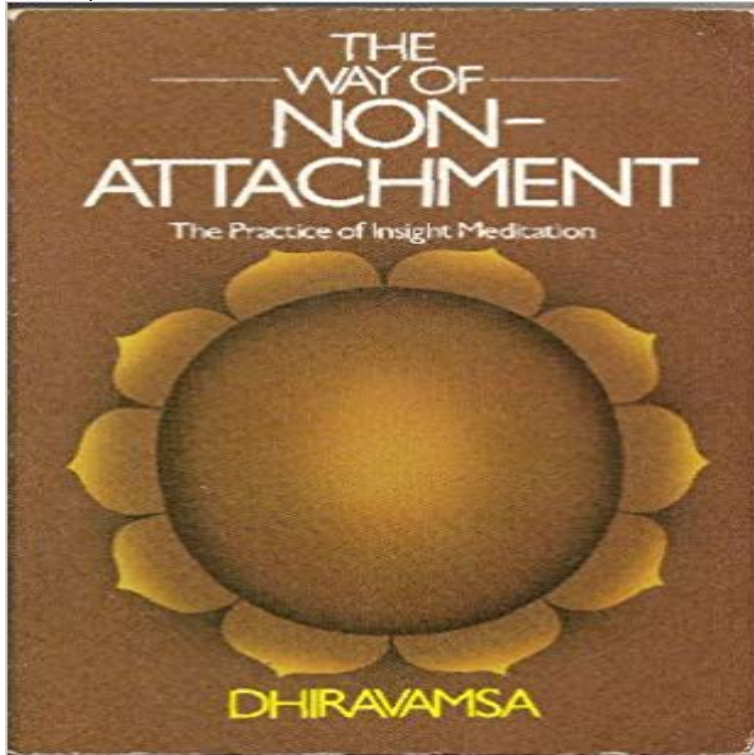


Way of Non-attachment: Practice of Insight Meditation



Interest in the practice of meditation has grown in recent times, but it is not generally realized that there are many types of meditation designed to attract different personalities. This guide to Vipassana (insight) meditation describes a powerful technique of gaining freedom from all desire. Insight meditation is unique in its own method and does not require a technique. The object for meditation can be any and every thing that is distinct and evident at the moment. In this connection, a student of insight meditation is constantly aware of whatever is arising in or entering his consciousness, knowing them for what they are without conceptualizing or analyzing things into categories. This is seen to be the way of openness, alertness and clarity of mind. All things are welcomed in constant movement of simple, clear awareness and bare attention. In the Way of Insight, seeing and accepting are seen to go hand in hand and therefore freedom in its true sense of being totally free is the ultimate goal of living.

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