

Breath By The Liberating Practice Of Insight Meditation Larry Rosenberg

“A wonderful book for thinking about how to release ourselves from crippling processes. It's time for men—and for all of us—to stand up and say, ‘Give us back our full humanity, give us back our dignity.’” —Paul Gilbert, PhD, author of *The Compassionate Mind* In a recent FiveThirtyEight poll, 60 percent of men surveyed said society puts pressure on men to behave in a way that is unhealthy or bad. Men account for 80 percent of suicides in the United States, and three in ten American men have suffered from depression. Ed Adams and Ed Frauenheim say a big part of the problem is a model of masculinity that's become outmoded and even dangerous, to both men and women. The conventional notion of what it means to be a man—what Adams and Frauenheim call “Confined Masculinity”—traps men in an emotional straitjacket; steers them toward selfishness, misogyny, and violence; and severely limits their possibilities. As an antidote, they propose a new paradigm: Liberating Masculinity. It builds on traditional masculine roles like the protector and provider, expanding men's options to include caring, collaboration, emotional expressivity, an inclusive spirit, and environmental stewardship. Through hopeful stories of men who have freed themselves from the strictures of Confined Masculinity, interviews with both leaders and everyday men, and practical exercises, this book shows the power of a masculinity defined by what the authors call the five Cs: curiosity, courage, compassion, connection, and commitment. Men will discover a way of being that fosters healthy, harmonious relationships at home, at work, and in the world.

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This modern spiritual classic, presented as a thirty-day meditation retreat taught by Joseph Goldstein, offers timeless practical instructions and real-world advice for practicing meditation—whether walking or sitting in formal practice or engaging in everyday life. Goldstein—a beloved and respected meditation teacher who studied for many years under the guidance of eminent Buddhist teachers from India, Tibet, and Burma—uses the retreat format to explain various basic Buddhist teachings including karma, selflessness, and the four noble truths, while also drawing connections to many different spiritual traditions. With a new preface reflecting on how the conversation around meditation has changed over the last forty years, this book is the perfect companion for both experienced practitioners and those looking to get into meditation for the first time.

Applies the ancient meditation method contained in the Buddha's "Anapanasati Sutra" to everyday life and describes the many benefits of practicing breath awareness. Reprint. 15,000 first printing.

Many people of all ages today continue to be attracted to sociology and other social sciences because of their promise to contribute to better political, social, and moral understandings of themselves and their social worlds—and often because they hope it will help them to build a better society. In a world of new movements and deepening economic inequality following the Great Recession, this new edition is vital. It features dozens of new examples from the latest research, with an emphasis on the next generation of liberation sociologists. The authors expand on the previous edition with the inclusion of sections on decolonisation paradigms in criminology, critical speciesism, and studies of environmental racism and environmental privilege. There is an expanded focus on participatory action research, and increased

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coverage of international liberation social scientists. Work by psychologists, anthropologists, theologians, historians, and others who have developed a liberation orientation for their disciplines is also updated and expanded.

The power of the breath has been recognized for millennia as an integral part of health and well-being. In *Awakening the Sacred Body*, teacher Tenzin Wangyal Rinpoche makes accessible the ancient art of Tibetan breath and movement practices. In clear, easy-to-understand language, he outlines the theory and processes of two powerful meditations—the Nine Breathings of Purification and the Tsa Lung movements—that can help you change your relationship to yourself, to others, and to the world. The simple methods presented in *Awakening the Sacred Body* and in the accompanying online video focus on clearing and opening your energetic centers to allow the natural human qualities of love, compassion, joy, and equanimity to arise. When sadness releases, joy is able to arise. When anger releases, love becomes available. When prejudice releases, equanimity prevails. And when lack of kindness ceases, compassion is present. These practices, which focus the mind and breath together while performing specific body movements, will help you discover your inner wisdom and express your greatest potential.

