



Manual of Insight

Mahasi Sayadaw

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The most comprehensive manual of the practice of insight meditation (*vipassana*), written by one of its foremost 20th century proponents, is translated into English for the first time.

Manual of Insight is the magnum opus of Mahasi Sayadaw, one of the originators of the “vipassana movement” that has swept through the Buddhist world over the last hundred years. The manual presents a comprehensive overview of the practice of insight meditation, including the foundational aspects of ethical self-discipline, understanding the philosophical framework for the practice, and developing basic concentration and mindfulness. It culminates with an in-depth exploration of the various types of insight and spiritual fruits that the practice yields.

Authored by the master who brought insight meditation to the West and whose students include Joseph Goldstein, Jack Kornfield, and Sharon Salzberg, *Manual of Insight* is a veritable Bible for any practitioner of *vipassana*.

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