



Finding the Center within: The Healing Way of Mindfulness Meditation

By Thomas Bien, Beverly Bien

Turner Publishing Company. Paperback. Book Condition: new. BRAND NEW, Finding the Center within: The Healing Way of Mindfulness Meditation, Thomas Bien, Beverly Bien, "Finding the Center Within is a practical manual on the practice of mindfulness, which can help many people to embody their Buddha nature and become radiant and peaceful beings. It provides easy steps for practicing mindfulness in day-to-day living." -Thich Nhat Hanh, author of Peace Is Every Step, The Miracle of Mindfulness, and Anger: Wisdom for Cooling the Flames All of us want to live a calmer, more peaceful existence. Thomas and Beverly Bien teach that if we find the center within through ongoing mindfulness, we will have the capacity to live deeply and fully-with boundless peace and happiness-in any external circumstance. We can learn to be calm in the midst of the storm. Finding the Center Within offers a step-by-step program for breaking down the barriers that prevent us from actualizing our wise inner self. The Biens combine Eastern spiritual wisdom with the pragmatic wisdom of Western psychology, teaching us how to remove the walls that conceal who and what we really are and face our lives with greater honesty. They provide the tools needed to:...



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Reviews

It is an awesome publication which i actually have ever read through. it had been writtern really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

-- **Doyle Schmeler**

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brennan Koelpin**

Mindfulness meditation, sometimes called mindful meditation, is a non-religious form of meditation that is basically a training of the mind to help us calm our mind, and live in the present moment. The main goal of the practice is to attain freedom from suffering. We accomplish this by developing self-awareness, or mindfulness, because it is our inaccurate views of the world that trigger our painful emotions and harmful actions. With mindfulness meditation, we can develop an awareness of the true nature of reality. It is great for healing and improving your relationships. 7. Mindful Activities. You can turn just about any activity into mindfulness meditation. Mindfulness as a Way of Being, Not a State of Perfection. Jon Kabat-Zinn: Actually, we don't yet have a language for describing what mindfulness is. That's one of the exciting parts of all the mindfulness research that's happening. The real meditation practice is your life and how you conduct it from moment to moment. Mindfulness helps you to take wise and discerning action, which is vitally important if you want to participate in your own healing process. Also imbedded within the mindful way of being is the sensory mechanism we call "interoception" being aware of your internal bodily state. An increased capacity for interoception correlates with activity in a part of the brain called the right insula, which is in the middle prefrontal area we discussed earlier. 8. (Week Nine): Cultivate Healthy Relationships. 9. (Week Ten): Meditate on Paper. Part IV: Arriving Home. 10. (Week Eleven and Beyond): What Kind of Buddha Are You? The Ten-Week Program: A Recap. Sources and Readings. Index. Preface: Calm in the Storm. Part I: The Key. 1. (Week One): Know Where You Are. 2. (Week Two): Find a Path to the Center. Part II: The Door. 3. (Weeks Three and Four): A Gentle Approach to Meditation. 4. (Week Five): Bring Meditation into Your Life. 5. (Week Six): Look Deeply at Your Life. Part III: The Path. 6. (Week Seven): Work with Dreams. 7. (Week Eight): Transform Negative Emotions.