Learn how to bring the power of stillness into your running practice with meditations, guidance, and inspiration from a long-time runner and Zen practitioner. Running is more than just exercise. Running is a practice, a moving meditation, that brings the power of stillness to all the activities in our lives. Vanessa Zusei Goddard combines her experience leading running retreats with her two-decade practice of Zen to offer insight, humor, and practical guidance for grounding our running, or any physical practice, in meditation. When we see running solely as

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exercise and focus on improving our times, covering a certain number of miles, or losing weight, we miss the deeper implications of this art. Whether you are a new or experienced runner, you will learn how to be more embodied through thirteen running practices to help improve your focus and running form. Using mantras and visualizations, as well as a range of other exercises, Goddard offers ways to practice running as a moving meditation with an eye toward bringing the power of stillness to all the activities in your life. Ultimately, *Still Running* is a book about freedom, ease, and the joy of movement; it's about the power of stillness and learning how to use that power to live wholeheartedly.

The secret to happiness is to acknowledge and transform suffering, not to run away from it. In *No Mud, No Lotus*, Thich Nhat Hanh offers practices and inspiration transforming suffering and finding true joy. Thich Nhat Hanh acknowledges that because suffering can feel so bad, we try to run away from it or cover it up by consuming. We find something to eat or turn on the television. But unless we're able to face our suffering, we can't be present and available to life, and happiness will continue to elude us. Nhat Hanh shares how the practices of stopping, mindful breathing, and deep concentration can generate the energy of mindfulness within our daily lives. With that energy, we can embrace pain and calm it down, instantly bringing a measure of freedom and a clearer mind. *No Mud, No Lotus* introduces ways to be in touch with suffering without being overwhelmed by it. "When we know how to suffer," Nhat Hanh says, "we suffer much, much less." With his signature clarity and sense of joy, Thich Nhat Hanh helps us recognize the wonders inside us and around us that we tend to take for granted and teaches us the art of happiness.

This special limited edition celebrates the 20th anniversary of the profound text that inspired

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thousands of musicians to reach that place in their music where performance became as effortless as drawing a breath. The beautiful foil-embossed cover, added chapters and articles, and foreword and testimonials by Herb Alpert, Quincy Jones, and others make this edition a timeless collectible to be displayed and treasured for a lifetime.

Buddhist teachings like the eightfold path, the four noble truths, and karma pervade Buddhist literature—but how often do we read what the Buddha himself had to say about these topics? Here is an accessible look at the Buddha’s First Discourse, which contains the foundation for all further Buddhist teaching. Ajahn Sucitto offers a new translation of this revolutionary teaching, known as *The Discourse That Sets Turning the Wheel of Truth*. He then walks us through the text, offering engaging and practical point-by-point commentary that makes the Buddha’s words come alive and reveals how the text’s wisdom can inspire our own liberation. A rare, intimate account of a world-renowned Buddhist monk’s near-death experience and the life-changing wisdom he gained from it “One of the most inspiring books I have ever read.”—Pema Chödrön, author of *When Things Fall Apart* “This book has the potential to change the reader’s life forever.”—George Saunders, author of *Lincoln in the Bardo* At thirty-six years old, Yongey Mingyur Rinpoche was a rising star within his generation of Tibetan masters and the respected abbot of three monasteries. Then one night, telling no one, he slipped out of his monastery in India with the intention of spending the next four years on a wandering retreat, following the ancient practice of holy mendicants. His goal was to throw off his titles and roles in order to explore the deepest aspects of his being. He immediately discovered that a lifetime of Buddhist education and practice had not prepared him to deal with dirty fellow travelers or the screeching of a railway car. He found he was too attached to his

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identity as a monk to remove his robes right away or to sleep on the Varanasi station floor, and instead paid for a bed in a cheap hostel. But when he ran out of money, he began his life as an itinerant beggar in earnest. Soon he became deathly ill from food poisoning—and his journey took a startling turn. His meditation practice had prepared him to face death, and now he had the opportunity to test the strength of his training. In this powerful and unusually candid account of the inner life of a Buddhist master, Yongey Mingyur Rinpoche offers us the invaluable lessons he learned from his near-death experience. By sharing with readers the meditation practices that sustain him, he shows us how we can transform our fear of dying into joyful living. Praise for *In Love with the World* “Vivid, compelling . . . This book is a rarity in spiritual literature: Reading the intimate story of this wise and devoted Buddhist monk directly infuses our own transformational journey with fresh meaning, luminosity, and life.”—Tara Brach, author of *Radical Acceptance* and *True Refuge* “*In Love with the World* is a magnificent story—moving and inspiring, profound and utterly human. It will certainly be a dharma classic.”—Jack Kornfield, author of *A Path with Heart* “This book makes me think enlightenment is possible.”—Russell Brand

If yoga and doodling had a baby, this book would be it Explore your breath mindfully through a series of simple, relaxing and creative drawing exercises in this meditative and gorgeously illustrated book. You don't need to be good at drawing; you don't need to be a yogi, or an expert at meditation; you don't need anything but a pencil, and your breath. Combining the hot-trend topics of health, mindfulness and yoga along with adult creativity and coloring books, this is the perfect book to help you make breathtaking art.

