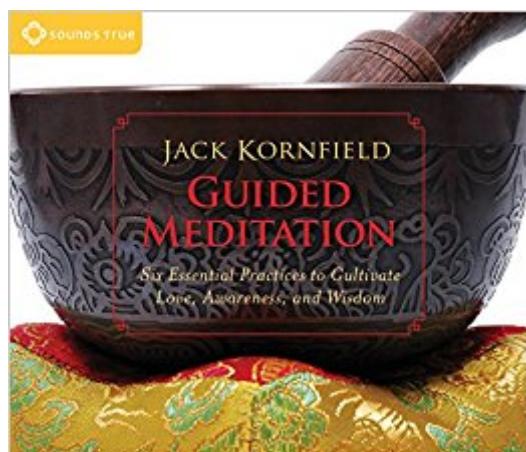


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Guided Meditation: Six Essential Practices To Cultivate Love, Awareness, And Wisdom



Synopsis

Since the time of the Buddha, meditation has been taught under the guidance of an expert as the easiest way to begin, and for the most powerful results. Celebrated teacher Jack Kornfield leads listeners through six essential meditations, a simple way to progressively deepen a practice - whatever your level of experience. With Guided Meditation, listeners join the author of the bestseller A Path with Heart (Bantam, 1993) on two transformational CDs that include: Breath meditation for stilling the body and quieting the mind; Mind Like Sky meditation for releasing the ego's attachments and resting in pure awareness; Visualization practice to meet the "inner sage;" and more. Meditation has its challenges - especially for beginners. With practices you can listen to again and again, Guided Meditation gives listeners a concise training "of the heart and mind" to enjoy the fruits of this centuries-old art.

Book Information

Audio CD

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Customer Reviews

Jack Kornfield was trained as a Buddhist monk in Thailand, Burma, and India and has taught around the world since 1974. He also holds a Ph.D. in clinical psychology. He is a co-founder of the Insight Meditation Society and of the Spirit Rock Center. He lives in northern California.

I've meditated over the years, but only recently discovered this CD of guided meditations. I use it often and have given it as a gift because I value its simplicity and straightforward approach. It's a great introduction to meditation as well as a call back to the "beginner's mind" for people who aren't new to the practice. Jane Newhagen author of *A Sand Dollar: a tale of old Key West*

I like it

This is a great collection of meditations, includes a variety of practices and Jack Kornfield's voice is very soothing. It is down to earth and simple, not cheesy and new agey. I like to use a variety of guided meditations or I get used to one and don't really listen/do it. Along with Bodhipaksa's Guided Meditations: For Calmness, Awareness, and Love and Jon Kabat-Zinn's Guided Mindfulness Meditation, this is one of the best cd's in my opinion.

I just started meditation and I find this cd great to use. Jack Kornfield has a very relaxing voice and easy to be guided into meditation. For beginners like myself, this is a great guided meditation cd. I would recommend it to any beginner.

Jack embodies the essence of these practices and doing them with him, one enters the Energetic Field created by Jack and they come alive within the practitioner. A great tool for beginners and for all those with a beginner's heart.

Great beginners guide, no background music, i like that there was just quiet in between his encouraging soothing directives. My favorite is the forgiveness one, forgive others but also yourself. OOOHHHHHMMMM.

The meditations are easy to follow. I've tried other guided meditation CDs and they sometimes have distracting anecdotes in the middle of the meditation. This one doesn't. There is a brief introduction to each meditation that can be skipped once you get the hang of it.

Just what you can expect from this wonderful teacher

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