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VOLUME 1

## THE BODY

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# Abiding In Mindfulness Volume 1 The Body

**Pei-kai Cheng, Ka Wai Fan**



## **Abiding In Mindfulness Volume 1 The Body:**

*Abiding in Mindfulness* Joseph Goldstein, *Mindfulness* Joseph Goldstein, 2013-11-01 The mind contains the seeds of its own awakening seeds that we can cultivate to bring forth the fruits of a life lived consciously With Mindfulness Joseph Goldstein shares the wisdom of his four decades of teaching and practice in a book that will serve as a lifelong companion for anyone committed to mindful living and the realization of inner freedom Goldstein's source teaching is the Satipatthana Sutta the Buddha's legendary discourse on the four foundations of mindfulness that became the basis for the many types of Vipassana or insight meditation found today Exquisite in detail yet wholly accessible and relevant for the modern student Mindfulness takes us through a profound study of Ardency clear knowing mindfulness and concentration how to develop these four qualities of mind essential for walking the path wisely The Satipatthana refrain how deeply contemplating the four foundations of mindfulness opens us to bare knowing and continuity of mindfulness Mindfulness of the body including the breath postures activities and physical characteristics Mindfulness of feelings how the experience of our sense perceptions influences our inner and outer worlds Mindfulness of mind learning to recognize skillful and unskillful states of mind and thought Mindfulness of dhammas or categories of experience including the Five Hindrances the Six Sense Spheres the Seven Factors of Awakening and much more There is a wealth of meaning and nuance in the experience of mindfulness that can enrich our lives in unimagined ways writes Goldstein In Mindfulness you have the tools to mine these riches for yourself

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In some sort of driven by information and connectivity, the power of words has be much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Abiding In Mindfulness Volume 1 The Body**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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