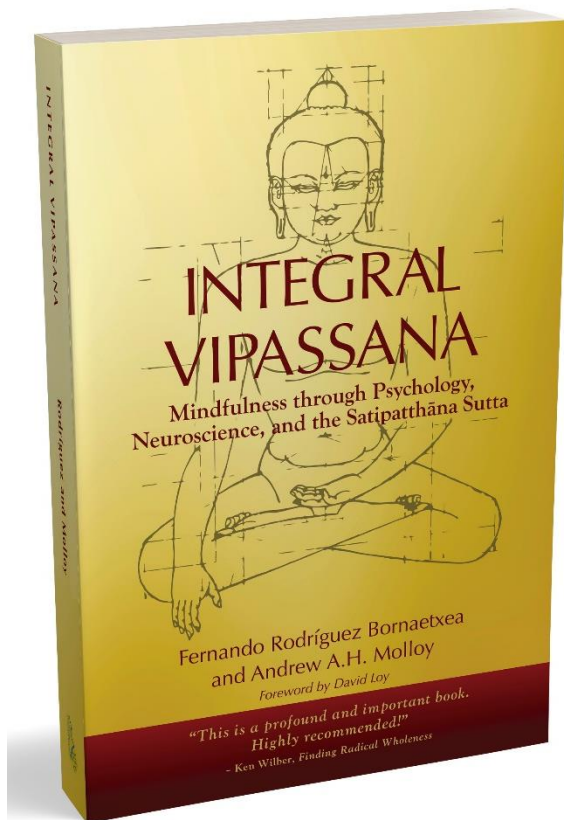


## Finally, Unlocking the Modern Neuroscience And Psychology Behind The Buddha's Greatest Teachings

*New Book Opens Unprecedented Understanding and Benefits for Meditators*

"Integral Vipassana is a very good, very important book and one I would certainly recommend."  
– Ken Wilber, bestselling author, *A Brief History of Everything* and *The Integral Vision*



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The Buddha faced the challenge of discovering how the human mind works without the knowledge we possess today in physiology or neuroscience. His only tool was the ability of the human mind to access its own experiential world. Therefore, the language he used had to be symbolic, ambiguous, and sometimes cryptic. The four areas of application of *sati* do not adapt well to our way of thinking, not even to everyday language, and this is why they have been the object of interpretation and commentary in every historical epoch.

Now, an unprecedented level of understanding and practice is at hand. ***Integral Vipassana: Mindfulness through Psychology,***

***Neuroscience, and the Satipaṭṭhāna Sutta – 2023 Edition*** (Highpoint Life Books; paperback; U.S. \$21.99; ISBN 979-8-9879203-5-0) illuminates the Satipaṭṭhāna Sutta in the context of contemporary scientific understanding and Ken Wilber's Integral Theory, providing a powerful new path to mindfulness and happiness for Buddhist meditators at all levels.

"After many years of teaching, I was asked by some students to put down in writing my way of transmitting the Buddha's Dhamma," explains Vipassana master and co-author Fernando Rodríguez Bornaetxea, "This book is the result and it will answer most of the questions that regular meditators ask themselves."

“I was one of Fernando’s students who not only wanted to see his original and perceptive teachings and insights in print but something more,” adds co-author Andrew A. H. Molloy. “It seemed a great pity that it was limited to Spanish speakers. To this end we have jointly worked on this enhanced version for all English speakers to enjoy and drink deeply from. I sincerely hope its contents will be as enlightening for you as they have been for me.”

“The practice of Vipassana meditation stems from the original teachings of the Buddha, providing a way or observing oneself without judgment,” Rodriguez explains. “It transforms your perception as well as the philosophical perspective on Truth - this book provides the keys for this transformation to come about in a serene and harmonious way.”

Including a foreword by internationally recognized Buddhist teacher and author David Loy, this new and expanded international edition is available through booksellers globally.

