The Miracle Of Mindfulness

By Thích Nhất Hạnh
Genre: Spirituality

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The Miracle Of Mindfulness by Thích Nhất Hạnh is Spirituality Thich Nhat Hanh is the subject of the upcoming major documentary Walk With Me narrated by Benedict Cumberbatch. In this beautifully written book, Buddhist monk and Nobel Peace Prize nominee Thich Nhat Hanh explains how to acquire the skills of mindfulness. Once we have these skills, we can slow our lives down and discover how to live in the moment - even simple acts like washing the dishes or drinking a cup of tea may be transformed into acts of meditation. Thich Nhat Hanh's gentle anecdotes and practical exercises help us to arrive at greater self-understanding and peacefulness, whether we are beginners or advanced students. Irrespective of our particular religious beliefs, we can begin to reap the immense benefits that meditation has been scientifically proven to offer. We can all learn how to be mindful and experience the miracle of mindfulness for ourselves.

More Recommended Books

Cunningham's Encyclopedia of Crystal, Gem & Metal Magic

By: Scott Cunningham
Practice an ancient magic that is both natural and powerful—the elemental Earth magic of crystals, stones, and metals. This comprehensive and clear guidebook by Scott Cunningham has introduced over 200,000 readers to the secrets of over 100 gems and metals. Learn how to find and cleanse stones and use them in divinations, spells, and tarot card readings. Discover how to determine the energies and stories contained within each stone, and the symbolic meanings of a stone's color and shape. Also included in this classic guide: —A 16-page full-color insert, new with this edition —Birthstone and jewelry magic lore —Tables listing both planetary and elementary rulers of stones, magical intentions, and magical substitutions

The Mystical I

By: Joel S. Goldsmith
In The Mystical I, Joel Goldsmith reveals in contemporary language that which Jesus showed to the world - that there is a human “I” and an “I” that is the Son of God. Jesus said “I can of myself do nothing,” and that is the truth about our human I. But as the “I” that is the Son of God, the Master announced, “I am the way, the truth and the life.” The Mystical I gives readers the fullness of this relevant and timely Christ message.
Swedenborg

By: Gary Lachman
A clear and concise overview of the life and work of the immensely influential but little understood eighteenth-century mystic-scientist Emanuel Swedenborg. “Lachman identifies all the roles Swedenborg inhabited (spiritual thinker, psychic, scientist, inventor, statesman, traveler, and possibly even spy) and does an exceptionally good job of suggesting why this little-known polymath deserves more substantial critical attention.” – The Independent on Sunday (UK) It is difficult to imagine modern Western alternative spirituality without the influence of Swedish scientist and mystic Emanuel Swedenborg (1688-1772). Every movement in alternative spirituality - from mental-healing and Spiritualism to New Age mysticism and the twelve-step recovery movement - owes an immeasurable debt to the ideas he exploded upon the Western world. Yet Swedenborg’s work can be challenging for modern readers. His influence, everywhere at once, is difficult to get a handle on. Now, however, Gary Lachman provides an accessible, lively, and masterful introduction to the life and ideas of this spiritual giant. Lachman takes us to Swedenborg’s roots as brilliant rationalist and scientist who, well into mid-life, began to experience visions of other realms. From this point Swedenborg produced an extraordinary range of writings based on his out-of-body experiences, in which he related encounters with angels, other-planetary beings, and “the world of spirits.” As Lachman explores, Swedenborg’s work opened up a radically liberal and refreshing ideal of religion. The great mystic saw humanity, and all of nature, as phenomena emerging from the “spiritual world,” and man as a vessel for divine influences. This vision inspired Western seekers to see man as a product of spiritual phenomena, and thus a being intimately connected with the cosmos. From this perspective grew bold new ideas about channeling, spiritual healing, mystical experience, mediumship - a litany of concepts that prefigured the revolutions in alternative and therapeutic spirituality.

Oltre la soglia

By: Evi Spedicato
Esiste un'altra dimensione? Com'è fatta? Possiamo conoscerla? Cosa c'è, se c'è qualcosa, oltre tutto ciò che possiamo vedere, toccare, sentire? Dal 1979 Evi Spedicato, di professione avvocato, ha potuto conoscere questa dimensione "oltre" e sperimentarla, grazie alla comunicazione assidua con il suo spirito guida, Enrico. E in queste pagine racconta la sua esperienza, con naturalezza e razionalità, consegnavi ai lettori la testimonianza di un percorso di crescita spirituale cui ciascuno può avvicinarisi.