Countless people world wide have made *Mindfulness in Plain English* a beloved and

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bestselling classic in almost a dozen languages. Now after nearly two decades, Bhante helps meditators of every stripe take their mindfulness practice to the next level - helping them go, in a word, beyond mindfulness. In the same warm, clear, and friendly voice, Bhante introduces the reader to what have been known for centuries as the "jhanas" - deeply calm, joyous, and powerful states of meditation that, when explored with the clearly presented tools in this book, lead to life of insight and unshakeable peace.

Buddhist scholar and teacher Bhikkhu An?layo explores the practice of mindfulness of breathing in the sixteen steps of the Anapanasati Sutta. This is an authoritative, practice-orientated elucidation of a foundational Buddhist text, useful to meditators whatever their tradition or background

Intimately and without jargon, *How to Wake Up: A Buddhist-Inspired Guide to Navigating Joy and Sorrow* describes the path to peace amid all of life's ups and downs. Using step by step instructions, the author illustrates how to be fully present in the moment without clinging to joy or resisting sorrow. This opens the door to a kind of wellness that goes beyond circumstances. Actively engaging life as it is in this fashion holds the potential for awakening to a peace and well-being that are not dependent on whether a particular experience is joyful or sorrowful. This is a practical book, containing dozens of exercises and practices, all of which are illustrated with easy-to-relate to personal stories from the author's experience.

Learn to understand what your body is telling you and discover the optimum treatment path for your unique Lyme symptoms • Shares the authors' 10-year journeys to overcome chronic Lyme and details their successful healing protocol • Reveals how to increase your sensitivity to what your body is telling you to discover remedies and healing actions for your individual

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symptoms • Explores the antibiotics, herbs, diet, exercise, beliefs, immune health, and self-healing meditations that the authors used for a complete healing For some people, recovering from a Lyme disease infection can become an endless battle with physical, mental, and neurological symptoms, especially if it's not diagnosed early. After they both contracted Lyme in 2001, Vir McCoy and Kara Zahl embarked on standard antibiotic protocols. Soon they both began to have intuitive or sensory impressions about specific remedies their bodies needed, the nature of the disease, and why they were chronically ill. Backing up their intuitive impressions with scientific evidence, they developed a protocol that brought them each a full recovery after nearly 10 years battling chronic Lyme. In this medical intuitive approach to Lyme, the authors share their personal Lyme journeys and their integrative healing protocol that bridges the scientific and the spiritual. They explore the peculiarities of Lyme disease, including how Lyme is often misdiagnosed, giving it time to establish itself deep within the body's organs and nervous system, and examine in detail new and standard remedies, with thorough scientific references. They share the spiritual/psychological strategies they successfully employed against Lyme and its coinfections and explain how to increase your sensitivity to what your body is telling you to discover natural remedies and healing actions unique to your individual symptoms. Outlining a program of herbs, diet, and exercise that can work in tandem with traditional Lyme treatments, they also explore how to help the body get rid of this pathogen that possesses an incredible ability to adapt to various treatments and thwart their effectiveness. Expanding beyond Lyme, the authors offer self-help meditations to help you heal on a deeper level and explain how to access the "holographic medicine chest" to draw on for stronger immunity, energetic healing, and support at any time.

