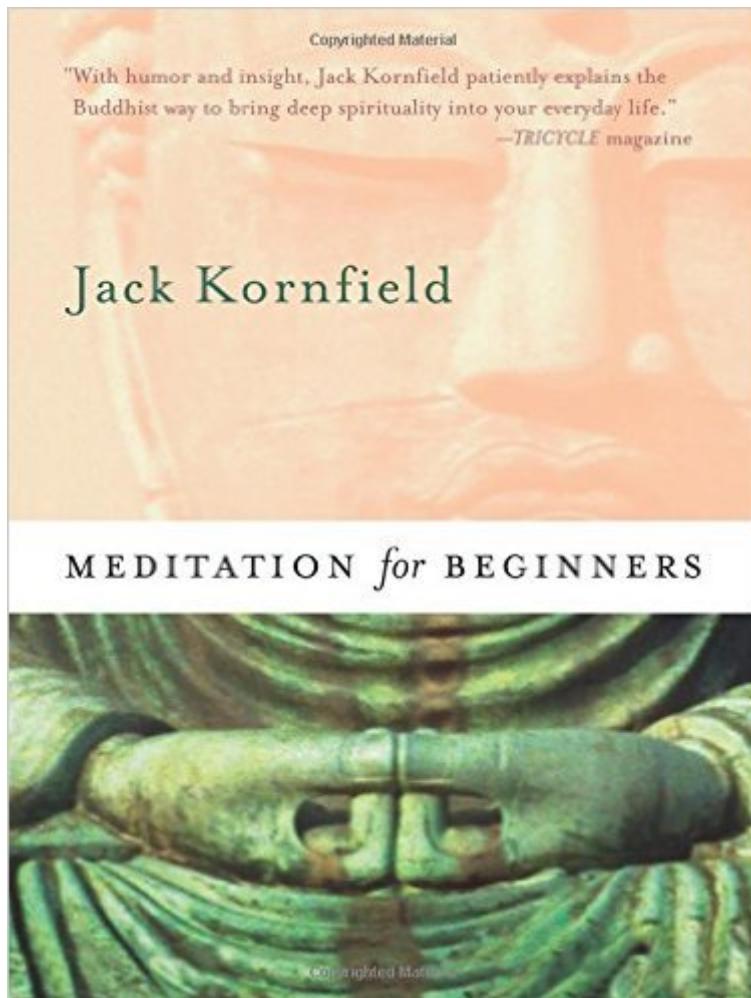


The book was found

# Meditation For Beginners



## Synopsis

Have you ever thought about trying meditation, but didn't know how to get started? With *Meditation for Beginners*, trusted teacher Jack Kornfield shows you how simple it is to start and stick with a daily meditation practice. insight or vipassana meditation is the time-honored skill of calming the spirit and clearing the mind for higher understanding. Now, in this course created especially for beginners, Kornfield offers a straightforward, step-by-step method for bringing meditation into your life. Using the meditations included in this book, you will discover how easy it is to use your breath, physical sensations and even difficult emotions to create tranquility and lovingkindness in your everyday life. These simple, elegant practices are so easy to learn that you will begin enjoying the benefits immediately while laying the foundation for a lifetime of inner discovery and awakening. With humor and insight, Jack Kornfield patiently explains the Buddhist way to bring deep spirituality into your everyday life.

**Table of Contents:**

- Chapter One: The Ancient Art of Meditation
- Chapter Two: Why Meditate?
- Chapter Three: The Benefits of Meditation Practice
- Chapter Four: Meditation 1: Connecting with the Breath
- Chapter Five: Meditation 2: Working With Sensations in the Body
- Chapter Six: Meditation 3: Working With Feelings and Emotion
- Chapter Seven: Meditation 4: Witnessing Your Thoughts
- Chapter Eight: Meditation 5: Forgiveness
- Chapter Nine: Meditation 6: Loving Kindness
- Chapter Ten: Meditation 7: An Eating Meditation
- Chapter Eleven: Meditation 8: A Walking Meditation
- Chapter Twelve: Meditation and Social Responsibility
- Chapter Thirteen: How to Cultivate a Daily Meditation Practice

**Excerpt:** *Meditation for Beginners* offers the central trainings and teachings found in the best Buddhist monasteries translated for Western society. In *Meditation for Beginners*, you will find some of the simplest and most universal of the practices of meditation in particular, the practices of mindfulness and lovingkindness. The point of these teachings has nothing to do with becoming a Buddhist, or learning any Eastern ceremonies or rituals or bowing. The point is that you learn how to work with meditation in order to find benefits from it in your life. When we take time to quiet ourselves, we can all sense that our lives could be lived with greater compassion and greater wakefulness. To meditate is to support this inner potential and allow it to come forth into our lives.

