



## Joseph Goldstein: An Interview with Joseph Goldstein



Joseph Goldstein is an author, a co-founder of the *Insight Meditation Society* and a meditation teacher. He believes, like his first teacher Anagarika Sri Munindra, that “if you want to understand the mind, sit down and observe it”. Follow Joseph to learn about insight meditation, the place of the body, and concepts such as not-self, impermanence and suffering.

**TOP EMBODIMENT TIP:** Take care of your body, don't identify with it, because it has its own laws and nature.

Find Your Own Way: **Look for teachers, methods and practices that you can work with and that work for you.**

- It is useful to explore various styles of teaching and methods before you commit to your own meditation practice.
- This study of methods should slowly become the background as you begin to work with your own experience.
- A teacher can help guide you through the path of meditation, which can be full of ups and downs.

The body is a Clear Object of Meditation: **The more we practice, the more we strengthen our ability to be embodied.**

- In the Satipaṭṭhāna Sutta, the four foundations of mindfulness, the Buddha begins with the mindfulness of the body.

Meditate to Come Closer to Felt Experience: **Live less in the world of concepts.**

- When we pay attention to the body, we become close to what *is* happening, not what we *think* is happening.
- We can practice mindfulness to accept things as they happen, to find equanimity, and to let go of clinging to what we find pleasant and being averse to what we find unpleasant.

The Idea of The Not-Self: **The concept of the self is like a rainbow.**

- We spend our whole lives centered around the self. If we practice mindfulness, we see that it is constantly changing.
- Look at a summer storm - there is beautiful light and a rainbow after it is done. But what is the rainbow? It isn't a substantial thing that *is there*, but arises due to conditions of temperature and moisture and light. Conditions make it appear. The self is like that rainbow.

Why Sitting Practice Matters: **Be free of the dictatorship of thought.**

- When the body is still, you can direct attention to the images and thoughts that go on in the mind.
- When we are not mindful of our thoughts, we reinforce the quick thoughts that condition our inner environment.
- When we are curious about thought as a phenomena, we see that thought is mental energy.

Resources:

- ❖ **Books:** *The Experience of Insight: A Simple & Direct Guide to Buddhist Meditation* (Joseph Goldstein)
- ❖ **Website:** [dharma.org](http://dharma.org)
- ❖ **References:** Insight Meditation Centre



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