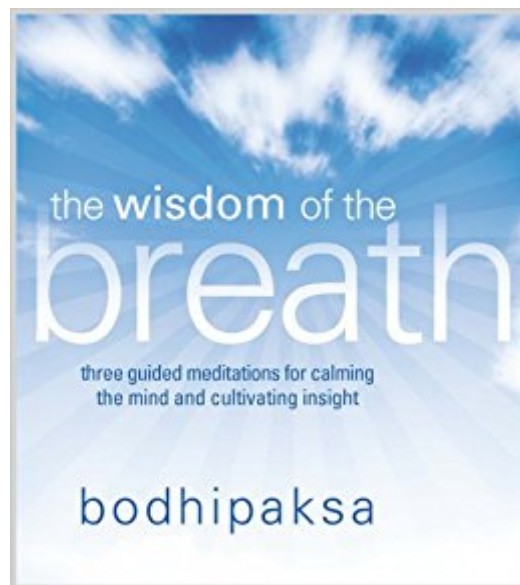




Ebook Directory
the best source of ebook

The book was found

The Wisdom Of The Breath: Three Guided Meditations For Calming The Mind And Cultivating Insight



Synopsis

The answers to the most profound spiritual questions lie within us-but how do we gain access to our deepest wisdom? "Breathing is a gateway to insight," reveals Scottish-born teacher Bodhipaksa, "and meditation gives us the key." On *The Wisdom of Your Breath*, this master teacher guides listeners through breath-centered meditations for opening to the inner core of spiritual awareness we all possess. With these three essential practices, he reveals how the breath can help you: Let go of the past and future, and rest in pure presence Dissolve the sense of separateness to experience oneness with the world around you Embrace the essential impermanence of all life with serenity and joy Tap into your own natural wisdom by exploring the breath as a metaphor for living Whether you're experimenting with meditation for the first time or have been practicing for years, focusing on the breath is a vital technique for realizing inner peace and clarity. Join this accessible and knowledgeable teacher for three invaluable practices to nourish your spiritual growth with *The Wisdom of the Breath*.

Book Information

Audio CD: 2 pages

Publisher: Sounds True, Incorporated; Unabridged edition (October 1, 2009)

Language: English

ISBN-10: 1591797276

ISBN-13: 978-1591797272

Product Dimensions: 5.3 x 0.6 x 5.8 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,442,787 in Books (See Top 100 in Books) #126 in Books > Books on CD >

Health, Mind & Body > Fitness #325 in Books > Books on CD > Health, Mind & Body >

Meditation #350 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

Customer Reviews

BodhipaksaBodhipaksa was born Graeme Stephen in Scotland, and currently lives and teaches in New Hampshire. He is a Buddhist teacher and author who has been practicing within the Friends of the Western Buddhist Order since 1982, and has been a member of the Western Buddhist Order since 1993. He runs the online meditation center WildMind.org, whose mission is to increase awareness of the positive effects of meditation.

I enjoy listening to his voice

Great Meditations from a experienced teachers, very gentle calming voice, it is great to get you into the mood for meditations and easy to follow

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

The Wisdom of the Breath: Three Guided Meditations for Calming the Mind and Cultivating Insight
Chakra Breathing Meditations: Three Guided Practices to Unify Body, Breath, & Mind Increasing
Wholeness: Jewish Wisdom and Guided Meditations to Strengthen and Calm Body, Heart, Mind
and Spirit Breath By Breath: The Liberating Practice of Insight Meditation Breath by Breath: The
Liberating Practice of Insight Meditation (Shambhala Classics) Guided Meditation: 30 Minute
Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided
Imagery & Relaxation Techniques) The Calming Collection-The Weight is Over:Hypnosis/Meditation
for Lasting Weight Loss**Guided Meditation and Hypnosis CD The Circle of Fire: Inspiration and
Guided Meditations for Living in Love and Happiness (Prayers: A Communion with Our Creator)
(Toltec Wisdom) Warrior Goddess Meditations: Ten Guided Practices for Claiming Your Authentic
Wisdom and Power Mindfulness Meditation: Cultivating the Wisdom of Your Body and Mind Yoga
Body and Mind Handbook: Easy Poses, Guided Meditations, Perfect Peace Wherever You Are
Can't Fix Stupid! Swear Word Adult Coloring Book: Calming and relaxing coloring patterns and
designs created with stress and anxiety relief in mind. Bone, Breath, and Gesture: Practices of
Embodiment Volume 1 (Bone, Breath, & Gesture) (Vol 1) Calming Your Anxious Mind: How
Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic Chanting Breath by
Breath The Mantram Handbook: A Practical Guide to Choosing Your Mantram and Calming Your
Mind Insight Travel Map: Norway (Insight Travel Maps) 4th (fourth) Edition published by Insight
Maps (2013) Barbados Insight Guide (Insight Guides) (Insight Guides) Dusseldorf Insight Guide
(Insight Guides) (Insight City Guides) Giving Thanks: Teachings and Meditations for Cultivating a
Gratitude-Filled Heart (Inner Vision (Sounds True))

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)