

buddhism *for* couples



a calm approach to relationships

sarah naphthali

Pdf Buddhism Couples Calm Approach Relationships

Cameron Evans



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Buddhism for Couples Sarah Naphthali, 2017-01-01 Every now and then not very often we meet a woman who has mastered the art of being in a couple who has managed to keep the flame alive long after the honeymoon period and well into the trials of parenting Sarah Naphthali is not one of these women but is happy for readers to learn from her mistakes With her trademark emphasis on self compassion she explains how she has applied Buddhist teachings to patch things up hold things together and even on good days scale the heights of relationship happiness Written for both men and women *Buddhism for Couples* tackles the loaded subjects of housework anger sex conflict and infidelity before introducing Buddhist strategies that can enrich a relationship Applying Buddhist teachings can improve our relationship by guiding us to delve more deeply into our psyches Through mindfulness and ever growing self awareness the teachings help us to become more familiar with the workings of our minds and bodies more aware of our thoughts and beliefs so that we can see our behaviours with more clarity Alongside Buddhist teachings Sarah explores the latest psychological research on relationships and discovers numerous overlaps Humorous and informative *Buddhism for Couples* provides a fresh approach to living as a couple persuading us to leave behind stale habitual ways of relating that don't seem to work *Fidelity* Thich Nhat Hanh, 2007-08-21 What does healthy intimacy look like How do we keep the energy and passion alive in long term relationships What practices can help us forgive our partner when he or she has hurt us How can we get a new relationship off to a strong and stable start What do we do if we feel restless in a relationship or attracted to someone outside of our partner These are just some of the questions Zen master and Nobel Peace Prize nominee Thich Nhat Hanh has been asked by practitioners and readers alike Deeply moved by the suffering that can be caused by these issues he offers concrete guidance in his first ever writings on intimacy and healthy sexuality *Fidelity* guides the reader to an understanding about how we can maintain our relationships keep them fresh and accepting and loving our partner for who they are *Fidelity* gives concrete advice on how to stay attentive and nourishing of each other amidst the many responsibilities and pressures of daily life Readers will learn how to foster open communication dealing with anger and other strong emotions learning to forgive and practicing gratitude and appreciation *Fidelity* is written for both couples in a committed relationship wanting to further develop a spiritual dimension in their lives together and for those where infidelity or hurt may have occurred and there is a need for best practices to re-weave the net of love and understanding In addition to addressing everyday occurrences and challenges Thich Nhat Hanh shows how traditional Buddhist teachings on attachment deep listening and loving speech can help energize and restore our relationships Written in a clear and accessible style and filled with personal stories simple practices and exercises *Fidelity* is for couples at all stage of relationships It the guide book for anyone looking to create long lasting and healthy intimacy ***Buddhism for Mothers*** Sarah Naphthali, 2003 Addressing the often overlooked spiritual needs of mothers this book discusses Buddhist teachings as applied to the everyday challenges and stresses of raising

children Offered are ways for mothers to reconnect with their inner selves and become calmer and happier with the recognition that a happier mother will be a better parent This realistic look at motherhood acknowledges the sorrows as well as the joys of mothering and offers real and achievable coping strategies for mothers to renew their lives on a deep level

Mindfulness and Acceptance in Couple and Family Therapy Diane R. Gehart,2012-03-30 This book reviews the research and philosophical foundations for using mindfulness acceptance and Buddhist psychology in couple and family therapy It also provides a detailed and practical approach for putting these ideas into action in the therapy room including a mindful approach to therapeutic relationships case conceptualization treatment planning teaching meditation and intervention

Love's Garden Peggy Rowe-Ward,Larry Ward,2008-05-10 A collection of real life Buddhist love stories with commentary and guided exercises for couples developed by Peggy Rowe Ward and Larry Ward senior students and ordained Dharma teachers in the tradition of Zen Master Thich Nhat Hanh These personal stories from couples of a range of different ages and experiences illustrate how Buddhist principles can help couples navigate any stage of their relationship It took the authors some good living and good loving before they realized that the love that they were seeking was already present and available in the depths of their hearts and mind Love does not depend on anything that is happening Out There and is not dependent on anything he or she might do It depends on our own willingness to look within and to act This insight is a result of practicing the teachings of the Buddha on right diligence and right effort The authors have been studying and practicing with Zen master Thich Nhat Hanh and they are happy to report that the practices work In iLove s Garden the authors offer key practices such as The Three Keyes see excerpt for the transformation of suffering and the establishment of happiness These practices have helped them see each other s happiness as their own They share stories and illustrations from their own life and also and those of their friends and students brbrThe practice is not difficult We simply need to get in touch with and nourish the practices that are helping us to experience peace And then we need to stop doing the things that keep us from experiencing peace Larry Ward

