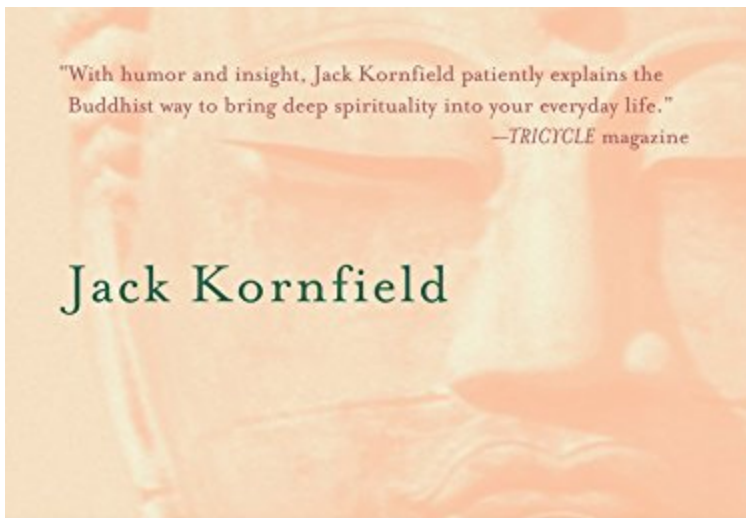


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Meditation for Beginners



MEDITATION *for* BEGINNERS



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Par Jack Kornfield

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Par Jack Kornfield : Meditation for Beginners before purchasing it in order to gage whether or not it would be worth my time, and all praised Meditation for Beginners:

Description : Description du produitStart Meditating Today with This Beginner's Guide. Have you ever thought about trying meditation, but didn't know how to get started? On Meditation for Beginners, trusted teacher Jack Kornfield uses clear language and step-by-step demonstrations to show you how simple it is to start - and stick with - a daily meditation practice. In this complete beginner's course, Jack introduces you to the "Insight" tradition of meditation. Zen monks draw from this same tradition, yet anyone can use its principles to cultivate a profound inner calm, while awakening to the truth of life. Four complete meditation exercises teach you how to work with breathing, posture, attention, forgiveness - even difficult emotions - to create tranquility and clarity in your everyday life. Now you can begin meditating today - in just the time it takes to listen to Meditation for Beginners.

Prsentation de l'diteurHave you ever thought about trying meditation, but didnt know how to get started? With Meditation for Beginners, trusted teacher Jack Kornfield shows you how simple it is to startand stick witha 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 the simplest and most universal of the practices of meditation in particular, the practices of mindfulness and lovingkindness. The point of these teachings has nothing to do with becoming a Buddhist, or learning any Eastern ceremonies or rituals or bowing. The point is that you learn how to work with meditation in order to find benefits from it in your life. When we take time to quiet ourselves, we can all sense that our lives could be lived with greater compassion and greater wakefulness. To meditate is to support this inner potential and allow it to come forth into our lives.