different Schools as separate divisions of buddhism, while Ecumenical paradigm views them having varying emphases of A Buddha-dharma. In addition, the founder of triratna Buddhist order & society, also ordained in the first within the Theravada Tradition, spent 25 years in the Indian Sub-Continent, during the time that Tibet was invaded, and thus spent many years studying under various teaching lineages, and the Buddhist movement he later started (in Britain, in the 1960s, Theravadin, Mahayana / Vajrayana Tibetan and Chan / Zen Teacher, and even more, aims to identify and confirm the unipreence of principles and thread (a little sutta, sutra, tantra pun, if you know the history of the terms sutta, sutras & tantra) shared by all schools of Buddhism (namely the history of Buddha and his way to, and then teaching in, Bodhi, or Awakening. As well as the basic action of Refuge going to the triple gems: Buddha, Dharmaa and Sanghaen) Sabbe satta sukhi hontu Sabbe satta sukhi hontu . Sabbe satta sukhi hontu Sabbe satta sukhi hontu . Sabbe satta sukhi hontu Sabbe satta sukhi hontu . Sabbe satta sukhi hontu Sabbe satta sukhi hontu . Sabbe satta sukhi hontu . Sabbe satta sukhi hontu . Sabbe satta sukhi hontu . Sabbe satta sukhi hontu . Sabbe satta sukhi hontu . More... More