

1. Record Nr.	UNINA9910861015703321
Autore	Batchelor Stephen
Titolo	The Art of Solitude // Stephen Batchelor
Pubbl/distr/stampa	New Haven, CT : , : Yale University Press, , [2020] ©2020
ISBN	0-300-25227-7
Descrizione fisica	1 online resource (xvi, 181 pages) : illustration
Disciplina	155.92
Soggetti	Solitude Spirituality Solitude - Religious aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references (pages 167-174) and index.
Nota di contenuto	Frontmatter -- Contents -- Preamble -- The Art of Solitude -- Appendix: Four Eights -- Glossary -- Bibliography -- Acknowledgments -- Index
Sommario/riassunto	A moving and wide-ranging meditation on being alone with others in this world When world renowned Buddhist writer Stephen Batchelor turned sixty, he took a sabbatical from his teaching and turned his attention to solitude, a practice integral to the meditative traditions he has long studied and taught. He aimed to venture more deeply into solitude, discovering its full extent and depth. This beautiful literary collage documents his multifaceted explorations. Spending time in remote places, appreciating and making art, practicing meditation and participating in retreats, drinking peyote and ayahuasca, and training himself to keep an open, questioning mind have all contributed to Batchelor's ability to be simultaneously alone and at ease. Mixed in with his personal narrative are inspiring stories from solitude's devoted practitioners, from the Buddha to Montaigne, and from Vermeer to Agnes Martin. In a hyperconnected world that is at the same time plagued by social isolation, this book shows how to enjoy the inescapable solitude that is at the heart of human life.