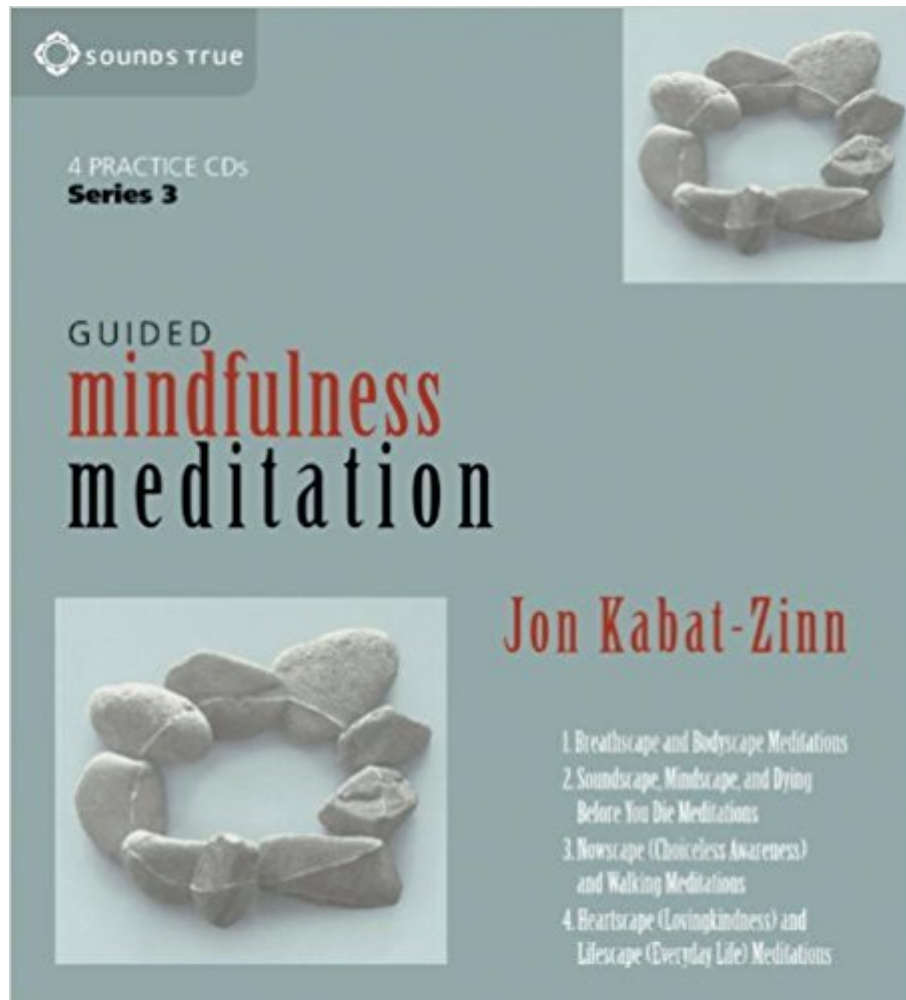




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Guided Mindfulness Meditation Series 3



Synopsis

Ten Guided Mindfulness Practices to Cultivate Intimacy with the Present Moment and Your Life In a world where our attention gets distracted and diverted at every turn, mindfulness brings it back and stabilizes it where it matters most-in the here and now. With Guided Mindfulness Meditation Series 3, Jon Kabat-Zinn leads you with friendliness and care through 10 "mindfulness landscapes," including: The Soundscape and Mindscape-Bringing your awareness to the outer world and the inner terrain of your thoughts and emotions The Heartscape-Cultivating lovingkindness, compassion, and healing for yourself and others The Nowscape-Moving beyond specific objects of meditation to rest in the spaciousness of "choiceless awareness" The Lifescape-Letting life itself become the meditation practice and the meditation teacher This program also includes "breathscape" and "bodyscape" meditations, a guided walking meditation, a restorative yoga-like lying down practice, and a study guide with suggestions for how to best use these practices. If you are seeking to explore new domains of awareness and healing, or to enrich and deepen a long-standing meditation practice, Guided Mindfulness Meditation Series 3 offers rich and varied terrain for you to inhabit and explore.

Book Information

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Customer Reviews

Jon Kabat-Zinn, PhD, is the founder and director of the Stress Reduction Clinic at the University of Massachusetts Medical Center and associate professor of medicine in the Division of Preventative and Behavioral Medicine. His clinic was featured in 1993 in the public television series Healing and

the Mind with Bill Moyers. Jon Kabat-Zinn is the author of *Wherever You Go, There You Are* and *Full-Catastrophe Living: Using Your Body and Mind to Face Stress, Pain and Illness*.

I read Jon's book and later took the mindfulness course. It wasn't until after the course that I purchased this and Jon's other CDs. Though my instructor was somewhat ok, I really wished I purchased the CDs first.

Guided meditations are quite subjective which such considerations as the sound of the speaker's voice, the spacing of the words, the amount of words. I particularly like JKZ's voice. Each of his guided series are a nice progression on each other. I particularly like "silence with bells" which is part of Series 2.

Great meditation tape. Highly recommend

I felt like I just had a massage after listening the first time. What a nice way to overcome stress and anxiety. Everyone should meditate, and this is a wonderful guide.

Excellent series of guided meditations. Jon Kabat-Zinn's program is the most scientifically researched meditation program in existence and that research proves it works when practiced as directed.

Jon Kabat-Zinn is a pioneer, THE pioneer of Mindfulness Based Stress Reduction. So, you would be getting your meditation guidance from The Man. He's good. You begin to enjoy the way he phrases things. "...if you care to..." "...moment to moment to moment to moment..." "...like your life depended on it...because it does." "...if your mind wanders a thousand times, bring it back a thousand times..." (In fact, gentling corralling your thoughts and escorting them back to the breath or the sound or whatever, is a critical part of the experience. After all, this is about self regulation.) His voice is the voice I want to hear for guided meditation. He'll give you mini-lectures as he takes you through the practices. It's you and Jon in the confines of your meditation area. You couldn't have a better companion. I start out a session with a great deal of effort. But as time passes, I can stay with it because I want to stay with it. Intent is everything. At the end, I'm not chomping at the bit to stop. With my eyes closed, I stay with it a little longer. That might be the best part of it. When its time to do another round, I bring to mind that it gets better as it goes along moment by moment by moment.

Jon has meditations of various lengths. If you want to meditate longer, a new one will start after the chimes. Life is a series of stresses; that won't change. What will change is your ability to deal with them -- but it will take longer than day or two. It might be what you do the rest of your life. Before you part with the money, you might want find out what these CD's are all about. I can't say I blame you. Your search of his name will show some YouTube videos of his talks. I'm quite familiar with this one delivered to an audience of programmers, engineers, and scientists at google. (Google must be a great place to work to encourage employees to step away from their work stations and listen to a pitch on a topic quite different from their work. Or, is it?) It's a talk, followed by a guided mediation.http://www.youtube.com/watch?v=3nwwKbM_vJc This is not the sort of exercise in which it is desirable that you need to fully understand. That's a needless distraction. Maybe that will come later. So, park your skepticism at the door. Become passive for once in your life and take that leap of faith that this is a good thing to do. After all, it's been around thousands of years. Be satisfied in the knowledge or even the assumption that this has helped millions.

Was not what I expected. Might work well for some, but I could not get my arms around it.

If he can't get you to breathe and feel a sense of peace and calm, no one can!

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