Finding the Center within: The Healing Way of Mindfulness Meditation

By Thomas Bien, Beverly Bien

Turner Publishing Company. Paperback. Book Condition: new. BRAND NEW, Finding the Center within: The Healing Way of Mindfulness Meditation, Thomas Bien, Beverly Bien, "Finding the Center Within is a practical manual on the practice of mindfulness, which can help many people to embody their Buddha nature and become radiant and peaceful beings. It provides easy steps for practicing mindfulness in day-to-day living." - Thich Nhat Hanh, author of Peace Is Every Step, The Miracle of Mindfulness, and Anger: Wisdom for Cooling the Flames All of us want to live a calmer, more peaceful existence. Thomas and Beverly Bien teach that if we find the center within through ongoing mindfulness, we will have the capacity to live deeply and fully-with boundless peace and happiness-in any external circumstance. We can learn to be calm in the midst of the storm. Finding the Center Within offers a step-by-step program for breaking down the barriers that prevent us from actualizing our wise inner self. The Biens combine Eastern spiritual wisdom with the pragmatic wisdom of Western psychology, teaching us how to remove the walls that conceal who and what we really are and face our lives with greater honesty. They provide the tools needed to:...

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Reviews

It is an awesome publication which i actually have ever read through. it had been written really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.
-- Doyle Schmeler

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.
-- Brennan Koelpin
The 3×3 guided healing meditation that she refers to is a daily practice that she developed as she emerged from her life’s darkest point, struggling to overcome suicidal depression and alcohol addiction. The format is simple, but powerful—spend three minutes doing the guided meditation three times a day, the practice of which was Dina’s primary tool for healing and led to her life’s work. Would he agree with the interpretations I had of his science; that is, that even in cases of addiction, belief can heal the body? It seems to me that the more centered I am within myself, the closer I am to my own source of wellbeing, and the closer I am to the power of healing. Mastering the Art of Mindfulness: 5 Powerful Exercises for Finding Peace of Heart and Mind. Mindfulness-based interventions (MBIs) have gained traction over the past few decades among scientific and public communities for their promising effects in improving psychological well-being, cognition, physiology, and brain health, in both healthy and clinical populations (Chiesa et al., 2011; Gu et al., 2015; Khoury et al., 2015; Tang et al., 2015; Black and Slavich, 2016). Most mindfulness programs are provided as multi-faceted packages encompassing a set of different mindfulness techniques, each with distinct focus and mechanisms. Theoretical and applied implications of the findings are discussed. View. Show abstract.