



Seeing That Frees: Meditations on Emptiness and Dependent Arising

Rob Burbea

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In this ground-breaking and seminal work, esteemed Buddhist teacher Rob Burbea lays out an original and comprehensive approach to deepening insight. Starting from simple and easily accessible understandings of emptiness, Burbea presents a unique conception of the path along which he escorts the practitioner gradually, through the careful structure of the work, into ever more mystical levels of insight. Through its precise instructions, illuminating exercises and discussions that address the subtleties of both practice and understanding, *Seeing That Frees* opens up for the committed meditator all the profundity of the Buddha's radical teachings on emptiness. This is a book that will take time to digest and will serve as a lifelong companion on the path, leading the reader, as it does, progressively deeper into the territory of liberation.

From the Foreword by Joseph Goldstein:

"Rob Burbea, in this remarkable book, proves to be a wonderfully skilled guide in exploring the understanding of emptiness as the key insight in transforming our lives... It is rare to find a book that explores so deeply the philosophical underpinnings of awakening at the same time as offering the practical means to realize it."

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