

Table of Contents

Preface	iv
List of Tables	ix
List of Figures	ix
List of Abbreviations	x
Introduction.....	1
Part One: Theory and Practice of Tranquil Wisdom Insight Meditation.....	27
1. Basing Practice on the Suttas.....	28
2. The 6Rs: Right Mindfulness and Right Effort in the Practice of TWIM.....	51
3. Harmonious Practice.....	94
4. The Union of <i>Samatha</i> and <i>Vipassanā</i> in TWIM	134
5. Mindfulness of Loving Kindness and The Four Divine Abodes Meditation.....	165
6. Mindfulness of Breathing (<i>ānāpānasati</i>) in TWIM.....	216
7. The TWIM Practice of <i>Satipaṭṭhāna</i>	273
8. Seeing the Links of Dependent Origination	320
9. The Rose Apple Tree: Meditation that is open, relaxed, aware.....	357
Part Two: The Experience of TWIM Practitioners.....	379
10. TWIM Practitioners Share Their Experiences.....	380
Part three: TWIM and the Findings of Science	409
11. TWIM Meditation, Neuroscience and Physiology	410

Conclusion	456
Appendix I: The Authenticity of the <i>Anupada Sutta</i>	461
A short spiritual autobiography of Mark Edsel Johnson.....	479
Bibliography	483