



Collection Mindfulness Meditation

Deborah Hawkins



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The Best of No Small Thing - Mindful Meditations Deborah Hawkins,2019-12-22 No Small Thing Mindful Meditations NoSmallThing net was launched in 2010 with the intention of reflecting on experiences that generated feelings of gratitude in order to create a positive mood and orientation to life As of fall of 2019 over 500 reflections mindful meditations have been published along with over 100 tips that can be employed in a gratitude practice This mindfulness process is detailed in a companion book Practice Gratitude Transform Your Life It emphasizes the creation of personal gratitude themes one s Grateful Dozen which can help a person see things that spark grateful feelings in new situations This is a collection of favorite blog posts that came out of this process

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The Collected Works of Chögyam Trungpa, Volume 10 Chogyam Trungpa,2017-10-05 Volume ten includes Ch gyam Trungpa s three most recent books and many selected writings The Collected Works of Ch gyam Trungpa brings together in ten volumes the writings of one of the first and most influential and inspirational Tibetan teachers to present Buddhism in the West Organized by theme the collection includes full length books as well as articles seminar transcripts poems plays and interviews many of which have never before been available in book form From memoirs of his escape from Chinese occupied Tibet to insightful discussions of psychology mind and meditation from original verse and calligraphy to the esoteric lore of tantric Buddhism the impressive range of Trungpa s vision talents and teachings is showcased in this landmark series Volume Ten begins with Ch gyam Trungpa s three most recent books Work Sex Money Mindfulness in Action and Devotion and Crazy Wisdom The first two books in the volume emphasize the importance of meditation in action and bringing awareness mindfulness intentionality and a sense of the sacred into everyday life The third book explores devotion and discusses mutual commitment and surrendering between teacher and student The selected writings in this volume range from older articles originally published in the Vajradhatu Sun to recently edited

articles including several that have not yet appeared in print Overall these articles show us how Trungpa Rinpoche worked deeply and directly with many interest groups and subsections of the community and how he infused each situation with dharma taking every opportunity to present essential teachings

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