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“Science has validated the power of breathing and mindfulness to enhance our well-being. Sandy Abrams' advice is a simple but incredibly effective way to make mindfulness a part of your life and help you thrive in our always-on world.” --Arianna Huffington, Founder & CEO, Thrive Global Technology has revolutionized the business sector. Whether you're an entrepreneur, employee, CEO, or executive, you're likely feeling the effects of less humanity and more technology. Our minds are distracted, our attention spans are shortened, we want everything on demand, in boxes are never empty, our energy is frequently negative, we're addicted to social media, and we're sleep deprived. This cannot be the new normal. Breath is the antidote! Breathe to Succeed shares the transformative power of breath in business. Even just three deep breaths at key moments can be nothing short of miraculous. With Abrams's fast, simple, and effective breathing techniques, you'll become more mindful and engaged and experience better moods, a calmer perspective, and positive energy that will translate to next-level productivity, creativity, and clarity. Breathe to Succeed will teach you how to: Utilize a variety of simple breath techniques to access your optimal energy and manage your emotions in the moment. Become self-aware of your negative thought patterns/behavior and rewire your brain with positive new habits. Activate the power of your mind to breathe through challenges, make better decisions, and reach goals effortlessly.

The long-awaited, complete guide to the popular, vigorous American method of yoga that is deeply rooted in ancient wisdom and scriptures “In this day and age of health and fitness trends, it is assuring to know that Sharon and David encourage their students to draw inspiration from the classical texts of Yoga and timeless scriptural sources.”—Sri Swami Satchidananda Creators of the extremely popular Jivamukti Yoga method and cofounders of

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the New York City studios where it is taught, Sharon Gannon and David Life present their unique style of yoga for the first time in book form. As they explain their intensely physical and spiritual system of flowing postures, they provide inspiring expert instruction to guide you in your practice. Unlike many books about yoga, Jivamukti Yoga focuses not only on the physical postures but also on how they evolved—the origins of the practices in yoga’s ancient sacred texts and five-thousand-year-old traditions—the psychotherapeutic benefits that accrue with a steady practice, and the spiritual power that is set free when energy flows throughout the mind and body. Jivamukti Yoga, which means “soul liberation,” guides your body and soul into spiritual freedom, physical strength, peace of mind, better health, and Self-realization—the ultimate goal of any practice. Gannon and Life help you understand each of the practices that comprise the yoga path to enlightenment: AHIMSA—The Way of Compassion: choosing nonviolence, respecting all life, practicing vegetarianism, living free of prejudice ASANA—The Way of Connection to the Earth: postures and sequences, breathing, transforming energy, understanding the bandhas KARMA—The Way of Action: creating good karma, giving thanks NADAM—The Way of Sacred Music: appreciating the sacred sounds of yoga MEDITATION—The Way of the Witness: how to sit still and move inward BHAKTI—The Way of Devotion to God: living with love, grace, and peace Whatever yoga you practice, Jivamukti Yoga will help you to strengthen and deepen that practice and lead you onto a path of spiritual clarity and self-discovery. “If there is only one book you read about the practice of Yoga, this should be the one. . . . This book is for anyone who wishes to find transformation through Yoga. I’m grateful for their work and teaching.”—Stephan Rechtschaffen, MD, Co-founder & CEO, Omega Institute

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Rules for developing talent with disciplined, deliberate, intelligent practice We live in a competition loving culture. We love the performance, the big win, the ticking seconds of the clock as the game comes down to the wire. We watch games and cheer, sometimes to the point of obsession, but if we really wanted to see greatness—wanted to cheer for it, see it happen, understand what made it happen—we'd spend our time watching, obsessing on, and maybe even cheering the practices instead. This book puts practice on the front burner of all who seek to instill talent and achievement in others as well as in themselves. This is a journey to understand that practice, not games, makes champions. In this book, the authors engage the dream of better, both in fields and endeavors where participants know they should practice and also in those where many do not yet recognize the transformative power of practice. And it's not just whether you practice. How you practice may be a true competitive advantage. Deliberately engineered and designed practice can revolutionize our most important endeavors. The clear set of rules presented in Practice Perfect will make us better in virtually every performance of life. The "how-to" rules of practice cover such topics as rethinking practice, modeling excellent practice, using feedback, creating a culture of practice, making new skills stick, and hiring for practice. Discover new ways to think about practice. Learn how to design successful practice. Apply practice across a wide range of realms, both personal and professional The authors include specific activities to jump-start practice Doug Lemov is the best-selling author of Teach Like a Champion A hands-on resource to practice, the rules within will help to create positive outliers and world-changing reservoirs of talent. This book presents the Buddhist approach to facing the inevitable facts of growing older, getting sick, and dying. These tough realities are not given much attention by many people

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until midlife, when they become harder to avoid. Using a Buddhist text known as the Five Subjects for Frequent Recollection, Larry Rosenberg shows how intimacy with the realities of aging can actually be used as a means to liberation. When we become intimate with these inevitable aspects of life, he writes, we also become intimate with ourselves, with others, with the world—indeed with all things.

