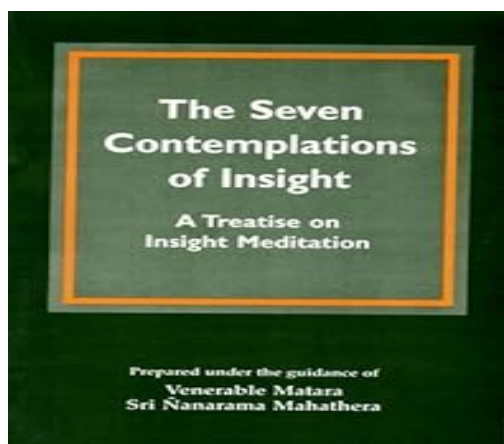


The Seven Contemplations of Insight: Treatise on Insight Meditation By Matara Sri Nanarama Mahathera

The seven contemplations of insight tv show



An in-depth study of the first seven insights which form a distinct and self-sufficient system known as the seven contemplations (satta anupassana) this book is theoretically rigorous yet pragmatic and precise. **The Seven Contemplations of insightus hop** By giving us a vivid picture of how these seven contemplations are to be applied in the actual course of meditation practice this work serves to fill a major gap in our understanding of Buddhist insight meditation, **The Seven Contemplations of insightqa** The book weaves together extensive material from the Buddha's discourses and the commentaries with concrete guidelines to mental training. **The Seven Contemplations of insightrx** The Seven Contemplations of Insight: Treatise on Insight Meditation.