Niños índigo

By: Leonor
Qué o quiénes son los niños índigo?, ¿por qué se los denomina de esa manera?, ¿en qué se diferencian de otros pequeños de su misma edad? y ¿cuál es la razón por la cual la ciencia ortodoxa se niega a admitir su existencia?, son sólo algunos de los interrogantes que se responden en este libro. Planteado con un lenguaje ameno, la autora relata sus múltiples experiencias con estos niños, sus padres y algunos de sus maestros, al tiempo que ofrece también información teórica acerca de un fenómeno que no puede ni debe ser ignorado: la aparición de niños muy especiales, en los cuales vibra una cuerda espiritual única y que están entre nosotros para elevar la frecuencia energética del planeta.

Sacred Woman

By: Queen Afua
A transformative journey of physical and ancestral healing from a renowned herbalist, natural health
By: Thích Nhất Hạnh

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expert, and dedicated healer of women’s bodies and women’s souls. “Just when I thought I was all alone, I found myself walking with a group of conscious women who were taking sacred steps and speaking sacred words. We were on our way to Queen Afua’s Global Sacred Woman Village. Come with us, there’s Maat—balance and order—there.”—Erykah Badu

Queen Afua practices a uniquely Afrocentric spirituality. Her classic bestseller, Heal Thyself for Health and Longevity, forever changed the way African Americans practice holistic health. Now, with Sacred Woman, she restores the magnificence of our spirits through sacred initiation. Queen Afua begins by helping us to discover our unique “womb-an-ness”—and to honor the womb as the center of our consciousness and creativity, giving us a twenty-one-day program for womb purification and spirit rejuvenation. Then Queen Afua summons us to enter the Nine Gateways of Initiation, where she blesses us with the exact tools we need to bring our beings into true harmony with the earth and the cosmos. Through extraordinary meditations, affirmations, and rituals rooted in Ancient Egyptian temple teachings, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak; the foods we eat; the spaces we live and work in; the beauty we create in our lives; the healing energy we transmit to self and others; the relationships we nurture; the service we offer; and the transcendent woman spirit we manifest. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women—to heal ourselves, the generations of women in our families, our communities, and our world. Praise for Sacred Woman “Sacred Woman flings open the gates of understanding the feminine essence. It is the return of the soul force to women.”—Jewel Pookrum, MD, PhD (Sunut Arit) “Queen Afua is an extraordinary healer, teacher, mother, and keeper of our legacy. Through Sacred Woman, she has given us the sacred tools we need to live our lives in this new century.”—Hazelle Goodman, actress “Sacred Woman offers profound wisdom to all who seek healing and transformation. Queen Afua is a national treasure.”—Bob Law, author, radio personality, and vice president of WWRL.

Ki, kracht van binnenuit

By: Hans Peter Roel

kracht van binnenuit In het spannende en aangrijpende boek Ki, kracht van binnenuit maken we kennis met een gestresste zakenman (Peter) die opzienbarend alles voor elkaar heeft, maar diep van binnen vastloopt. Om een burn-out te voorkomen is een drastische omslag noodzakelijk. In een boeddhistisch klooster, hoog in de Himalaya, maakt hij als eerste westerling kennis met de universele kracht Ki. Ki is een eeuwenoud geheim dat altijd binnen de kloostermuren is gebleven. Pas nadat Peter een beproeving heeft doorstaan, leert hij Ki kennen. Laat je meevoeren door dit verhaal en ontdek het geheim achter de kracht en rust van boeddhistische monniken die hoog in de Himalaya leven. Wat is Ki? Ki is de natuurlijke kracht die in ieder van ons huist en ons helpt bij een krachtig en energiek leven. Ki is geen hoogdravende filosofie, maar een eenvoudige en praktische manier om in je kracht te komen. Ontdek de vier Ki-principes, die werkzaam, voelbaar en overtuigend zijn. Je zult verbaasd zijn over de innerlijke kracht die in je huist. Boektrailer Ki: http://www.youtube.com/watch?v=pYaa7zJ2HBo Hans Peter Roel (Soest, 1964) is een creatieve denker. Hij inspireert, heeft het talent om mensen in beweging te krijgen en weet spiritualiteit op een praktische en begrijpelijke manier neer te zetten. Hans Peter heeft de missie om mensen te inspireren om hun volle vermogen te gebruiken: Door je innerlijke Ki-kracht creëer je een krachtig en energiek leven. www.kicentrum.nl

How to Hear Your Angels

By: Doreen Virtue

How to Hear Your Angels is a step-by-step manual on how to clearly receive messages from your angels and guides. The material was culled from Doreen Virtue’s best-selling book Messages from Your Angels and from her workshops. Doreen has been assigning this reading material to her Angel Therapy Practitioner; students for many years, and at their request has compiled the
information in this handy book. Within these pages, you'll discover your communication style so that you can more easily recognize the visions, words, thoughts, and feelings you receive as Divine guidance. The book is filled with charts to help you discern the difference between true Divine guidance and the voice of the ego, and it will help you engage in clear and understandable conversations with Heaven.

