



# 7 Treasures of Awakening: The Benefits of Mindfulness

*Joseph Goldstein*

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Among the Buddha's many teachings, his instruction on the Seven Factors of Awakening stands alone for the cumulative benefits it makes available to us. When we are firmly established in mindfulness, the Buddha explained, these seven "treasures" serve to steer the mind away from delusion and the causes of suffering, guiding us to the realization of freedom. In *7 Treasures of Awakening*, Insight Meditation Society cofounder Joseph Goldstein reveals how each one of these qualities of enlightenment sequentially develop and support each other as our practice of mindfulness matures.

### Program highlights:

- Mindfulness, discrimination of states, energy, rapture, calm, concentration, and equanimity: the seven "treasures" of awakening
- The four qualities of mindful attention
- *Dhammavicaya*, or "knowing what's what"
- *Viriya* (or energy), the root of all accomplishment
- Well-balanced effort
- *P?ti*, the antidote to anger and ill will
- Reflecting on the Buddha, Dhamma, and Sangha
- The role of calm on the path to awakening
- *Jh?na* and the four developments of concentration
- *S?la*, ethical conduct
- Equanimity versus indifference
- The "great way" of non-preferential awareness
- The deep delight born of peace
- Excerpted from *Mindfulness: A Practical Guide to Awakening*, Joseph Goldstein's masterwork on the Buddha's instructions for a life lived consciously

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#### **Andrew Garcia:**

Spent a free time and energy to be fun activity to try and do! A lot of people spent their leisure time with their family, or their particular friends. Usually they accomplishing activity like watching television, going to beach, or picnic in the park. They actually doing same every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could be reading a book can be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to consider look for book, may be the e-book untitled 7 Treasures of Awakening: The Benefits of Mindfulness can be fine book to read. May be it is usually best activity to you.

#### **Joseph Cole:**

A lot of people always spent their free time to vacation as well as go to the outside with them household or their friend. Were you aware? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book you read you can spent all day every day to reading a e-book. The book 7 Treasures of Awakening: The Benefits of Mindfulness it is very good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. If you did not have enough space to bring this book you can buy often the e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not to fund but this book possesses high quality.

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