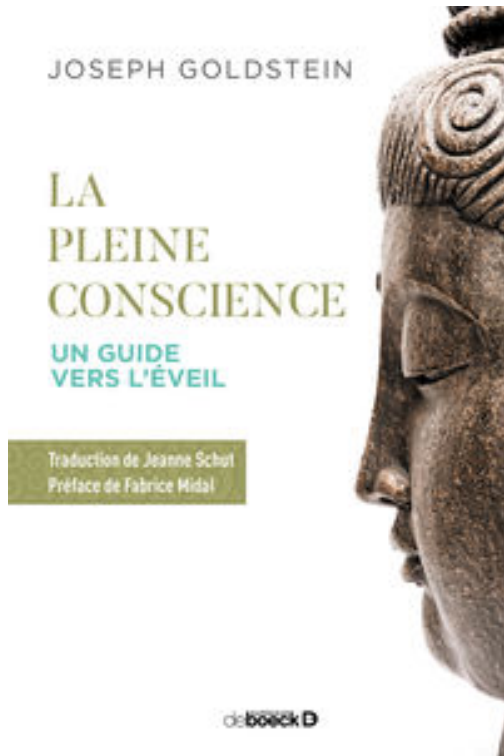


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« Depuis que j'enseigne la méditation, je ne cesse de me référer à ce texte, le Satipatthana Sutta - le texte cardinal qui a fondé la pratique de la méditation bouddhiste. Tout simplement surprenant, il décrit l'esprit humain d'une manière fulgurante. Joseph Goldstein montre combien il est parlant et éclairant pour notre situation. » **Fabrice Midal**

L'esprit contient les graines de son propre éveil, graines que nous pouvons cultiver pour cueillir les fruits d'une vie vécue en pleine conscience. Pour nous guider sur cette voie, l'auteur partage la sagesse acquise au fil de quatre décennies d'enseignement et de pratique.

Joseph Goldstein a élaboré cet ouvrage autour du Satipatthana Sutta, le discours fondamental du Bouddha à partir duquel s'est développée Vipassana, une des formes de méditation les plus pratiquées aujourd'hui. Dans une interprétation aussi riche et détaillée qu'abordable, il nous offre les clés essentielles pour comprendre cet enseignement et commencer à vivre en pleine conscience, à porter un nouveau regard sur nous-mêmes et sur le monde en développant l'attention que nous portons au corps, aux ressentis et aux pensées. Ce guide vers l'éveil constitue ainsi un compagnon indispensable pour tous ceux qui désirent apprendre à vivre consciemment et s'engager sur la voie de la liberté intérieure.

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