When we think of work, we often think of drudgery, frustration, and stress. For too many of us, work is the last place in our lives we expect to experience satisfaction, fulfillment, or spiritual growth. In this unique book, Michael Carroll—a meditation teacher, executive coach, and corporate director—shares Buddhist wisdom on how to transform the common hassles and anxieties of the workplace into valuable opportunities for heightened wisdom and enhanced effectiveness. Carroll shows us how life on the job—no matter what kind of work we do—can become one of the most engaging and fulfilling areas of our lives. At its heart, *Awake at Work* offers thirty-five principles that we can use throughout our day to revitalize our work as well as our understanding of ourselves and others. Carroll invites readers to contemplate these slogans and to use them on-the-spot, in the midst of work's chaos, to develop clarity, wisdom, and inspiration. Along the way, Carroll presents a variety of techniques and insights to help us acknowledge work, with all its complications, as "a valuable invitation to fully live our lives." In an engaging, accessible, and often humorous style, *Awake at Work* offers readers a path to rediscovering our natural sense of intelligence, confidence, and delight on the job.

Balance your chakras to improve your life, with the powerful 'moving meditation' of Chakradance. If you like the idea of yoga, but not the challenging poses, Chakradance is for you. If you like the idea of meditation, but find it hard to sit still for more than a few minutes,

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Chakradance is for you. If you know you've got old 'baggage' to release, but find 'talking therapy' too awkward for words, Chakradance is for you. We all want to achieve that wonderful state of 'well-being' in which we feel happier, healthier, more grounded, more balanced, more fully ourselves and more fully alive! With Chakradance, more and more people are finding a way to achieve this. Our chakras are our energy centers (subtle, invisible, but essential to life), that hold mind, body and spirit together. The practice of Chakradance activates, tunes and balances your chakras, to improve your life. Eastern philosophies have long known about the dynamic inter-relationship of mind, body and spirit, and the West, thanks partly to advances in the field of neuro-science, is quickly catching up ... hence the growth of yoga, of mindfulness, and a whole new world of "well-being" practices. In this book, Chakradance(TM) founder Natalie Southgate explains how this gentle yet powerful 'moving meditation' practice actually works, including examples and stories from her own life and the lives of Chakradancers all over the world. She demonstrates how working with your chakras, using music, movement and mandalas, can help you discover a deeper connection to your true authentic self, leading you to the most wonderful feeling of vibrant well-being. The book also includes links to downloadable chakra-specific music tracks and guided meditations so you can try it for yourself.

Breath by BreathThe Liberating Practice of Insight MeditationShambhala Publications
Explores the secrets and benefits of alternate nostril breathing practices • Includes breathing techniques to help overcome infertility, bad luck, and illnesses • Explains the interactions of the vital energy of breath with the chakras and energy channels (nadis) There is an intimate relationship between breathing and our emotional states. When we are nervous or excited, our

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breath rate increases. Conversely, if we alter our rate of breathing, we can alter our emotional state. The ancient civilization of India developed methods for changing the emotions and states of consciousness through yogic meditation and pranayama (breath control). Secret Power of Tantrik Breathing teaches the advanced pranayama system of svaraodaya, which is based on the fact that we normally breathe freely through only one nostril at a time. In a healthy person, breathing changes roughly every one and a half hours from one nostril to the other, with each nostril imparting different qualities to one's mental and physical state. The left nostril is cool, soothing, passive, and feminine in nature; the right is warm, energizing, active, and masculine. When the breath remains in one nostril for longer than normal, mental and physical illness can result. The goal of svaraodaya is to harmonize the breath from each nostril with the life task needing to be accomplished. This book explains how to practice this breath control and how the vital energy of breath interacts with the chakras and energy channels (nadis) to create overall balance and harmony. It also includes svaraodaya breathing techniques to help overcome illnesses, infertility, and bad luck; make predictions; and attain liberation from the cycle of rebirth.

