



Guided Mindfulness Meditation Series 2

By Jon Kabat-Zinn

SOUNDS TRUE INC, United States, 2014. CD-Audio. Book

Condition: New. 147 x 135 mm. Language: English . Brand New. Guided Mindfulness Meditation Series 2 was designed by Jon Kabat-Zinn as a core training tool to begin and deepen a daily meditation practice, and to bring mindfulness into every aspect of life. Intended to be used in conjunction with his book Wherever You Go, There You Are, these four CD-length programs are a valuable resource that meditators at all experience levels can adapt to their specific needs. They include: Guided sitting meditations—the basics of mindfulness meditation Mindfulness while lying down—guided sessions for learning how to fall awake rather than fall asleep, which, teaches Kabat-Zinn, is what mindfulness is all about The Mountain Meditation and Lake Meditation—evokes two powerful images to deepen concentration and expand one's feeling for the inward gesture involved in mindfulness practice Silence, with bells to mark the passage of time—5-, 10-, 15-, 20-, and 30-minute timed sessions Mindfulness is moment-to-moment non-judgmental awareness, a way to connect with a deep sense of comfort, balance, insight, and freedom within our own lives, both physically and emotionally. It is a way to embody sanity, clarity, and harmony, even in challenging...



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