The Four Noble Truths of Love Susan Piver,2018-06-01 Susan Piver consistently offers what so many of us seek A generous caring loving teacher someone with an open heart and a clear mind eager to help us find our own way forward Seth Godin author of Linchpin Broken hearts resentment affairs divorce Why is it so hard to make relationships work New York Times bestselling author and mindfulness expert Susan Piver applies classic Buddhist wisdom to modern romance including her own long term relationship to show that ancient philosophies have timeless and unexpected wisdom on how to love The Four Noble Truths of Love will challenge the expectations you have about dating sex and romance liberating you from the habits traumas and expectations that have been holding back your relationships This mindful approach toward love will help you open your heart fearlessly deepen communications with your partner increase your compassion and resilience and lead you toward a path of true happiness You have nothing to lose and everything to gain expansive real love for yourself and others

If the Buddha Married Charlotte Kasl,2001-05-01 Zen and the art of lasting

relationships Filled with the same lighthearted highly practical spiritually sound guidance that resonated with readers of *If the Buddha Dated* this book is a fresh and inspiring guide for anyone who wants to strengthen deepen or revitalize a relationship or marriage Charlotte Kasl PhD renowned for her ability to speak with depth wisdom and humor on important matters of the heart empowers us to create fulfilling and vibrant relationships through a commitment to awareness truth and compassion *If the Buddha Married* explores how a beginner's mind can help us see our partners and ourselves afresh each day as we learn to nurture our commitment to each other Marriage is truly a journey Combining key teachings of Buddhism Christianity and other spiritual traditions with elements of psychology this book is a wise and trusted guide through the joys and challenges of relationships that last and grow

Happy Relationships Kimberly Brown, 2025-02-04 Happy relationships are possible for everyone Even if you've been married for twenty years and your routine is boring and stressful although your mom has always been a help resistant complainer and despite the fact that your dearest friend moved across the country all of us can create lasting and joyful connections with the people we care about the most Using simple tools drawn from the Buddhist tradition you can cultivate appreciation set wise expectations and create meaningful and intimate bonds of mutual support and kindness with your partner family and friends That's because our happiness isn't dependent on everything in our lives being perfect In fact we can experience conflict disagreement job loss grief and boredom and still have appreciation delight and gratitude for everyone in our life We can create happiness by improving the quality of our attention the depth of our compassion and our willingness to repair ruptures and let go of resentments *Happy Relationships* is designed for all of us who are sometimes challenged by our husbands wives kids parents and best friends It's for anyone in happy marriages and close knit families who want to feel closer and more connected to the most important people in their lives *Happy Relationships* is a relatable and useful guide with practical applications to help us stay attuned and cultivate understanding with our dearest people an inconsiderate partner repeatedly ignoring our requests repairing the rupture from a conflict with a sibling celebrating a child's success or learning to communicate with a difficult parent Each short chapter honestly describes in three to four pages a common shared experience such as the stress of old resentments the opportunity of celebrating together mindfully the nightly routine of a child's bedtime spending time with old friends and is followed by a brief practice a meditation exercise or contemplation that readers can use to orient their beautiful qualities of love kindness and wisdom to communicate and act in ways that lead to joy *Happy Relationships* readers can use these practices alone or with their loved one anytime during the most mundane daily routine to the excitement of a big gathering through the sadness of loss

The Heart of Unconditional Love Tulku Thondup, 2015-03-31 A new four stage approach to the popular Buddhist practice known as loving kindness meditation with the aim of finding unconditional love in our own hearts in our relationships and in our perception of the world around us The unconditional love that we all long for in our own lives and in the world around us can be awakened effectively with this unique approach to the Tibetan Buddhist practice of loving

