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Mindfulness and Money: The Buddhist Path of Abundance ...

It may seem contradictory that Buddhist teachers Kulananda and Dominic Houlder have also been highly successful in the business arena, but they have learned that Buddhist teachings do not require a life of poverty, and can indeed go hand-in-hand with wealth and prosperity. Mindfulness and Money

From two leading instructors in business and Buddhism comes a fresh approach to making peace with your finances and creating true abundance. It may seem contradictory that Buddhist teachers Kulananda and Dominic Houlder have also been highly successful in the business arena, but they have learned that Buddhist teachings do not require a life of poverty, and can indeed go hand-in-hand with wealth and prosperity. Mindfulness and Money brings to light the teachings of Buddha as they apply to the money part of life, and shares the stories of others who have found the Buddhist path to freedom, creativity, and abundance. Using the Buddhist Wheel of Life as a starting point, the authors explore the mechanism by which desire for money and material things is confining, and how mastery of desire can free us to live peacefully with our finances. Kulananda and Houlder offer five precepts for living on the Path of Abundance, including kindness, generosity, contentment, honesty, and awareness. Through prescriptive meditations, reflections, and exercises, we can begin to earn and spend more purposefully—the key to finding financial peace, whatever one's income. An enlightening combination of practical wisdom and spirituality, Mindfulness and Money is a valuable asset for all seekers.

Is it possible to be a conscientious citizen of the world and grow wealth? The author, a Buddhist and a financial planner, says yes and explains exactly how. Money drives many of our decisions. We all worry about earning it, spending it, and saving it — regardless of our income level or spiritual perspective. Yet few of us understand money's true nature. Jonathan K. DeYoe helps you create a unique financial plan that is guided by your deepest beliefs, and shows you how to save, invest, pay off debt, and fund your retirement and dreams by building a lifetime income stream. With a foreword by Pulitzer Prize® winner Alice Walker, Mindful Money does all this while emphasizing that money is a tool you can use to support your lifestyle, reach your goals, and earn the happiness dividend® everyone deserves.

Each day we deal with the challenges of ordinary life: a series of mundane experiences that could be summarized by the title of this book, Work, Sex, Money. We all hope that these aspects of our life will be a source of fulfillment and pleasure, and they often are. Yet they are also always sources of problems for which we seek practical advice and solutions. The best prescription, according to Chögyam Trungpa, is a dose of reality and also a dose of respect for ourselves and our world. His profound teachings on work, sex, and money celebrate the sacredness of life and our ability to cope with its twists and turns with dignity, humor, and even joy. He begins by breaking down the barrier between the spiritual and the mundane, showing that work, sex, and money are just as much a part of our spiritual life as they are a part of our everyday existence. He then discusses these subjects in relation to ego and self-image, karma, mindfulness, and meditation. "Work" includes general principles of mindfulness and awareness in how we conduct everyday life as well as discussion of ethics in business and the workplace. "Sex" is about relationships and communication as a whole. "Money" looks at how we view the economics of livelihood and money as "green energy" that affects our lives. The result is an inclusive vision of life, one that encompasses the biggest issues and the smallest details of every day. There are, in fact, few definitive answers in these pages. There is, however, authentic wisdom providing us with tools we need to work with the toughest stuff in our lives.

A journey from brainfulness® to mindfulness, from self-control to self-regulation, and from indifference to compassion Mindfulness meditation is an increasingly popular form of an ancient and powerful technique for reducing stress, elevating one's mental state, and improving the practitioner's overall quality of life. Award-winning author and mindfulness meditation teacher Joseph Emet now takes you down a step-by-step path to integrate this potent form of meditation into your daily life. Offering tips, techniques, and practices from mindfulness meditation coupled with stories from the author's life as a teacher Buddha's Book of Meditation guides you to a life teeming with the benefits of regular meditation practice. This volume also includes original music by the author that the reader can access through the webcalming the mind and enhancing the meditation experience. .