Zen Training is a comprehensive handbook for zazen, seated meditation practice, and an authoritative presentation of the Zen path. The book marked a turning point in Zen literature in its critical reevaluation of the enlightenment experience, which the author believes has often been emphasized at the expense of other important aspects of Zen training. In addition, Zen Training goes beyond the first flashes of enlightenment to explore how one lives as well as trains in Zen. The author also draws many significant parallels between Zen and Western philosophy and psychology, comparing traditional Zen concepts with the theories of being and

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cognition of such thinkers as Heidegger and Husserl.

Use the power of your own breath to bring joy to your life. Rebirthing Breathwork is a simple breathing technique that takes you deep into yourself. The power of breathing for spiritual and emotional health has been known for centuries. Breathing is an essential element of meditation and other spiritual practices. But breathing is also therapeutic. It cuts through layers of past experiences and old hurts to reconnect you to the free, joyful core of your true self. This book, based on over 20 years of clinical practice by one of the leading authors in the field, tells you all you need to know about the technique. It's also packed with information and exercises that guide you surely and gently through your own inner journey to awareness and freedom. Learn about how your birth, your childhood relationships and life experiences shape your belief systems and govern the way you respond to life right now. Then learn how to change that. Use breathwork to:

- Resolve old emotions, memories and belief systems safely and gently
- Bring about deep, full-body relaxation
- Manage stress
- Improve the quality of your relationships
- Free your creativity
- Access mystical states of expanded consciousness

But most of all, use breathwork to develop a deep, satisfying and liberating connection with yourself. If you want to heal your past and move forward in freedom, this book is for you.

Teaches the meditation method contained in the Buddha's "Anapanasati Sutra," describing the benefits of practicing breath awareness

The most comprehensive manual of the practice of insight meditation (vipassana), written by one of its foremost 20th century proponents, is translated into English for the first time. Manual of Insight is the magnum opus of Mahasi Sayadaw, one of the originators of the "vipassana movement" that has swept through the Buddhist world over the last hundred years. The

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manual presents a comprehensive overview of the practice of insight meditation, including the foundational aspects of ethical self-discipline, understanding the philosophical framework for the practice, and developing basic concentration and mindfulness. It culminates with an in-depth exploration of the various types of insight and spiritual fruits that the practice yields. Authored by the master who brought insight meditation to the West and whose students include Joseph Goldstein, Jack Kornfield, and Sharon Salzberg, *Manual of Insight* is a veritable Bible for any practitioner of vipassana.

Renowned for the beauty and simplicity of his teachings, Ajahn Chah was Thailand's best-known meditation teacher. His charisma and wisdom influenced many American and European seekers, and helped shape the American Vipassana community. This collection brings together for the first time Ajahn Chah's most powerful teachings, including those on meditation, liberation from suffering, calming the mind, enlightenment and the 'living dhamma'. Most of these talks have previously only been available in limited, private editions and the publication of *Food for the Heart* therefore represents a momentous occasion: the hugely increased accessibility of his words and wisdom. Western teachers such as Ram Dass and Jack Kornfield have extolled Chah's teachings for years and now readers can experience them directly in this book.

Now ordinary meditators (and non-meditators) can understand how to attain non-ordinary states with relative ease. Blended with contemporary examples, pragmatic exercises, and "how to" instructions that anyone can try, *Focused and Fearless* provides a wealth of tools to cultivate non-distracted attention in daily life and on retreat. Shaila Catherine has a friendly, wise approach to the meditative states (jhanas) that lead to liberating insight. *Focused and*

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Fearless is about much more than merely meditation or concentration. It offers a complete path towards bliss, fearlessness, and true awakening.

In the tradition of Octavia Butler, here is radical self-help, society-help, and planet-help to shape the futures we want. Change is constant. The world, our bodies, and our minds are in a constant state of flux. They are a stream of ever-mutating, emergent patterns. Rather than steel ourselves against such change, Emergent Strategy teaches us to map and assess the swirling structures and to read them as they happen, all the better to shape that which ultimately shapes us, personally and politically. A resolutely materialist spirituality based equally on science and science fiction: a wild feminist and afro-futurist ride! adrienne maree brown, co-editor of Octavia's Brood: Science Fiction from Social Justice Movements, is a social justice facilitator, healer, and doula living in Detroit.