## Book Information

Paperback: 93 pages

Publisher: Sounds True; 1st edition (August 1, 2008)

Language: English

ISBN-10: 1591799422

ISBN-13: 978-1591799429

Product Dimensions: 0.5 x 6.2 x 8 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ  See all reviewsÂ  (132 customer reviews)

Best Sellers Rank: #17,588 in Books (See Top 100 in Books) #27 inÂ  Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice #148 inÂ  Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #564 inÂ  Books > Religion & Spirituality > New Age & Spirituality

## Customer Reviews

I have been a practicing Yogi for many years and have a library full of books, videos, tapes and CD's on Yoga, meditation, spirituality and the like. This program by Jack Kornfield (available as a video as well as audio) is the best single place I can think of starting from if you want to begin a meditation practice.. Jack Kornfield is a perfect teacher of meditation, especially for Westerners because he approaches it in a non-sectarian way. He gets to the heart of the practice, uses clear explanations and stories to give the listener/viewer some sense of the depth of the practice. He leads the meditations in a way that gives enough guidance without becoming a distraction. He also has a very soothing voice which enhances the overall experience of the program. The program starts with the most basic form of meditation on the breath, and leads through ever slightly more subtle forms of Vipassana Meditation. Very Highly Recommended! Some other related meditation programs I would highly recommend are: Plum Village Meditations w/ Thich Nhat Hanh and Sister Jina which are guided Meditations. I have been using this tape for about 7 years daily. I use it during the day prior to lunch to renew myself for the rest of the day. Stephen Cope's "Yoga For Emotional Flow" which has 2 CD's, the 1st CD is about Yoga Philosophy and the 2nd has guided practices which I find very helpful in my life. Also check out his book "Yoga and The Quest for the True Self" which contains the ideas of the 1st CD in an in depth manner, one of the best books I've ever read (and I'm re-reading it for the 3rd time).

I like this DVD because it's a good introduction for people who have never meditated and for people who might not be the typical audience for such topics. Jack Kornfield was a monk in Thailand, but is also a Western clinical psychologist. He approaches introducing people to meditation very gently and from a practical standpoint. While it is clear he is committed to a Buddhist path, he presents

meditation in an unbiased, impartial and often humorous manner. While the guided meditations aren't particularly long or deep, they give the listener a good taste of what meditation is about without making it seem esoteric. There are also some very nice stories on the DVD, which is worth getting just for this reason. Something that distracts from the DVD is the timing and volume of bells sounding. Here and there this is bordering on corny, but I didn't find it a problem in any MAJOR way. It doesn't change the credibility of the core message or value of the instruction. The biggest strength of this DVD is Jack Kornfield's ability to tell stories and use powerful analogies. For example, he compares "training the attention" to house breaking a puppy! He says, you gently bring the attention back to the breath as you would bring a puppy back to a newspaper and you do this over and over again patiently. You don't kick or beat the puppy and you don't judge yourself for letting your mind wander! I found this to be a very clever and useful analogy. In my opinion, this is not Jack Kornfield's best work. However, it's a good resource for a lot of people. My favorite Jack Kornfield book is "A Path with Heart" and my favorite recorded material is your "Buddha Nature.

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

Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn  
The Calming Collection-The Weight is Over:Hypnosis/Meditation for Lasting Weight Loss\*\*  
Guided Meditation and Hypnosis CD  
Rag Quilting for Beginners: How-to quilting book with 11 easy rag quilting patterns for beginners, #2 in the Quilting for Beginners series (Volume 2)  
Day Trading: 3 Manuscripts Penny Stocks Beginners, Options Trading Beginners, Forex Beginners (Trading, Stocks, Day Trading, Options Trading)  
Meditation for Beginners Easy Coloring Book For Adults: An Adult Coloring Book of 40 Basic, Simple and Bold Mandalas for Beginners (Beginners Coloring Books of Adults) (Volume 1)  
Ultimate Origami for Beginners Kit: The Perfect Kit for Beginners-Everything you Need is in This Box! [Origami Book, DVD, 62 Papers, 19 Projects]  
Guitar:Guitar Music Book For Beginners, Guide How To Play Guitar Within 24 Hours (Guitar lessons, Guitar Book for Beginners, Fretboard, Notes, Chords,) CP18322 - Guitar Method for Young Beginners Bk 1 Bk&CD&DVD (Progressive Young Beginners)  
Progressive Violin Method for Young Beginners Book 1 (Progressive Young Beginners) CP69140 - Progressive Harmonica Method for Young Beginners (Progressive Young Beginners)  
Windows 10 For Beginners: Simple Step-by-Step Manual On How To Customize Windows 10 For Your Needs.: (Windows 10 For Beginners - Pictured Guide) ... 10 books, Ultimate user guide to Windows 10)  
Sewing (5th Edition): Sewing For Beginners - Quick & Easy Way To Learn How To Sew With 50 Patterns for Beginners!  
CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakras, Chakras For Beginners, Awaken Chakras, Third Eye)  
Divination for

Beginners: Reading the Past, Present & Future (For Beginners (Llewellyn's)) Read and Speak Arabic for Beginners with Audio CD, Second Edition (Read and Speak Languages for Beginners) WOODWORKING for Beginners: The Ultimate Woodworking Guide and Projects for Beginners! ANIME Drawing BOX set 5-in-1: Anime Drawing for Beginners, Drawing Anime Faces, Drawing Anime Emotions, Manga Drawing for Beginners, Anime Drawing Practical Guide Photography: The Complete Beginners Guide to Taking BRILLIANT Photographs that Capture Your Amazingly Beautiful World (Photography for Beginners - Digital Photography, Photography Books) DSLR PHOTOGRAPHY:(Box Set 2 in 1): The Beginners Guide to Master DSLR CAMERA & Improve Your DSLR PHOTOGRAPHY Skills in 24 Hours or Less! (Step by Step ... Beginners, Digital SLR Photography Skills)

[Dmca](#)