kindness meditation Tulku Thondup gives detailed guidance for meditation prayers and visualization in four simple stages that can be practiced in as little as thirty minutes a session The four stage format is a brand new approach being presented for the first time in English distilled from the author s lifelong study and practice of authentic traditional teachings What if we could experience not only our own body mind and heart as a boundless source of loving kindness but every particle of the world around us as a beautiful realm filled with the blessing energies of the Buddhas and their celestial abodes The whole environment would become a miraculous display of unconditional love wisdom and power accompanied by the sweet music of holy prayers and inspirational teachings This is not just a dream or a fantasy but an effective meditation practice that can bring relief from stress healing to mind and body healthier relationships and a positive new outlook on the world around you Loving kindness meditations are a highly effective way to generate positive causation bring true peace and love into our lives and release ourselves from habitual suffering When we train ourselves to desire the happiness and well being of others with the unconditional love of a mother who cares wholeheartedly for her little ones we find our whole world pervaded by the positive qualities of joy peace and beauty The training can be compared to sunbathing As our body absorbs the sun s heat it becomes warm and gradually emanates that warmth into our surroundings In the same way through devotion and trust in the Buddha of Loving Kindness we immerse our mind in his unconditional love which we then radiate to those around us The Heart of Unconditional Love presents this meditation in a new four stage format distilled from the author s lifelong study and practice of authentic traditional teachings The meditation can be practiced in as little as thirty minutes a session In the Outer Buddha Stage we open our heart with trust and devotion to the Buddha of Loving Kindness and enjoy his unconditional love In the Inner Buddha Stage we experience the Buddha s unconditional love within and for ourselves In the Universal Buddha Stage we learn to see hear and feel the world around us as a blessed realm of unconditional love In the Ultimate Buddha Stage we rest in the awareness of unconditional love free from conceptual thinking Designed to be accessible to newcomers as well as experienced meditators this presentation is a brand new approach to loving kindness meditation being published in English for the first time [Love between Equals](#) Polly Young-Eisendrath,2019-01-15 Learn how to successfully negotiate conflicts and deepen our most intimate relationships in this practical and thoughtful guide by an experienced Buddhist teacher psychotherapist and couples counselor A committed relationship as most people see it today is a partnership of equals who share values and goals a team united by love and dedicated to each other s growth on every level This contemporary model for coupledness requires real intention and work and more often than not the traditional archetypes of relationships experienced by our parents and grandparents fail us or seem irrelevant Utilizing the wisdom of her years of personal and professional practice Young Eisendrath dismantles our idealized projections about love while revealing how mindfulness and communication can help us identify and honor the differences with our partners and strengthen our bonds These practical and time tested guidelines are rooted in sound understanding of modern psychology and offer concrete ideas

and the necessary tools to reinforce and reinvigorate our deepest relationships **Compassionate Commitment** James Farwell, 2019-04-13 From a Relationship of Ignorance and Conflict to Awareness and Fulfillment In Buddhist psychology it is said that the root of all pain is ignorance Nowhere in life is our ignorance more evident and frustrating than when we attempt to relate with someone we love and find ourselves forever walking through relational minefields We find ourselves consistently being frustrated in our efforts to relate with our partner and become upset with the way they are relating to us This book is intended to describe what a real relationship of compassionate commitment is between two people and explores How to negotiate the inevitable season of struggle between partners Providing insight into how couples will use the same words and speak different languages The importance of not taking things personally Understanding the role that stress plays in our relationship Learn compassionate communication similar to Nonviolent Communication Practice a mindfulness based approach to communication The purpose of this book is to help couples gain a sense of what is going on between themselves and to help develop the awareness and skills to get beyond their confusion frustration pain and suffering to a sense of fulfillment as individuals and as relational partners Information contained in this book is the distillation of over forty seven years work as a marriage and family therapist **Seeds of Love** Jerry Braza, Ph.D., 2012-02-28 Using the garden as a metaphor The Seeds of Love is a charming guide to creating your own mindfulness The development of the practice of mindfulness and its tools can help to maintain a state of awareness and openness to oneself and others In The Seeds of Love readers interested in Zen Buddhism will learn how to nurture metaphorical seeds such as compassion joy and generosity and how to use personal challenges such as jealousy anger and self doubt as a tool for growth The 20 chapters include Seeing It All Begins with the Gardener Being Watering the Seed of Mindfulness Watering Seeds of Love and Transforming Seeds of Suffering Deep Listening Creating a Legacy as a Master Gardener Tending Your Inner Garden Using precepts from many faiths and traditions The Seeds of Love offers simple basic actions to help readers reach the best within themselves and share it with those around them It will be an invaluable guide to anyone seeking deeper and more conscious relationships

