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The Science of Enlightenment: How Meditation Works

Shinzen Young

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The Science of Enlightenment: How Meditation Works Shinzen Young
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For decades, one of the most engaging teachers of our time has illuminated the many dimensions of awakening—but solely at live retreats and in audio recordings. Now, for the first time, Shinzen Young makes available his essential insights to readers everywhere. *The Science of Enlightenment* merges scientific clarity, Shinzen's grasp of the source-language teachings of many spiritual traditions, and his rare gift for sparking insight upon insight through original analogies and illustrations. The result: An uncommonly lucid "aha, now I get it!" guide to mindfulness meditation—how it works and how to use it to enhance our cognitive capacities, compassion, and experience of happiness independent of conditions.

For meditators of all levels and lineages—especially those who think they've heard it all—this multifaceted wisdom gem will be sure to surprise, provoke, illuminate, and inspire.

• Revolutionary insights into the phenomena of suffering, happiness, and the core principles of meditation that lead to enlightenment

• For both Buddhist practitioners and science-minded readers

• Includes chapter-by-chapter guided meditations online

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