

Emptiness: A Practical Guide for Meditators

Emptiness

A PRACTICAL
GUIDE
for
MEDITATORS

GUY
ARMSTRONG

Foreword by JOSEPH GOLDSTEIN

By Guy Armstrong

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If everything is empty, then what ceases in Nirvana and is born in rebirth? How can you live in the world without feeling trapped by it? Guy Armstrong tackles these questions and more in this richly informed, practical guide to emptiness for the meditator.

It may seem odd for *emptiness* to serve as the central philosophy of a major religion. In fact, emptiness points to something quite different than “nothingness” or “vacancy.” And by developing a richer understanding of this complex topic, we can experience freedom as we live consciously in the world.

Guy Armstrong has been a leading figure and beloved teacher of insight meditation for decades. In this book, he makes difficult Buddhist topics easy to understand, weaving together Theravada and Mahayana teachings on emptiness to show how we can liberate our minds and manifest compassion in our lives.

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Emptiness: A Practical Guide for Meditators By Guy Armstrong Bibliography

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Editorial Review

Review

“Armstrong’s book is an insightful exploration of one of the most confusing Buddhist teachings; inexperienced and experienced practitioners alike will find it very rewarding and thought-provoking.” (*Publishers Weekly*)

“For anyone seeking to understand emptiness, this is a clear and fine guidebook, with precise and practical ways to explore and deepen your practice.” (Jack Kornfield, author of *A Path With Heart*)

“*Emptiness* is a brilliant and practical introduction to the practice and attainment of liberation.

Encapsulating Guy Armstrong’s decades of dedicated Buddhist practice and study, *Emptiness* presents profound Buddhist teachings and describes ways practitioners can experience them for themselves. This is an important foundation for anyone interested in the meditation practices of Buddhism.” (Gil Fronsdal, author of *The Buddha before Buddhism*)

“Over the centuries, the term “emptiness” has taken on a number of meanings in Buddhism. It is also widely misunderstood, leading people to see Buddhism as nihilistic or life-denying. In *Emptiness*, Guy Armstrong, a guiding teacher at the Insight Meditation Society, unpacks this concept in a straightforward and practical manner, inviting readers to discover its liberating truth through their own direct experience.” (*Lion’s Roar*)

“*Emptiness: A Practical Guide for Meditators* is thoroughly ‘reader friendly’ in organization and presentation, making it an ideal and valued addition to community and academic library Buddhism collections in general, and Buddhist Mediation supplemental studies lists in particular.” (*Wisconsin Bookwatch*)

About the Author

Guy Armstrong has been leading insight meditation retreats since 1984 in the U.S., Europe, and Australia. His training included living as a monk for a year in the Thai forest lineage. Guy is a member of the Spirit Rock Teachers Council and a guiding teacher of the Insight Meditation Society. He lives in Woodacre, CA.

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