### *About the Authors*

**Fernando Rodríguez Bornaetxea**, PhD in Psychology, was a lecturer in The History of Psychology and Transpersonal Psychology at The University of The Basque Country for twenty-one years. He spent thirty years with his Master, Ajhan Dhiravamsa, who entrusted him with the task of transmitting the Dhamma. He has worked as a psychotherapist for over thirty years. He leads meditation retreats, teaches Buddhist Psychology courses and is a writer and lecturer.

**Andrew A.H. Molloy**, MA in TEFL, has spent over forty years teaching English in firms, universities and at business schools throughout Italy, Catalonia and The Basque Country. He has studied Vipassana and meditated with Fernando Rodríguez Bornaetxea for over twenty years

### *Praise for Integral Vipassana*

“*Integral Vipassana* is a very good, very important book. It not only gives the basics of Integral Vipassana itself, it sets them out in an Integral framework, thus filling in on some of the limitations of meditation in general, while filling it in with other, more integrative material. This makes it a very significant publication, and one I would certainly recommend.” – **Ken Wilber, bestselling author, *A Brief History of Everything* and *The Integral Vision***

“In *Integral Vipassana*, the authors offer an unflinchingly candid exploration of the origins of existential dissatisfaction and the intricacies of the ‘I’. With kindness, and without oversimplification, they adeptly synthesize the practice of vipassana, first person subjective experience and modern neuroscience, crafting an invaluable guide for each reader’s unique journey towards freedom from suffering.” — **Dr. Andrea Grabovac, clinical psychiatrist, author and Co-Director of North American Chapter of Mindfulness-integrated Cognitive Behavioral Therapy (MiCBT) Institute**

“An insightful commentary on Satipatthana and the concept of sati in contemporary cognitive psychological terms. Fernando Rodriguez Bornaetxea skillfully dismantles the concept of mindfulness in the context of mnemonic processes—providing the reader with a fresh perspective on a fundamental concept for meditation.” —**David R. Vago, Ph.D., Director of the Contemplative Neurosciences and Mind-Body Research Laboratory, Vanderbilt University**

“An important and valuable book, and one that does the tough job of synthesizing modern science and ancient wisdom in ways that make each feel more complete than they were before. There is great insight here, and I learned a lot reading it.” —**Taylor Plimpton, author and contributor to *Tricycle: The Buddhist Review***

“The bodhisattva path is arguably the most important teaching that Buddhism offers us today, and meditative practices that promote individual transformation—such as those outlined so well in the *Satipatthana Sutta* and explicated so well in the pages that follow—are an essential part of it.” — **David Loy, Buddhist teacher and author**

"For anyone invested in the exploration of consciousness, meditation, and psychology, this book stands as a pivotal read. It offers a rich, interdisciplinary approach, connecting profound, ancient wisdom with modern psychological insights, creating a comprehensive guide to understanding the human mind and spirit." — **Robb Smith, CEO and co-founder, Integral Life**

“I am so happy that Fernando has produced a new book in English with Andrew’s invaluable collaboration, so that many more readers can be reached. Fernando has been studying and practicing Vipassana with me for about thirty years, and for many years now he has been teaching this remarkable meditation, the development of wisdom and mindfulness. This present book of his deals with Satipatthāna in all its details so that the reader can gain clearer knowledge of the subject, which can then be translated into more effective practice.” — **Dhiravamsa Vipassanācarya**

“Finally, a truly contemporary commentary on the Satipatthāna Sutta that goes beyond sectarian discussions. Fernando Rodríguez Bornaetxea unfolds all his experience as a meditation teacher to dismantle myths and superfluous baggage that we unnecessarily project on meditative practice. What emerges is a fresh path that maintains the original spirit of the Buddha’s message: the cultivation of mindfulness. In short, a text of extraordinary lucidity; an inseparable companion in our practice.” —**Agustin Pániker, Lecturer in *The History of Religions*, writer, and director of Kairós Publishing**