



Buddha Meditations: The Art of Letting Go (Hardback)

By Lisa T. E. Sonne

Sterling Publishing Co Inc, United States, 2016. Hardback. Book Condition: New. 157 x 157 mm. Language: English . Brand New Book. In an easy-to-understand and succinct style, this accessible guide presents gems of Buddhist wisdom that have helped people of various faiths find greater peace and happiness. Now Buddha s teachings can help you discover your best path in life and let go of what s causing you to feel dissatisfied. The first part of this book introduces six Buddhist principles and paths, as well as familiarizes you with a variety of tools for letting go. Learn how your own breathing can help you relax, start a meditation practice, and develop mindfulness, a key aspect of meditation as well as a useful means for anyone to better interact with their daily life. You ll also find clear information on meditational art exercises, from floral arranging to Chinese brush-stroke painting, from making a rock garden to writing haiku poems. The parables included at the end of this section are offered as prompts for self-discovery. The second part consists of a selection of Buddhist wisdom and advice, collected by various people, from The Dhammapada the ancient Buddhist masterpiece and from revered figures of...



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