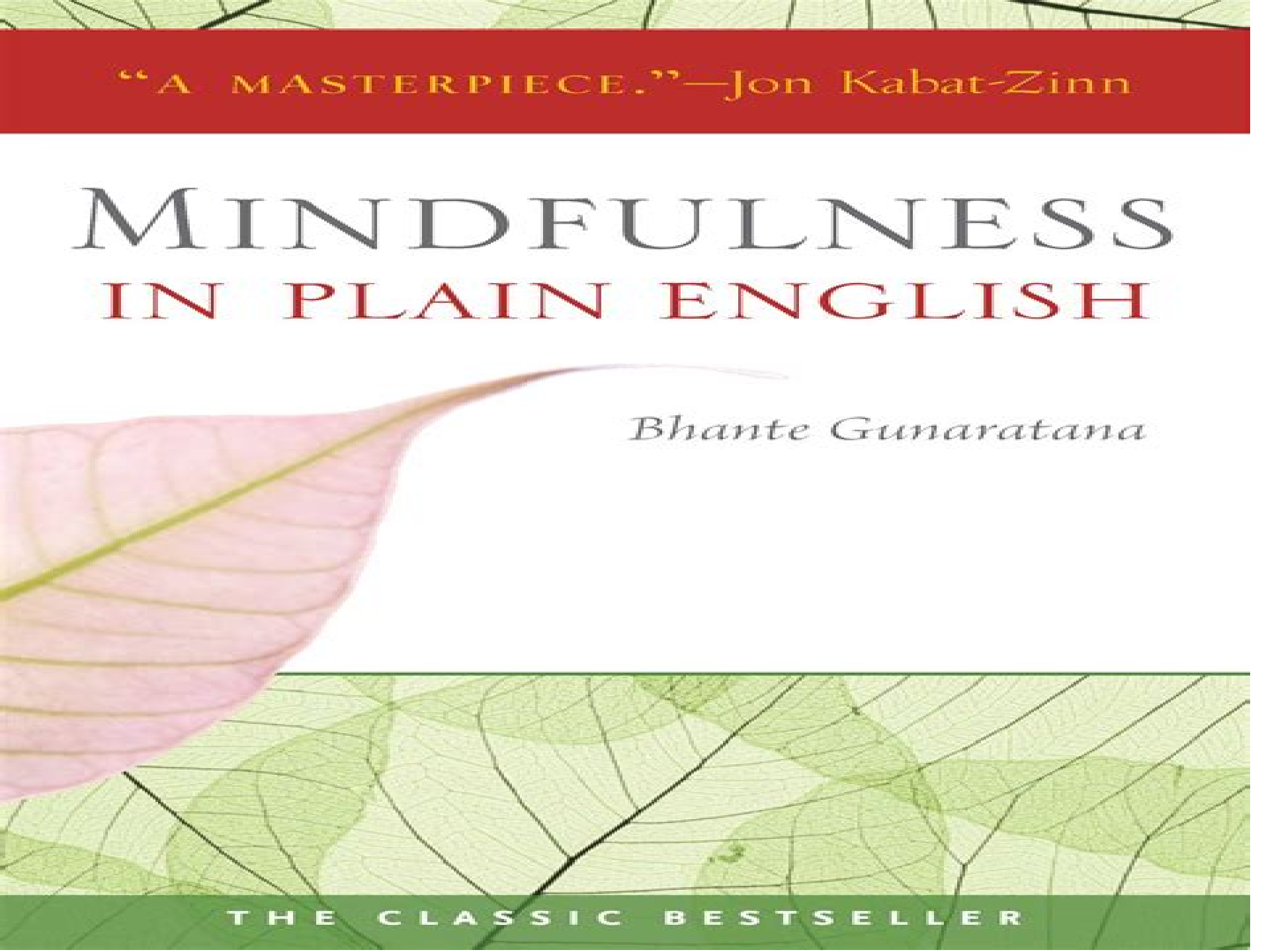




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do so much more than more than allow us freedom from anxiety and stress they allow us to be a better friend to ourselves and to the people around us **Summary of Henepola Gunaratana's Mindfulness in Plain English** Everest Media,2022-06-11T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 Meditation takes gumption It is difficult and takes time It also takes energy and determination It requires a host of personal qualities that we normally try to avoid But meditation takes these things and uses them to overcome our inherent unsatisfactoriness 2 The essence of our experience is change Change is incessant Moment by moment life flows by and it is never the same We try to stick each perception into one of three mental pigeon holes good bad or neutral Then according to which box we stick it in we perceive with a set of fixed habitual mental responses 3 The Buddha said that life is suffering Sounds bleak doesn't it It is not though It is actually a lovely way to perceive the world It is a learnable skill not easy but possible 4 The goal of human existence is happiness We are seeking it in many different ways from food wealth sex entertainment and respect But the truth is that we are not really after these superficial goals We are after the feeling of relief that comes when the drive is satisfied *Zen Meditation in Plain English* John Daishin Buksbazen,2010-10 An excellent practical introduction to Zen meditation Written in a warm and easily accessible style the book appeals to anyone with an interest in meditation Zen or as is often the case today a combination of the two The book emphasizes the importance of receiving good instruction and of finding groups to practice with yet it lays out the necessary steps to practice Zen meditation on your own The book includes easily followed exercises to help the reader along For anyone looking to uncover a clear and insightful path into the philosophy and practice of Zen meditation this book represents the culmination of that search **Loving-Kindness in Plain English** Henepola Gunaratana,2017-03-14 With his signature clarity and warmth Bhante Gunaratana shares with us how we can cultivate loving kindness to live a life of joyful harmony with others Through personal anecdotes step by step meditations conversational renderings of the Buddha's words in the suttas and transformative insights into how we live in and relate to the world we learn that peace here and now is possible within ourselves and in all our relationships Bhante G speaks directly to how we can cultivate loving kindness to find emotional clarity overcome anger and become more peaceful both on and off the meditation cushion Amazon.com [Mindfulness in Plain English](#) H. Gunaratana Mahathera,1991 [The Publishers Weekly](#) ,2009 **Shambhala Sun** ,2003 **Tarot Predictions 2020** Karmel Nair,2019-11-25 See what the future holds Whether you are navigating a new workplace contemplating future financial decisions or mulling over whether your partner is The One let the tarot cards guide you through life Tarot Predictions 2020 serves as a navigator as you go through life and make those hard decisions With detailed chapters on everything from love and wealth to career and health this book tells you what is in store in the coming year [Libra Tarot Forecasts 2018](#) Karmel Nair,2017-09-10 Tarot Forecasts 2018 Libra helps unravel your future with the help of tarot cards Know what's in store for you through the medium of Tarot which foretells your destiny in love health wealth

and career Resolve the uncertainties of life by using the book as a guideline and harness your spiritual power by following the instructions laid out herein to be mindful After all a mindful present will lead to a happy future **Pisces Predictions 2017** Karmel Nair,2016-11-22 Pisces Predictions 2017 unravels your future with the help of the magical Tarot cards and reveals everything about your health wealth career and love life The book also talks about your leaning towards spirituality by giving you a detailed spiritual reading It shows you ways and means to change the future and arrive at a desired outcome by harnessing the dormant spiritual power we all have within us

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