Winner of BEST BOOK OF THE YEAR from COVR (The Coalition of Visionary Resources), that recognizes the best new products in the New Age industry. Enlightened sleep practices for the modern mind. Buddha's Book of Sleep is the first book to address sleep disturbances with techniques from mindfulness meditation. Yet this is a natural choice! mindfulness meditation has proven effective for psychological problems such as stress, depression, and anxiety, and these very issues are what become sleep problems when your head hits the pillow. Divided into two sections, the book approaches sleep deprivation with a combination of wisdom and practical meditation exercises. The first section explains why mindfulness meditation, with its basis in self-awareness, is appropriate for dealing with sleeping problems, and details the practices of this increasingly popular form of meditation. The second section features seven specific exercises to do at bedtime or in the wee hours of the morning, or whenever your sleeping trouble occurs. With a foreword by Thich Nhat Hanh. Providing a new perspective on why you cannot fall asleep even when you feel exhausted, and arming you with easy-to-use mindfulness meditation exercises, Buddha's Book of Sleep will help you calm your hurried thoughts, and go from feeling always sleepy to getting the rest you need.

This book is a comprehensive and practical guide to Buddhist meditation, providing a complete introduction for beginners, as well as detailed advice for experienced meditators seeking to deepen their practice. Kamalashila explores the primary aims of Buddhist meditation: enhanced awareness, true happiness, and liberating insight into the nature of reality. This third edition includes new sections on the importance of the imagination, on Just Sitting, and on reflection on the Buddha.

A no-nonsense Zen approach to our economic realities can change everything and help us regain our freedom. Is it possible to be personally fulfilled, and also make a difference within our current financial system? If you're skeptical, business coach and Zen practitioner Kai Romhardt proposes a minimalist, awareness-based strategy that totally reconfigures our core economic relationships: work, consumption, and money. How do we do that? We need to pause, breathe, and get in touch with our true intentions. Too often, we think of the economy as something outside of us, as beyond the scope of our individual choices. We're unhappy with how things are going, with unthinking growth that polarizes our world and condenses wealth at the top, but we don't know what to do. Romhardt argues that individuals who wield a sharp Buddhist mindset can, in fact, create change through personal decisions: when we can see in to society, and in to our constructs, we become empowered to choose deeply real and purposeful lives.

A lively and razor-sharp critique of mindfulness as it has been enthusiastically co-opted by corporations, public schools, and the US military. Mindfulness is now all the rage. From celebrity endorsements to monks, neuroscientists and meditation coaches rubbing shoulders with CEOs at the World Economic Forum in Davos, it is clear that mindfulness has gone mainstream. Some have even called it a revolution. But what if, instead of changing the world, mindfulness has become a banal form of capitalist spirituality that mindlessly avoids social and political transformation, reinforcing the neoliberal status quo? In McMindfulness, Ronald Purser debunks the so-called "mindfulness revolution," exposing how corporations, schools, governments and the military have co-opted it as technique for social control and self-pacification. A lively and razor-sharp critique, Purser busts the myths its salesmen rely on, challenging the narrative that stress is self-imposed and mindfulness is the cure-all. If we are to harness the truly revolutionary potential of mindfulness, we have to cast off its neoliberal shackles, liberating mindfulness for a collective awakening.

From one of America's most brilliant writers, a New York Times bestselling journey through psychology, philosophy, and lots of meditation to show how Buddhism holds the key to moral clarity and enduring happiness. At the heart of Buddhism is a simple claim: The reason we suffer—and the reason we make other people suffer—is that we don't see the world clearly. At the heart of Buddhist meditative practice is a radical promise: We can learn to see the world, including ourselves, more clearly and so gain a deep and morally valid happiness. In this [sublime] (The New Yorker), pathbreaking book, Robert Wright shows how taking this promise seriously can change your life! how it can loosen the grip of anxiety, regret, and hatred, and how it can deepen your appreciation of beauty and of other people. He also shows why this transformation works, drawing on the latest in neuroscience and psychology, and armed with an acute understanding of human evolution. This book is the culmination of a personal journey that began with Wright's landmark book on evolutionary psychology, The Moral Animal, and deepened as he immersed himself in meditative practice and conversed with some of the world's most skilled meditators. The result is a story that is [provocative, informative and...deeply rewarding] (The New York Times Book Review), and as entertaining as it is illuminating. Written with the wit, clarity, and grace for which Wright is famous, Why Buddhism Is True lays the foundation for a spiritual life in a secular age and shows how, in a time of technological distraction and social division, we can save ourselves from ourselves, both as individuals and as a species.

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