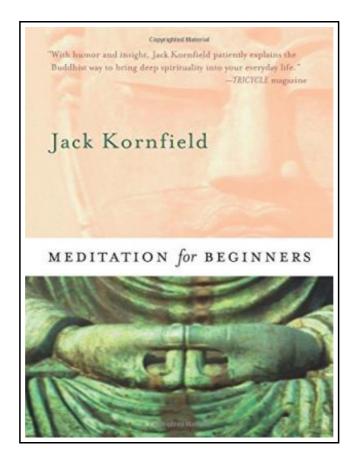
Meditation for Beginners (Mixed media product)



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SOUNDS TRUE INC, United States, 2008. Mixed media product. Condition: New. Abridged edition. Language: English . Brand New Book. Have you ever thought about trying meditation, but didn t know how to get started? With Meditation for Beginners, trusted teacher Jack Kornfield shows you how simple it is to start--and stick with--a daily meditation practice. Insight or vipassana meditation is the time-honored skill of calming the spirit and clearing the mind for higher understanding. Now, in this course created especially for beginners, Kornfield offers a straightforward, step-by-step method for bringing meditation into your life. Using the meditations included in this book, you will discover how easy it is to use your breath, physical sensations--and even difficult emotions--to create tranquility and lovingkindness in your everyday life. These simple, elegant practices are so easy to learn that you will begin enjoying the benefits immediately--while laying the foundation for a lifetime of inner discovery and awakening. With humor and insight, Jack Kornfield patiently explains the Buddhist way to bring deep spirituality into your everyday life. --TRICYCLE magazine Table of Contents: Chapter One: The Ancient Art of Meditation Chapter Two: Why Meditate? Chapter Three: The Benefits of Meditation Practice Chapter Four: Meditation 1: Connecting with the Breath Chapter Five: Meditation 2: Working With Sensations in the Body Chapter Six: Meditation 3: Working With Feelings and Emotion Chapter Seven: Meditation 4: Witnessing Your Thoughts Chapter Eight: Meditation 5: Forgiveness Meditation Chapter Nine: Meditation 6: Loving Kindness Meditation Chapter Ten: Meditation 7: An Eating Meditation Chapter Eleven: Meditation 8: A Walking Meditation Chapter Twelve: Meditation and Social Responsibility Chapter Thirteen: How to Cultivate a Daily Meditation Practice Excerpt: Meditation for Beginners offers the central trainings and teachings found in the best Buddhist monasteries translated for Western society. In Meditation for Beginnings, you will find some of...

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