



# Stopping and Seeing: A Comprehensive Course in Buddhist Meditation

*Chih-i*

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"Stopping"

and "seeing" are sometimes referred to as the yin and yang of Buddhist meditation—complementary twin halves of a unified whole. In essence, "stopping and seeing" refers to stopping delusion and seeing truth, processes back to basic Buddhist practice. One of the most comprehensive manuals written on these two essential points of Buddhist meditation is "The Great Stopping and Seeing," a monumental work written by sixth-century Buddhist master Chih-i.

*Stopping  
and Seeing,*

the first translation of this essential text, covers the principles and methods of a wide variety of Buddhist meditation techniques and provides an in-depth presentation of the dynamics of these practices.

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