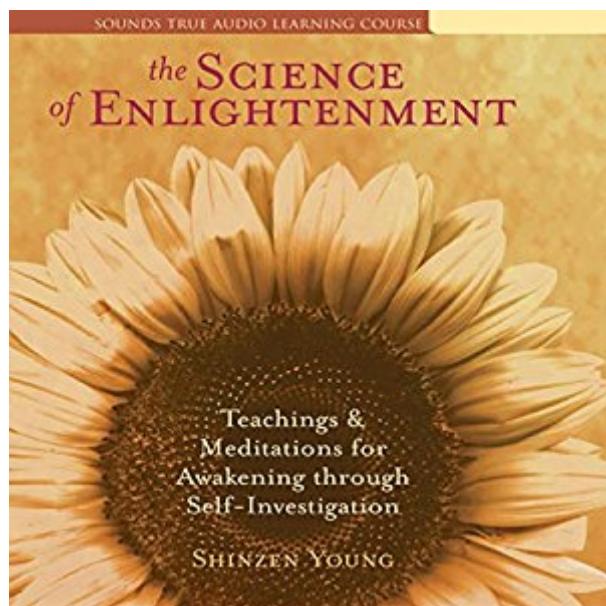


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# The Science Of Enlightenment



## Synopsis

The Science of Enlightenment Shinzen Young Is enlightenment a myth? Or is it real? On The Science of Enlightenment, you will learn that the liberated state is as real as your sensations right now. For it is through the investigation of your own experience that you can awaken to clear insight and happiness independent of conditions: the state of enlightenment. Through his expertise in both science and spirituality, meditation teacher Shinzen Young demystifies the principles of awakening contained in the world's great spiritual traditions, and shows you how to use them in your own life. Here; in a 12-tape course covering traditional teachings, scientific insights, and practical instruction; you will test for yourself the great wisdom traditions, including Buddhism, Christianity, Jewish mysticism, Sufism, Hinduism, shamanism, and many others. Why is "single-pointed concentration" so highly regarded on every contemplative path? How do you bypass inner blocks for a state of highest presence? How do you know if your meditation practice is working? Shinzen Young elucidates these topics with precision and intelligence, demonstrating why he is regarded as one of the West's most articulate and understandable teachers of classical mystical experience. The search for awakening is not limited to a chosen few. It is a field open for you to investigate; once you possess the "inner technologies" to do so. Now you can begin that investigation, with The Science of Enlightenment. --This text refers to an out of print or unavailable edition of this title.

## Book Information

Audible Audio Edition

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## Customer Reviews

I hesitated to get this at first. It's costly, and the author, Shinzen Young, was unknown to me. But I

was sufficiently intrigued by the title; the attainment of enlightenment being a lifelong fascination and I decided to take the plunge. Science of Enlightenment is an extraordinary, and life altering work. This is a classic, and one of the best additions to my audio library. I've listened to Science of Enlightenment several times, and each time, there's a blast of positive energy and inspiration while listening to it. I've come to understand through this audio book, that enlightened meditators often remain in a state of enlightenment to varying degrees, throughout their day. The crystalline clarity and sheer power of Science of Enlightenment is possibly due to the author being in a state of lucid meditation while speaking. This would explain the feeling of inspiration that seems to be transmitted by listening to this. The author, Shinzen Young has been a respected meditation teacher in the US for decades, and organizes Vipassana meditation retreats throughout the US. He also leads meditation retreats via the internet, making it possible for anyone with a connection to participate. You'll find several meditations and lectures by the author on youtube, however, for me, The Science of Enlightenment is his best work. It contains a fascinating, comprehensive discussion of the various types of meditation practice, and religion. Shinzen's amiable, down to earth, 'no nonsense' approach, makes this lecture all the more engaging. The author takes complex topics and breaks them down into nuggets of wisdom. I listen to this once a year, and each time, new insights are gained and things previously missed are discovered.

The Science of Enlightenment is a very profound, yet very dense piece of work. There is so much information here, yet Shinzen allows it to flow with a sense of ease from one subject into another. He is a very relaxed speaker. He also is VERY conscious about what words he chooses, so be careful that you are understanding him correctly. Self-help has been a big center of people's attention lately it seems, which has gotten this work much attention. However, I don't believe this work is directly comparable with the works of Eckhart Tolle, Jon Kabat Zinn and others, which are perfect in their own right. This is POWERFUL information that will stimulate you intellectually as well as spiritually. I would say TSOE's audience is those who are seriously into the idea of enlightenment and are willing to put a good amount of effort into it. I would recommend this to most people, although I don't think most people are ready for it. I mean this in the most respectful way possible! This is NOT something that you can listen to on your way to work and expect to become enlightened. I listened to it on the way to work daily over 1 year, thinking I was doing something constructive for myself. In hindsight, though, this was not a good practice and wouldn't recommend it. I feel that I changed a lot of my habits in confusion and created more pain for myself (temporarily). As Shinzen talked about creating positive feedback loops using Global Relaxation, I

have witnessed actually creating negative feedback loops and conflicts within myself. PLEASE, give this work it's due and actually study it like you would any work of this magnitude. Giving it full attention will help you drastically in the long run. In fact, I have been keeping a binder and taking notes while listening to the lectures!

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