



## Guided Mindfulness Meditation Series 2

By Jon Kabat-Zinn

SOUNDS TRUE INC, United States, 2014. CD-Audio. Book Condition: New. 147 x 135 mm. Language: English . Brand New. Guided Mindfulness Meditation Series 2 was designed by Jon Kabat-Zinn as a core training tool to begin and deepen a daily meditation practice, and to bring mindfulness into every aspect of life. Intended to be used in conjunction with his book Wherever You Go, There You Are, these four CD-length programs are a valuable resource that meditators at all experience levels can adapt to their specific needs. They include: Guided sitting meditations-the basics of mindfulness meditation Mindfulness while lying down-guided sessions for learning how to fall awake rather than fall asleep, which, teaches Kabat-Zinn, is what mindfulness is all about The Mountain Meditation and Lake Meditation-evokes two powerful images to deepen concentration and expand one's feeling for the inward gesture involved in mindfulness practice Silence, with bells to mark the passage of time-5-, 10-, 15-, 20-, and 30-minute timed sessions Mindfulness is moment-to-moment non-judgmental awareness, a way to connect with a deep sense of comfort, balance, insight, and freedom within our own lives, both physically and emotionally. It is a way to embody sanity, clarity, and harmony, even in challenging...

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