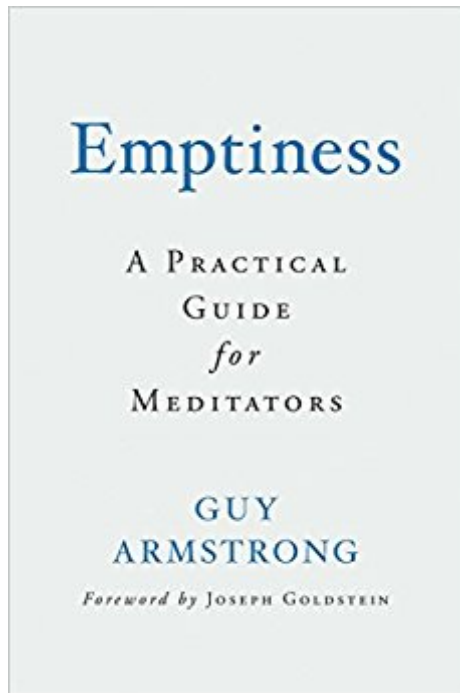




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Emptiness: A Practical Guide For Meditators



Synopsis

If everything is empty, then what ceases in Nirvana and what is born in rebirth? How can you live in the world without feeling trapped by it? Guy Armstrong tackles these questions and more in this richly informed, practical guide to emptiness for the meditator. It may seem odd for emptiness to serve as the central philosophy of a major religion. In fact, emptiness points to something quite different than "nothingness" or "vacancy." And by developing a richer understanding of this complex topic, we can experience freedom as we live consciously in the world. Guy Armstrong has been a leading figure and beloved teacher of insight meditation for decades. In this book, he makes difficult Buddhist topics easy to understand, weaving together Theravada and Mahayana teachings on emptiness to show how we can liberate our minds and manifest compassion in our lives.

Book Information

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Customer Reviews

"Armstrong's book is an insightful exploration of one of the most confusing Buddhist teachings; inexperienced and experienced practitioners alike will find it very rewarding and thought-provoking." (Publishers Weekly) "For anyone seeking to understand emptiness, this is a clear and fine guidebook, with precise and practical ways to explore and deepen your practice." (Jack Kornfield, author of *A Path With Heart*) "Emptiness is a brilliant and practical introduction to the practice and attainment of liberation. Encapsulating Guy Armstrong's decades of dedicated Buddhist practice and study, *Emptiness* presents profound Buddhist teachings and describes ways practitioners can experience them for themselves. This is an important foundation

for anyone interested in the meditation practices of Buddhism. • (Gil Fronsdal, author of The Buddha before Buddhism) • Over the centuries, the term •emptiness• has taken on a number of meanings in Buddhism. It is also widely misunderstood, leading people to see Buddhism as nihilistic or life-denying. In •Emptiness, Guy Armstrong, a guiding teacher at the Insight Meditation Society, unpacks this concept in a straightforward and practical manner, inviting readers to discover its liberating truth through their own direct experience. • (Lion's Roar) • Emptiness: A Practical Guide for Meditators is thoroughly •reader friendly•™ in organization and presentation, making it an ideal and valued addition to community and academic library Buddhism collections in general, and Buddhist Meditation supplemental studies lists in particular. • (Wisconsin Bookwatch)

Guy Armstrong has been leading insight meditation retreats since 1984 in the U.S., Europe, and Australia. His training included living as a monk for a year in the Thai forest lineage. Guy is a member of the Spirit Rock Teachers Council and a guiding teacher of the Insight Meditation Society. He lives in Woodacre, CA.

excellent

I am grateful to Guy Armstrong for this wonderful book. I read it once, and I am starting it again. There is a lot to digest. What I like about this book is the author is making the material his own. So many books about Buddhism try to stay as close to the Pali Canon as possible -- afraid perhaps of misinterpreting the Buddha's own words. Armstrong does not stray far, but rather than simply quoting the old words, he writes as if he owns them. It is like singing a well-known song as if it was your own song. I have not had the privilege of studying under the author in person, although I have listened to his Dharma talks available on Dharmaseed.org. His way of approaching the Dharma drew me to this book, and I am not disappointed. What a challenge, to tackle •emptiness. • He says in the book that emptiness is central to Buddhist teaching, and I believe him. Personally, I never really understood the concept. I cannot say that I completely understand it even after reading the book. This is no fault of the book, I just need to read it again (or perhaps a couple more times). However, what the book has given me so far is a good point of departure for meditation and reflection. Once again, thanks.

It was a pleasure to read this book! A very well rounded and practical look at emptiness and a curious and interesting exploration of related topics. It is relevant to both beginners as well as

people with a deeper understanding and practice. I especially loved the discussions on the Ultimate, and I found it to be one of the more balanced and humble that I have come across. Guy is very clear and kind and draws on lots of personal experience plus a deep love of the various Buddhist traditions.

The book presents a difficult topic for most meditators with easy accessibility and great clarity. It is likely to become an important ongoing reference, a seminal work given the wide ranging mix of topics Guy has brought together with exceptional skill.

Excellent because it begins with the basics, travels through how one's meditation changes with continued practice and go to some good length to describe how the view of advanced meditators is markedly different from those who either have not meditated or just meditated for a short period of time. The descriptions of "abiding as emptiness" and nirvana, which are rarely present in many texts of this sort, are very welcomed and seem spot on.

Extraordinary insight from a long term practitioner and teacher whose voice comes from realizing the true nature of phenomena. Emptiness is a concept that eludes the most discriminating intellect. Guy shines a light that we all have been waiting for. Deep Bows and Gratitude.

As the title suggests, it's a practical guide for meditators. I found the book clarified a number of things my practice had brought up for me, so it's been invaluable in reading through and discovering these nuggets. I've highlighted loads of sections and will come back to review from time to time. Also, the author takes a fresh approach to describing topics all too familiar to those of us versed in the Buddha's teachings, so it's never dull. Thank you, Guy, a wonderful read! Thoroughly recommended for anyone on the path, or anyone seeking the path.

Beautifully written, well developed analysis, and excellent meditation exercises.

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