**Alien World Order**

By: Len Kasten

Shares new documents to expose the sinister alien influence in world governments, financial systems, and scientific institutions throughout history • Shows how Eisenhower’s treaty with the Greys, signed at Holloman Air Force Base in 1954, gave the aliens authority to abduct humans for “research” • Reveals how Reptilian-influenced ex-Nazis infiltrated the U.S. government • Explains how the Reptilians have created alien-human hybrids under their control to replace the human population Long ago, the Galactic Federation sent the Atlans, a fierce group of humans from the Pleiades, to Earth to confront the newest colony of the combative ever-spreading alien race known as the Reptilians. The ensuing battle sank the continent of Lemuria and drove the Reptilians underground beneath the Indian subcontinent as well as to Antarctica. Able to shapeshift to appear human, the Reptilians then infiltrated the Atlantean civilization, abducting humans and creating Reptilian hybrids. As Len Kasten shows, this technique of infiltration and hybridization prior to an all-out attack has been the hallmark of Reptilian conquest throughout the galaxy. Chronicling the history of the Reptilian Empire’s influence on Earth and their conquest of 21 star systems, Kasten reveals how the human race is enmeshed in a skillfully concealed plot to enslave humanity and exploit our planet’s physical and biological resources. Revealing Hitler’s pact with extraterrestrials and the Reptilian influence on the Nazi state, he shares new documents that disclose the rescue and rehabilitation of Nazi war criminals to assist in the Cold War, which then corrupted many U.S. government institutions. Focusing on crucial events in the decade after World War II, he examines the Reptilians’ human allies, the Illuminati, who control the levers of financial, technological, and military power throughout the world through various secret societies. He shows how Eisenhower’s treaty with the Greys, signed at Holloman Air Force Base in 1954, gave the aliens permission to take humans up to their spaceships, ostensibly for genetic study—in return for alien technology—and how these abductions led to the creation of a hybrid race under Reptilian mind control. He also explains how Kennedy was assassinated by the CIA because of his plans to rout out this Nazi–Reptilian presence. Contrasting the Reptilians with the benevolent Ebens, the aliens from Zeta Reticuli who crashed at Roswell, Kasten exposes the stealthy tactics of the Reptilians, their relationship with the Greys, and their advanced genetic bio-technology and teleportation abilities—as well as what we need to do to defeat their plans.

**Apprendre à méditer Les 8 méditations les plus efficaces pour combattre le stress**

By: Lewis Haas

Une guide de méditation pour les débutants — Découvrez comment la méditation peut changer votre vie dès AUJOURD'HUI ! « Apprendre à méditer » est un guide qui va vous aider à retrouver la paix et le bonheur pour le reste de votre vie. Une pratique régulière de la méditation peut vous rendre la forme, vous rendre plus heureux et plus productif que jamais ! Ce livre vous enseignera comment détendre votre esprit, relâcher votre tension et réduire votre stress et votre anxiété d'une manière qui va changer votre vie. Apprendre à méditer — 8 des meilleures techniques de méditation Avec « Apprendre à méditer », vous découvrirez : Ce qu’est la méditation, son fonctionnement et son histoire Les bénéfices de la méditation pour votre corps et votre esprit Le pouvoir de guérison de la méditation Les difficultés de la méditation Comment vous préparer à méditer Comment pratiquer
chaque jour La science qui se cache derrière les bienfaits de la méditation Comment méditer d’une manière qui vous correspond Comment vous ancrer dans le moment présent Comment faire de la méditation l’acte le plus important de votre journée Comment atteindre un état méditatif Comment atteindre un état permanent de paix intérieure et de bonheur Et bien plus ! « Apprendre à méditer » est un excellent guide pour les débutants qui vous explique tout ce que vous avez besoin de savoir sur la méditation et comment méditer chaque jour avec succès.
People usually consider walking on water or in thin air a miracle. \[\ldots\] Mindfulness is like that—it is the miracle which can call back in a flash our dispersed mind and restore it to wholeness so that we can live each minute of life.

— Thich Nhat Hanh, The Miracle of Mindfulness: An Introduction to the Practice of Meditation.

Tags: live-in-the-moment, mindfulness. 11 likes.