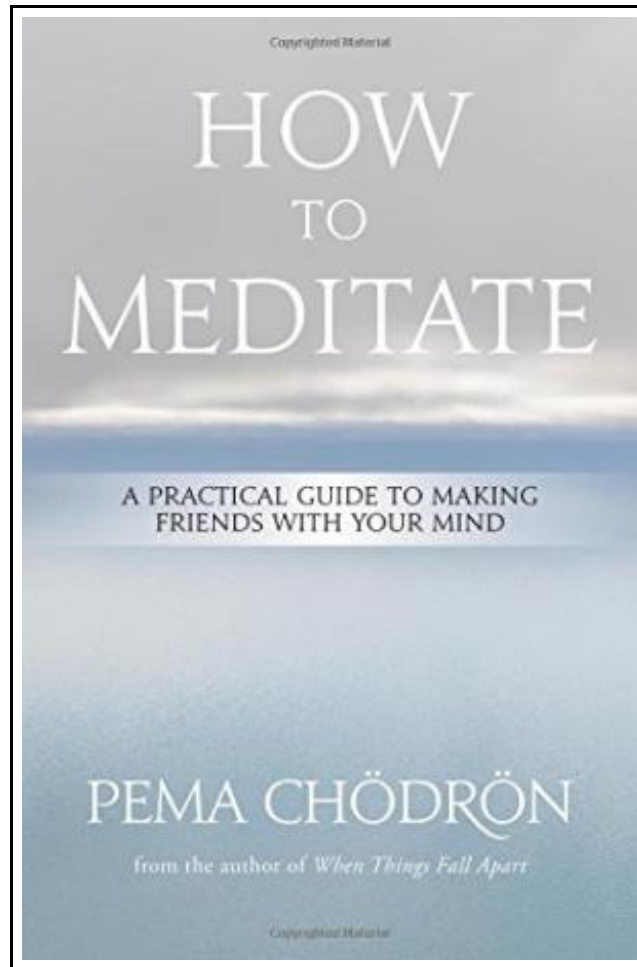


## How to Meditate: A Practical Guide to Making Friends with Your Mind (Hardback)



Filesize: 2.37 MB

### ***Reviews***


*This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.*


*(Ms. Ora Buckridge)*

## HOW TO MEDITATE: A PRACTICAL GUIDE TO MAKING FRIENDS WITH YOUR MIND (HARDBACK)



SOUNDS TRUE INC, United States, 2013. Hardback. Condition: New. Language: English . Brand New Book. \*\*\*How to Meditate Has Been Named One of Library Journal s Best Books of 2013\*\*\* Pema Chodron is treasured around the world for her unique ability to transmit teachings and practices that bring peace, understanding, and compassion into our lives. With How to Meditate, the American-born Tibetan nun presents her first book exploring in depth what she considers the essentials for a lifelong practice. When we look for a meditation teacher, we want someone who has an intimate knowledge of the path. That s why so many have turned to Pema Chodron, whose gentle yet straightforward guidance has been a lifesaver for both first-time and experienced meditators. With How to Meditate, the American-born Tibetan Buddhist nun presents her first book that explores in-depth what she considers the essentials for an evolving practice that helps you live in a wholehearted way. More and more people are beginning to recognize a profound inner longing for authenticity, connection, compassion, and aliveness. Meditation, Pema explains, gives us a golden key to address this yearning. This comprehensive guide shows readers how to honestly meet and openly relate with the mind to embrace the fullness of our experience as we discover: The basics of meditation, from getting settled and the six points of posture to working with your breath and cultivating an attitude of unconditional friendliness The Seven Delights-how moments of diffi culty can become doorways to awakening and love Shamatha (or calm abiding), the art of stabilizing the mind to remain present with whatever arises Thoughts and emotions as sheer delight -instead of obstacles-in meditation Here is in indispensable book from the meditation teacher who remains a first choice for students the world over. Pema is one of our most...

 [Read How to Meditate: A Practical Guide to Making Friends with Your Mind \(Hardback\) Online](#)

 [Download PDF How to Meditate: A Practical Guide to Making Friends with Your Mind \(Hardback\)](#)

## You May Also Like

---



### Forest Fairytale Knits

Paperback. Book Condition: New. Not Signed; Stephanie Dosen has quickly gained iconic status among knitters: her patterns readily sell out online, and she has been given feature coverage in both mainstream and knitting magazines, including...

[Read ePub »](#)

---



### Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Read ePub »](#)

---



### The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators...

[Read ePub »](#)

---



### Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.Still finding it getting your way around your Kindle Fire Wish you had...

[Read ePub »](#)

---



### Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

[Read ePub »](#)