



Concentration versus Insight: New Embodiments of an Old Relationship

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The paper will explore the relationship between the two practices in two very different Western Buddhist settings: the Theravadin Blue Mountains Insight Meditation Centre and the Mahayana Vajrayana Institute.

Interview data obtained from practitioners at both centres will be examined in order to show how the two practices are both attributed meaning and used for personal transformation. This information will be evaluated in the light of the dominant existential concerns of the practitioners themselves, in order to understand the nature of the relationship between the two practices in the context of contemporary Western spirituality.