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Beginning Mindfulness . . . is a book that teaches a kind of meditation that can be applied even when walking around in public places. Most people filter out every opinion and every proof that are in conflict with their own beliefs, and/or realities that could prevent them from getting what they want.

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- When you wake up in the morning, allow yourself some slow, mindful breaths before you get out of bed. See if you can...
- As you rise from bed, be aware of your feet making contact with the floor. Notice how different your body feels in the...

Beginning Mindfulness: Learning the Way of Awareness by ...

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Beginning Mindfulness is a ten week course that guides the reader through a variety of mindfulness exercises. Each week, the reader learns to expand his or her mindfulness not only by undergoing formal meditation practice but also by starting to take notice during the day. There are many things that I really liked about Beginning Mindfulness.

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Intended for laypeople practicing in their work and family lives without the luxury of long meditation retreats, Beginning Mindfulness is deeply rooted in Buddhist practice but remains unbound by...

Beginning Mindfulness: Learning the Way of Awareness by ...
Beginning Mindfulness is intended for anyone practicing in daily life without the luxury of long meditation retreats. Weiss skillfully blends the traditions of his teachers into an easy and humorous program of learning the Buddhist art of mindfulness. Beginning Mindfulness, Andrew Weiss, New World Library, Paperback, 2004, 234 pages, \$16.95

Beginning Mindfulness: Learning the Way of Awareness
Set aside some time. You don't need a meditation cushion or bench, or any sort of special equipment to access your mindfulness skills—but you do need to set aside some time and space. Observe the present moment as it is. The aim of mindfulness is not quieting the mind, or attempting to achieve a state of eternal calm.

Getting Started with Mindfulness - Mindful

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Amazon.com: Customer reviews: Beginning Mindfulness ...
Beginning Mindfulness: Learning the Way of Awareness is an excellent book for both those just beginning meditation as well experienced practitioners. It is written for the beginner

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and is clear, simple and easy to read. The material is well organized and the techniques can be readily incorporated into daily life.

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Beginning Mindfulness : Learning the Way of Awareness by

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Beginning Mindfulness: Learning the Way of Awareness by Andrew Weiss. As a teacher of meditation, Andrew Weiss found that students responded best when he broke down the process of mindfulness into discrete and progressive steps.

Beginning Mindfulness by Weiss, Andrew (ebook)

Beginning Mindfulness is intended for anyone practicing in daily life without the luxury of long meditation retreats. Weiss skillfully blends the traditions of his teachers into an easy and humorous program of learning the Buddhist art of mindfulness.

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Intended for laypeople practicing in their work and family lives without the luxury of long meditation retreats, Beginning Mindfulness is deeply rooted in Buddhist practice but remains unbound by any particular Buddhist tradition. Combining

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teachings from Korean Zen Master Srung Sanh, Vietnamese Zen monk Thich Nhat Hanh, and insight, or vipassana, meditation, Weiss skillfully blends these traditions with Hindu yogic methods to create a meditation manual that is both practical and inspiring.

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