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Living This Life Fully: Stories and Teachings of Munindra

Mirka Knaster

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Living This Life Fully: Stories and Teachings of Munindra Mirka Knaster
“Whatever you are doing should be done mindfully, dynamically, with totality and completeness. Then it becomes meditation. It is not thinking, but experiencing from moment to moment, living from moment to moment, without clinging, without condemning, without judging.”—Munindra

Anagarika Munindra (1915–2003) was a Bengali Buddhist master and scholar who became one of the most important Vipassana meditation teachers of the twentieth century. Unassuming, genuine, and always encouraging, Munindra embodied the Buddhist teachings, exemplifying mindfulness in everything he did.

Living This Life Fully is the first book about Munindra, and it features never-before-published excerpts of his teachings, stories and remembrances from Western students, a biography, and rare photographs.

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