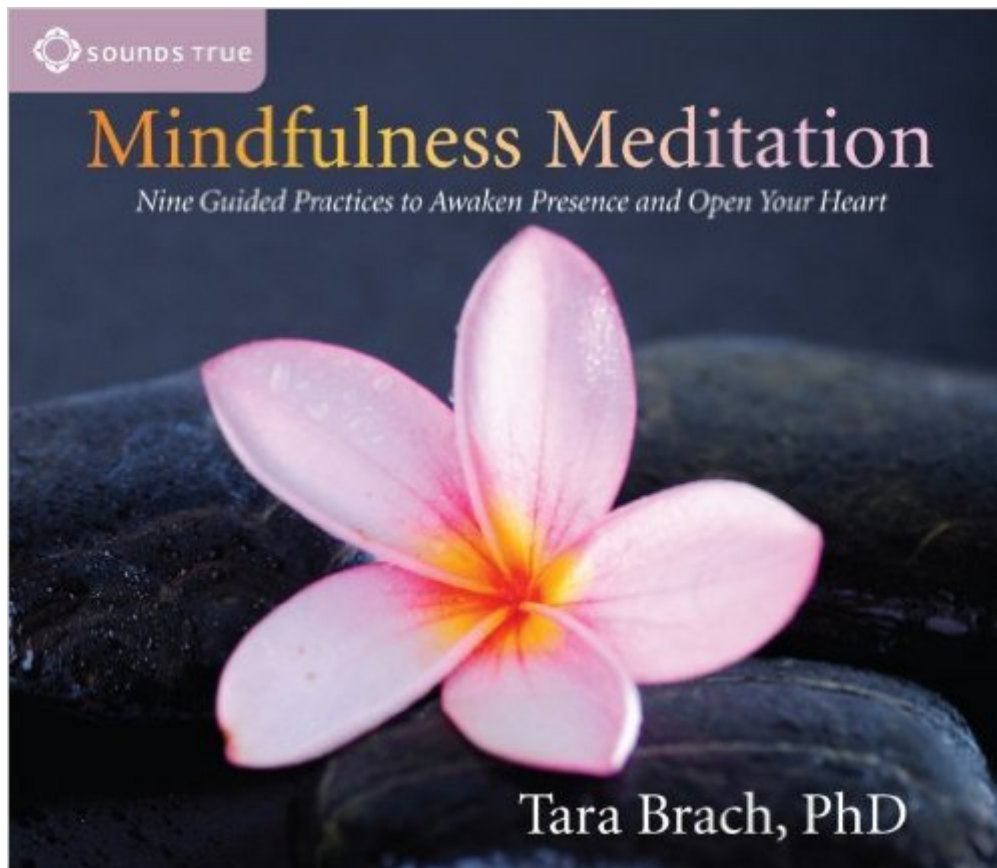


The book was found

# Mindfulness Meditation: Nine Guided Practices To Awaken Presence And Open Your Heart



## Synopsis

Mindfulness Meditations for Healing, Presence, and Clarity A profound transformation can occur just by training your attention in awareness • a practice sweeping schools, workplaces, and institutions across the country with its capacity to decrease stress, cultivate inner calm, and expand wisdom and creativity. Clinical psychologist and meditation teacher Tara Brach has been at the forefront of mindfulness-based therapy since its inception, successfully bringing principles of mindfulness to alleviate depression, chronic pain, and more. Now, with Mindfulness Meditation, she offers nine of her most effective guided sessions, perfect for beginning or deepening your mindfulness practice: A Pause for Presence • a short, basic practice that can be used daily to feel at home with mindfulness Developing Self-Compassion • a meditation that cultivates a forgiving and caring heart towards yourself and others Presence with Everyday Fears • a practice to help you address fear and other emotions in order to find greater freedom and choice Mindfulness of Pain • a meditation to release you from physical suffering Contacting Our Inner Wisdom • a practice to help you avoid constant reactivity in difficult situations • It's only in the actual experience of here and now that we can experience our full aliveness, • teaches Dr. Brach. • The practice of mindfulness helps to open a heart that is ready for anything. • With Mindfulness Meditation, find the tools to walk the path of mindful awareness • and connect with your innate capacity for love, clarity, and inner peace.

## Book Information

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## Customer Reviews

A few years ago I had the pleasure of reading Tara Brach's "Radical Acceptance," a very fine book, which in turn lead me to find her website and podcasts that have become a part of my meditation

practice. She has such a clear speaking voice, and succinct message in each of her talks, that I was thrilled to have her come out with this audiobook. These guided practices express wisdom and inspiration on a wide variety of subjects - forgiveness, obstacles, inner wisdom - all dealt with in an unmatched clarity and warmth that makes you return to the practices again and again. Highly Recommended.

A large selection of wonderful guided meditations. Her other CD is also fantastic. I listen to at least one guided meditation a day to calm me down and leave me in a wonderful relaxed state of peace and bliss. They vary in length from 9 min to 20 min so you can easily incorporate a session into a busy schedule.

i was encouraged to purchase this by a friend who heard about her.familiar with her reputation, but didn't have any CD's.good variety of guided meditation lengths .nice balance of commentary and meditation.i think for mindfulness meditation beginners it would be an excellent choice.

I've tried several other mediation CDs and can honestly say that the format of this CD helps one have a deeper understanding of each type of meditation presented and therefore more effective practice of mediation. It has been extremely helpful in helping me reach a sense of peace despite my very busy and sometimes hectic life.

I was familiar with mindfulness meditation, but was unsure if I was doing it correctly. So, I decided to get a CD with guided practice, and I happily chose the right one!-Easy to listen to-Relaxing voice-Clear instructions-By doing it as a guided practice, you can be comforted that you are following the instructions that are there to help you

Very helpful, soothing voice, I listen to it all the time. I enjoy Tara Branch's viewpoint and ways of presenting the material.

I absolutely love these meditations. And to me they are actually much more than meditations. Many important messages I haven't heard expressed in these ways before that are already beginning to help and I will listen again and again. Maybe even when doing laundry etc. to be calm, centered, and let the messages sink in more and more until I can use them automatically. I'm glad to see this is on audible because I would like to listen on a nature walk or even a walk around the

neighborhood (or maybe I'll try one of her other audios for that). Probably not how the author meant for them to be used but I think they can be used as meditations, or to listen to any time. there are 2 CD's included. I also appreciate that each meditation/ topic is printed on the CDs kind of like chapters if you're looking for a particular one although the font is very tiny and a bit hard to read. Wish I had this years ago and so glad I found it.

Beautifully executed and totally effective! When she rings the gong, I emerge from a deep state of relaxation I had not even realized I had fallen into.

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