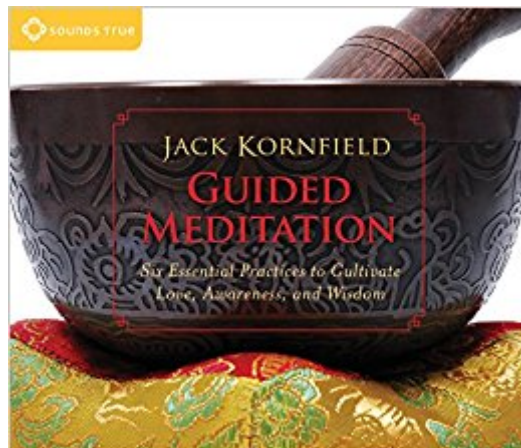




Ebook Directory
the best source of ebook

The book was found

Guided Meditation: Six Essential Practices To Cultivate Love, Awareness, And Wisdom



Synopsis

Since the time of the Buddha, meditation has been taught under the guidance of an expert as the easiest way to begin, and for the most powerful results. Celebrated teacher Jack Kornfield leads listeners through six essential meditations, a simple way to progressively deepen a practice - whatever your level of experience. With Guided Meditation, listeners join the author of the bestseller *A Path with Heart* (Bantam, 1993) on two transformational CDs that include: Breath meditation for stilling the body and quieting the mind; Mind Like Sky meditation for releasing the ego's attachments and resting in pure awareness; Visualization practice to meet the "inner sage;" and more. Meditation has its challenges - especially for beginners. With practices you can listen to again and again, Guided Meditation gives listeners a concise training "of the heart and mind" to enjoy the fruits of this centuries-old art.

Book Information

Audio CD

Publisher: Sounds True, Incorporated; Unabridged edition (October 2007)

Language: English

ISBN-10: 1591796253

ISBN-13: 978-1591796251

Product Dimensions: 5.3 x 0.6 x 5.9 inches

Shipping Weight: 3.5 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 24 customer reviews

Best Sellers Rank: #116,562 in Books (See Top 100 in Books) #26 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #31 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #85 in [Books > Books on CD > Religion & Spirituality > General](#)

Customer Reviews

Jack Kornfield was trained as a Buddhist monk in Thailand, Burma, and India and has taught around the world since 1974. He also holds a Ph.D. in clinical psychology. He is a co-founder of the Insight Meditation Society and of the Spirit Rock Center. He lives in northern California.

I've meditated over the years, but only recently discovered this CD of guided meditations. I use it often and have given it as a gift because I value its simplicity and straightforward approach. It's a great introduction to meditation as well as a call back to the "beginner's mind" for people who aren't new to the practice. Jane Newhagen author of [Sand Dollar: a tale of old Key West](#)

I like it

This is a great collection of meditations, includes a variety of practices and Jack Kornfield's voice is very soothing. It is down to earth and simple, not cheesy and new agey. I like to use a variety of guided meditations or I get used to one and don't really listen/do it. Along with Bodhipaksa's "Guided Meditations: For Calmness, Awareness, and Love" and Jon Kabat-Zinn's "Guided Mindfulness Meditation", this is one of the best cd's in my opinion.

I just started meditation and I find this cd great to use. Jack Kornfield has a very relaxing voice and easy to be guided into meditation. For beginners like myself, this is a great guided meditation cd. I would recommend it to any beginner.

Jack embodies the essence of these practices and doing them with him, one enters the Energetic Field created by Jack and they come alive within the practitioner. A great tool for beginners and for all those with a beginner's heart.

Great beginners guide, no background music, i like that there was just quiet in between his encouraging soothing directives. My favorite is the forgiveness one, forgive others but also yourself. OOOHHHHHMMMMM.

The meditations are easy to follow. I've tried other guided meditation CDs and they sometimes have distracting anecdotes in the middle of the meditation. This one doesn't. There is a brief introduction to each meditation that can be skipped once you get the hang of it.

Just what you can expect from this wonderful teacher

[Download to continue reading...](#)

Guided Meditation: Six Essential Practices to Cultivate Love, Awareness, and Wisdom
Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques)
Mindfulness Meditation for Beginners: Learn to Meditate and Become More Mindful with Guided Meditation, Self Hypnosis, Affirmations, Guided Imagery and Relaxation Techniques
Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn
Guided Meditation: 30 Minute Guided

Meditation for Sleep, Relaxation, & Stress Relief
Transcendental-meditation: Mindful Meditation, A
Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation
Bodhisattva Mind: Teachings to Cultivate Courage and Awareness in the Midst of Suffering
Awakening Love: Teachings and Practices to Cultivate a Limitless Heart
Third Eye Awakening:
Guided Meditation to Open Your Third Eye, Expand Mind Power, Intuition, Psychic Awareness, and
Enhance Psychic Abilities (3rd Eye, Higher Consciousness, Spiritual Enlightenment)
The Calming
Collection-The Weight is Over:Hypnosis/Meditation for Lasting Weight Loss**Guided Meditation and
Hypnosis CD
Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body
and Your Life
Mindfulness Meditation: Nine Guided Practices to Awaken Presence and Open Your
Heart
Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation,
meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to
meditate)
Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become
Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners)
Awareness
Through Movement: Easy-to-Do Health Exercises to Improve Your Posture, Vision, Imagination,
and Personal Awareness
Exam Prep: Hazardous Materials Awareness And Operations (Exam
Prep: Hazardous Materials Awareness & Operations)
Psychic: The Beginner Guide to Psychic
development to increase your psychic abilities. Become a clairvoyant and improve awareness.:
Psychic awareness for ... guide, Mindfulness, clairvoyant Book 2)
Warrior Goddess Meditations: Ten
Guided Practices for Claiming Your Authentic Wisdom and Power
The Ideal Team Player: How to
Recognize and Cultivate The Three Essential Virtues
The Ideal Team Player: How to Recognize
and Cultivate the Three Essential Virtues: A Leadership Fable

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)