



Mindfulness Meditation: Mindfulness Meditation for Beginners (Self Help, New Age, Mental Spiritual Healing & Stress Management) (Buddhism Spirituality Psychology Counseling)

Bhavana Harita

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A Proven, Step-By-Step Guide To Help You Relax Your Mind, Ease Anxiety & Mental Stress and Sleep Soundly

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All our thoughts fall into two broad categories: Right and Wrong. We are always judgmental about our thoughts, thus allowing them to interfere with our physical world. When we are able to accept them, we become free from negative feelings like guilt, shame, sadness or anger. That is the essential practice of mindfulness meditation, and you can transform your life by practicing the various methods.

The roots of mindfulness meditation lie in the practices of Buddhist meditation. It is a secular practice that has made its way into modern homes and has become a mainstream method today. This program was spread across the Western world, thanks to the work of Jon Kabat-Zinn. His Mindfulness Based Stress Reduction Program, which was launched in the year 1979, led to several studies about this method. Today, there are documents that support the physical and mental health benefits of this practice. These records have inspired several schools, hospitals, prisons and other sectors to adopt this method for holistic well-being. The good news is that you can even bring this practice to your home.

This book is suitable for beginners at all ages. It takes you through the entire phenomenon that is mindfulness meditation. From the origin to present day applications of this method, the book covers everything a beginner needs to know. You will also receive insights into the benefits of this method that extend to various levels of your life. Thus, the book will also appeal to someone who has already been introduced to mindfulness meditation.

The simplicity of this profound practice is the focus of this book. If you are one of those who believe mindfulness is only achieved through deep penance, this book is a must-read. You will find it surprising to know how easy it is to incorporate mindfulness into your life. It is possible to experience freedom from judging and the fear of being judged by understanding your present moment.

Mindfulness meditation allows for the control of your mind, which wades through hundreds of thoughts every minute, and thereby actually allows you to enjoy the miracle that is your present moment.

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