Dancing with Fire John Amodeo, 2013-06-15 Winner of the 2014 Silver Independent Publisher Book Award in the relationship category and winner of the Spirituality and Practice Award as one of the best spiritual books of 2013 The search for inner peace is often met with what seems like a conflicting path the irresistible pull of love and connection with others to which we are drawn Reconciling these opposites John Amodeo shows how spirituality and vibrant relationships are identical He says that Buddha's concept of the root of suffering is misunderstood It is not desire that causes suffering desire is the fire that springs from the basic life force Drawing upon the science of attachment theory Amodeo illuminates how the root of our suffering is disconnection from ourselves and others which is fueled by clinging to what doesn't serve us In a conversational tone Amodeo presents relationship as sacred experience He teaches how to welcome desire mindfully rather than suppress it and how to overcome fear of failure in relating He also discusses meditation as self intimacy and holding ourselves with

loving kindness Lastly he explores the role of community in spiritual awakening and the issue of whom to trust our guru or ourselves

What Is Love? Taro Gold, 2023-12-14 What Is Love is an inspirational handbook to happy healthy and fulfilled relationships Reading it will uplift your spirit clarify expectations and open the door to the relationship of your dreams Cherie Carter Scott Ph D author of the number one New York Times best selling book If Love Is a Game These Are the Rules Why is it that love receives less instruction than the average driver's education class We don't learn to drive by crashing until we get it right but this seems to be how we learn about love Author Taro Gold offers simple practical guidance based on the universal principles of Buddhism that can steer us through the twists and turns of love By leading us first to become happy within Buddhist teachings offer empowering advice on creating the romantic happiness of our dreams What Is Love contains three sections Love and Illusion The Outer Path Searching Through the Fantasy Love and Reality The Inner Path Finding True Love Within Love and Life The Middle Path Creating Romantic Happiness Now Inspirational quotes are sprinkled throughout the text enriched by full color Far East inspired watercolors Like an elegant bouquet of flowers it's the perfect gift for Valentine's Day or any other special occasion

Spirituality and Couples Barbara Jo Brothers, 1992 TABLE OF CONTENTS Heart and Soul and Communication An Interview With Virginia Satir Virginia Satir's Spirituality Intimate Relationship as Path The Bodhi Therapist Comment on The Bodhi Therapist The Spiritual Connection Elements of Couple Psychotherapy and Awakening Couples and Spirituality A Jewish Perspective on Exile Yearning and Return Holy Matrimony The Spirit of Home Poem Reference Notes Included

Right Here with You Andrea Miller, Editors of the Shambhala Sun, 2011-08-09 In recent years scientists have discovered that mindfulness can reduce stress improve mood and enhance our sense of well being In this book readers learn how mindfulness can be brought to bear in our relationships to increase intimacy strengthen communication and help us to find greater fulfillment Topics in this collection include how to open your heart and develop lovingkindness for yourself and others how to improve communication through mindful speech and deep listening noticing and counteracting destructive patterns and discovering how intimate relationships can become a rich form of spiritual practice Chapters and contributors include Zen teacher Thich Nhat Hanh on what mindfulness is and why it lies at the heart of real love Psychotherapist David Richo on finding a partner Psychotherapist and meditation teacher Tara Brach on the power of forgiveness Rabbi Harold Kushner on striving to give love rather than get it Novelist Jane Hamilton on a marital meltdown and recovery Meditation teacher Susan Piver on the value of heartbreak Psychologist John Welwood on relationships as a path of personal and spiritual growth

Teachings on Love Nhất Hạnh (Thích.), 1997

On Relationships--A Buddhist Approach Vol 2 (Simplified Chinese) Jun Hong Lu, 2015-05

[The Lasting Connection](#) Michaela Thomas, 2021-02-11 A love that lasts is all about choosing to stay connected Struggling with your relationship is normal Many of us lash out at our partner we blame them when things go wrong and we fear rejection criticism and failure So how do you get back the kindness and connection that once made you both so close In The Lasting Connection clinical

psychologist and couples therapist Michaela Thomas explains her Pause Purpose Play method for strengthening the connection between couples through brain science mindfulness compassion values and playfulness Learn how To build a stronger foundation for your relationship To soothe yourself to make everyday interactions smoother Past experiences may be influencing your current situation To be more compassionate with yourself and your partner To deepen your connection with the one you love Are you ready to start on the first chapter of your new story together **The 5 Languages of Love and Respect for Couples** Cameron Evans,2021-04-23 A informative and resourceful guide to obtaining balance and calming anxiety in relationships Learning how to calm anxiety in relationships A view on the 5 languages of love to understanding communication with your partner A healthy way to express love through the 5 love languages learning how to calm anxiety

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