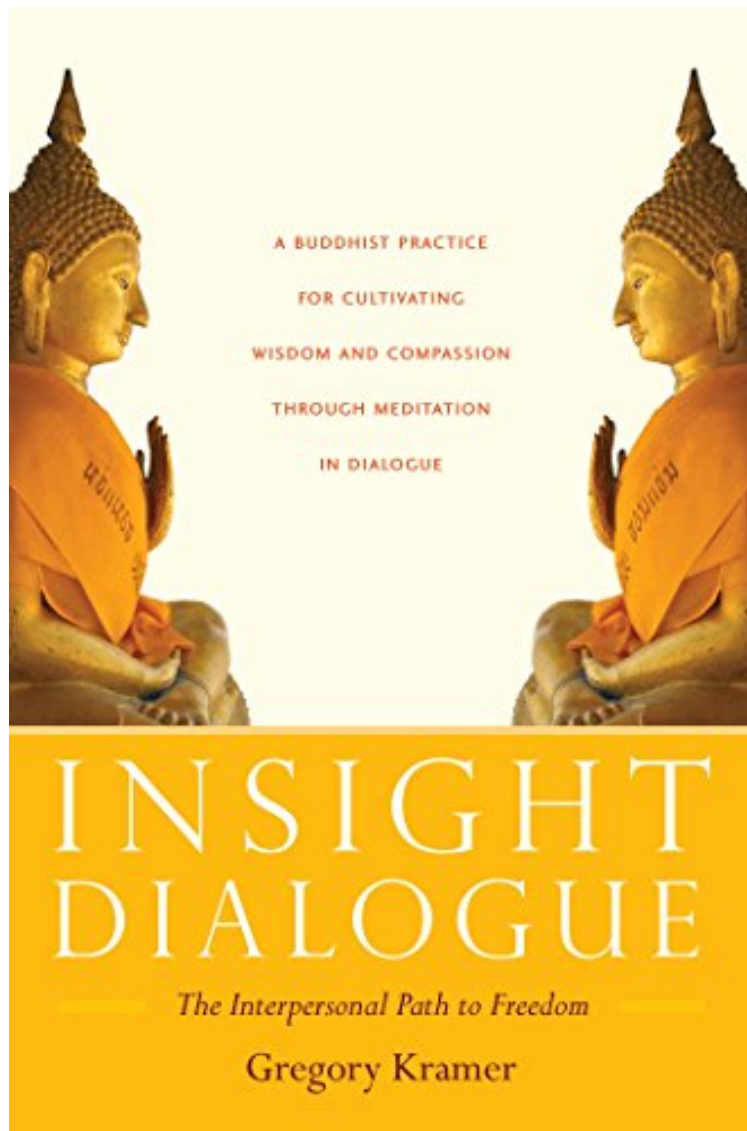


(Mobile pdf) Insight Dialogue: The Interpersonal Path to Freedom

# Insight Dialogue: The Interpersonal Path to Freedom

Von Gregory Kramer

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**Von Gregory Kramer : Insight Dialogue: The Interpersonal Path to Freedom** before purchasing it in order to gage whether or not it would be worth my time, and all praised Insight Dialogue: The Interpersonal Path to Freedom:

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Meditative KommunikationVon Phil SchoetersMir gefllt dieses Buch deshalb so gut weil es die Kommunikation unter Menschen revolutionieren knnte. Wie wir normalerweise Gesprche fhren, welche Motivationen, Gefhle und Gedanken unbewusst prsent sind, wird hier in anschaulicher Weise dargestellt. Gregory Kramer bietet einen Weg der meditativen

und achtsamen Gesprächsführung an, die sowohl die eigenen Prozesse im Dialog mit Anderen, als auch die Reaktionen und Erwartungen des Gesprächspartners berücksichtigt. Vielleicht kein Buch für einen Neuling auf diesem Gebiet, denn die Errterungen einzelner Themen sind teilweise relativ lang und wiederholen sich in der Aussage. Deshalb nur 4 Sterne.

**Kurzbeschreibung** Insight Dialogue is a way of bringing the tranquility and insight attained in meditation directly into your interactions with other people. It's a practice that involves interacting with a partner in a retreat setting or on your own, as a way of accessing a profound kind of insight. Then, you take that insight on into the grind of everyday human interactions. Gregory Kramer has been teaching the practice (which he originated) for more than a decade in retreats around the world. It's something strikingly new in the world of Buddhist practice yet it's completely grounded in traditional Buddhist teaching. Kramer begins with a detailed presentation of the central Buddhist teaching of the Four Noble Truths seen through an interpersonal lens. Because dukkha (suffering or unsatisfactoriness) is often most forcefully felt in our relations with others, interpersonal relationships are a wonderfully useful place to practice. He breaks the Noble Truths down into component parts to observe how they manifest particularly in relationship to others, using examples from his own life and practice, as well as from his students. He then goes on to present the practice as it's taught in his workshops and retreats. There are a few basic steps to the practice, deceptively simple to describe: (1) pause, (2) relax, (3) open, (4) trust emergence, (5) listen deeply, and (6) speak the truth. The sequence begins following a period of meditation, and includes periods of speaking, listening, and mutual silence. Kramer includes numerous examples of people's experience with the practice from his retreats, and shows how the insight gained from the techniques can be brought into real life. More than just testimonials for how well the practice "works," the personal stories demonstrate the problems that arise, the different routes the practice can follow, and the sometimes surprising insights that are gained.

**Pressestimmen** "Meditation is great; how much better to bring the tranquility that results into your relationships with others. From a longtime student of Buddhism who is also a scientist and a composer." *Library Journal* "This book has potential as a text for advanced Buddhist practitioners interested in extending their practice into everyday life to illuminate and improve their relationships." *Publishers Weekly Religion Bookline* "Insight Dialogue is beautifully written and wonderfully practical. There is deep healing in these pages." *Christine Northrup, MD, author of Mother-Daughter Wisdom, and Women's Bodies, Women's Wisdom* "In this pioneering work, Gregory Kramer breaks new ground in applying the Buddha's teachings to our lives, relationships, and meditative understandings. This book will be of tremendous benefit to all those seeking freedom in their daily lives." *Joseph Goldstein, author of Insight Meditation and One Dharma* "Beautifully written and elegantly structured, Insight Dialogue unpacks and enriches practices for extending and deepening our awareness of social interactions in all their complexity, with all their shadow, pain, and promise, in the service of authentic freedom and the humbling realization of deepest connection." *Jon Kabat-Zinn, author of Coming to Our Senses and Arriving at Your Own Door*

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