In simple and straightforward language, Bhante Gunaratana shares the Buddha's teachings on mindfulness and how we can use these principles to improve our daily lives, deepen our mindfulness, and move closer to our spiritual goals. Based on the classic Satipatthana Sutta, one of the most succinct yet rich explanations of meditation, Bhante's presentation is nonetheless thoroughly modern. The Satipatthana Sutta has become the basis of all mindfulness meditation, and Bhante unveils it to the reader in his trademark "plain English" style. Contemplating the Four Foundations of Mindfulness--mindfulness of the body, of feelings, of the mind, and of phenomena themselves--is recommended for all practitioners. Newcomers will find The Four Foundations of Mindfulness in Plain English lays a strong groundwork for mindfulness practice and gives them all they need to get started right away, and old hands will find rich subtleties and insights to help consolidate and clarify what they may

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have begun to see for themselves. People at every state of the spiritual path will benefit from reading this book.

Throughout our lives we long to love ourselves more deeply and find a greater sense of connection with others. Our fear of intimacy—both with others and with ourselves—creates feelings of pain and longing. But these feelings can awaken in us the desire for freedom and the willingness to take up the spiritual path. In this inspiring book, Sharon Salzberg, one of America's leading spiritual teachers, shows us how the Buddhist path of lovingkindness can help us discover the radiant, joyful heart within each of us. This practice of lovingkindness is revolutionary because it has the power to radically change our lives, helping us cultivate true happiness in ourselves and genuine compassion for others. The author draws on simple Buddhist teachings, wisdom stories from various traditions, guided meditation practices, and her own experience from twenty-five years of practice and teaching to illustrate how each one of us can cultivate love, compassion, joy, and equanimity.

INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. “This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom.” —Wim Hof Wim Hof has a message for each of us: “You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation.” With *The Wim Hof Method*, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as “The Iceman” for his astounding physical

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feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including: •

Breath—Wim’s unique practices to change your body chemistry, infuse yourself with energy, and focus your mind • Cold—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body’s untapped strength •

Mindset—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living • Science—How users of this method have redefined what is medically possible in study after study • Health—True stories and testimonials from people using the method to overcome disease and chronic illness • Performance—Increase your endurance, improve recovery time, up your mental game, and more • Wim’s Story—Follow Wim’s inspiring personal journey of discovery, tragedy, and triumph • Spiritual Awakening—How breath, cold, and mindset can reveal the beauty of your soul Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. “This is how we will change the world, one soul at a time,” Wim says. “We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction.” If you’re ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

The Pali word *mettā*; is a multi-significant term meaning loving-kindness, friendliness, goodwill, etc. If these qualities of *mettā* are sufficiently cultivated through *mettābhāvanā* the meditation on universal love the result is the acquisition of a tremendous inner power which preserves,

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protects and heals both oneself and others. The present booklet aims at exploring the various facets of mettā both in theory and in practice. The examination of the doctrinal and ethical side of mettā will proceed through a study of the popular Karaniyametta Sutta, the Buddha's Discourse of Universal Love and several other short texts. The explanation of the meditation on universal love will give practical directions for developing this type of contemplation as set forth in the main meditation texts of the Theravada Buddhist tradition.

Are you ready to meet life in a more excited and open way? Would you like to embrace adventure and intimacy without being afraid? Emotional mastery is within reach. It's possible to be a beautiful mess, and be powerful and present at the same time. The power of breath brings courage, confidence, wisdom, creativity, peace . . . and much more. Part memoir, part inspiration, part instruction, *Breath LOVE* can help you transform your life. Using her personal journey and teaching experiences, Lauren Chelec Cafritz will help you start your own breathwork journey -- and bust past fear to manifest your dreams and desires. In a fun and engaging way, Lauren empowers you to boldly go to the deep places inside where true magic and transformation happen. Change your breath. Change your mind. Change your life. The flame of wisdom can be kindled in the midst of any life, even one that might seem too full of personal and professional commitments to allow for it. Such is the teaching of Sayadaw U Tejaniya, who himself learned to cultivate awareness in the raucous years he spent in the Burmese textile business before taking his final monastic ordination at the age of thirty-six. Train yourself to be aware of the clinging and aversion that arise in any situation, he teaches. If you can learn to do that, calm and deep insight will naturally follow. It's a method that works as well for sorting the laundry or doing data entry as it does in formal sitting meditation. "The

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object of attention is not really important," he teaches, "the observing mind that is working in the background to be aware is of real importance. If the observing is done with the right attitude, any object is the right object."

