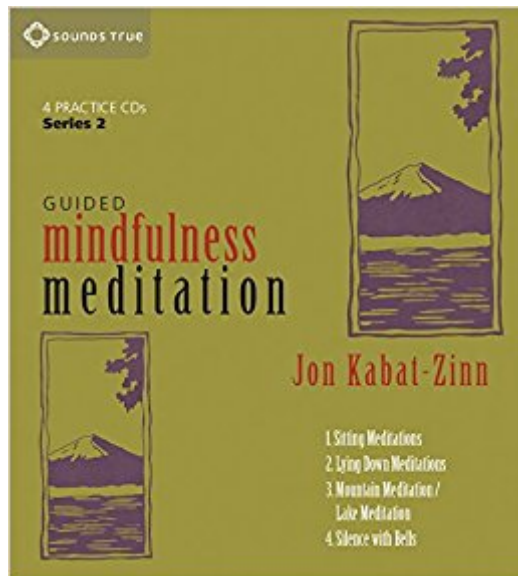




The book was found

Guided Mindfulness Meditation Series 2



Synopsis

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 circumstances. And it's a way to heal ourselves and our relationships with others. But it does require cultivation. These guided meditations provide an essential set of tools to help support that process.

Book Information

Series: Guided Mindfulness Meditation (Book 2)

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Customer Reviews

Jon Kabat-Zinn is one of the best teachers of mindfulness you will ever meet. JACK KORNFIELD

Author of A Path with Heart Ideally, meditation is not something we do, but is something we live. Wherever You Go, There You Are points the way to this living spirit with clarity, easy and poetry. SHARON SALZBERG Author of A Heart as Wide as the World"Jon Kabat-Zinn is one of the best teachers of mindfulness you will ever meet." --JACK KORNFIELD, author of A Path with Heart "Ideally, meditation is not something we do, but is something we live. Wherever You Go, There You Are points the way to this living spirit with clarity, easy and poetry." --SHARON SALZBERG, author of A Heart as Wide as the World

Jon Kabat-ZinnJon Kabat-Zinn, PhD, is the founder and director of the Stress Reduction Clinic at the University of Massachusetts Medical Center and associate professor of medicine in the Division of Preventative and Behavioral Medicine. His clinic was featured in 1993 in the public television series Healing and the Mind with Bill Moyers. Jon Kabat-Zinn is the author of Wherever You Go, There You Are and Full-Catastrophe Living: Using Your Body and Mind to Face Stress, Pain and Illness.

This program is super- wonderful ! As a person with severe emotional issues..I definitely enjoyed the meditation and the yoga ! Anyone who has to endure any difficulties in life , should listen to these CDs !

Excellent series of guided meditations. Jon Kabat-Zinn's program is the most scientifically researched meditation program in existence and that research proves it works when practiced as directed.

these dvds are a must have for anyone with a formal mindfulness practice, from an amazing teacher and mentor

No nonsense, well paced guided meditations; several types of meditations, each type having several different durations. By a celebrated MD, author of Full Catastrophe Living - which he's used very successfully to teach hospital patients (and others) to transforming their "obsession for doing" to "lower-stress mindfulness".

Some of the best of Jon Kabat Zinn's guided practices!

Anything by Jon Kabat-Zinn is fantastic because he is the 'real deal'!!!!

Guided meditations help establish mindfulness practice for all types of situations.

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