Transformation and Healing presents one of the Buddha's most fundamental teachings and the foundation of all mindfulness practice. The Sutra on the Four Establishments of Mindfulness has been studied, practiced, and handed down with special care from generation to generation for 2,500 years. This sutra teaches us how to deal with anger and jealousy, to nurture the best qualities in our children, spouses, and friends, and to greet death with compassion and equanimity.

In Good Citizens, Thich Nhat Hanh lays out the foundation for an international solidarity movement based on a shared sense of compassion, mindful consumption, and right action. Following these principles, he believes, is the path to world peace. The book is based on our increased global interconnectedness and subsequent need for harmonious communication and a shared ethic to make our increasingly globalized world a more peaceful place. The book will be appreciated by people of all faiths and cultural backgrounds. While based on the basic Buddhist teachings of the Four Noble Truths and the Eight-Fold Path, Thich Nhat Hanh boldly leaves Buddhist terms behind as he offers his contribution to the creation of a truly global and nondenominational blueprint to overcoming deep-seated divisions and a vision of a world in harmony and the preservation of the planet. Key topics include the true root causes of discrimination; the exploration of the various forms of violence; economic, social, and sexual violence. He encourages the reader to practice nonviolence in all daily interactions, elaborates on the practice of generosity, and teaches the art of deep listening and loving speech to help

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reach a compromise and reestablish communication after misunderstandings have escalated into conflicts. Good Citizens also contains a new wording of the Five Mindfulness Trainings (traditionally called "precepts") for lay practitioners, bringing them in line with modern-day needs and realities. In their new form they are concrete and practical guidelines of ethical conduct that can be accepted by all traditions. Good Citizens also includes the complete text of the UN Manifesto 2000, a declaration of transforming violence and creating a culture of peace for the benefit of the children of the world. It was drafted by numerous Peace Nobel Prize recipients and signed by over 100 million people worldwide. Coinciding with a US presidential election year, Good Citizens reaches across all political backgrounds and faith traditions. It shows that dualistic thinking—Republican/Democrat, Christian/Muslim—creates tension and a false sense of separateness. When we realize that we share a common ethic and moral code, we can create a community that can change the world.

The deceptively simple three-phase method presented here is a meditation practice that can be worked with for a lifetime. Larry Rosenberg looks to Zen, to Insight Meditation, and to the teachings of J. Krishnamurti to find three kinds of meditation that anyone can do and that complement each other in a wonderful way: (1) breath awareness, (2) breath as anchor, and (3) choiceless awareness. Having the three methods in one's repertoire gives one meditation resources for any life situation. In a time of stress, for example, one might use breath awareness exclusively. Or on an extended retreat, one might find choiceless awareness more appropriate. The three-step method has been taught to Larry's students at the Cambridge Meditation Center in Cambridge, Massachusetts, for many years. After teaching the three-step method, Larry goes on to show how to bring the awareness gained in meditation to the world

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off the cushion, into relationships and into all areas of daily life.

Here's a drug-free, side effect-free solution to common stress and mood problems—developed by two physicians. Millions of Americans suffer from mood problems and stress-related issues including anxiety, depression, insomnia, and trauma-induced emotions and behaviors; and most would prefer not to take medication for their conditions due to troublesome side effects, withdrawal symptoms, and disappointing success rates. Drs. Richard P. Brown and Patricia L. Gerbarg provide a drug-free alternative that works through a range of simple breathing techniques drawn from yoga, Buddhist meditation, the Chinese practice of qigong, Orthodox Christian monks, and other sources. These methods have been scientifically shown to be effective in alleviating specific stress and mood challenges such as anxiety, insomnia, post-traumatic stress disorder, and many others. The authors explain how breathing practices activate communication pathways between the mind and the body, positively impacting the brain and calming the stress response.

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