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Nota di contenuto	Frontmatter -- THANKS I -- THANKS II -- CONTENTS -- Preface -- Introduction -- Mindfulness and Meditation in the Educational System - a Paradigm Shift? -- Self, Soul and Mind -- The Heart, Love and the Self are Educational Subjects Too - a Field Report -- Intellect and Intuition -- Research -- Structure -- The Munich Model "Mindfulness and Meditation in a University Context" -- Theses within the Framework of the Munich Model -- Events in the Lecture and Film Series "Spiritual Teachers and Their Teachings" -- Exercises and Notes from Student Journals -- About Teaching -- About the Exercises -- Risks -- Sitting Meditations -- Mindfulness in Daily Life -- "Making Space for What's Important" -- Mindful Cooking and Eating -- Mindful Communication -- Body Scan -- Loving Kindness -- Walking Meditation -- Sutras -- Sound Meditation -- Conclusion -- General Conclusions -- Journal Notes on Expectations -- Journal Notes on Learning/Exams -- Journal Notes on Reflections -- Statements -- Feedback from Students Interviewed in the Film Shanti -- Experiences from Implementation in Practice -- Appendix -- Afterword -- List of Sources for Key Citations

-- Total List of Sources -- A Message from Our Benefactors -- About the Author

Sommario/riassunto

Why should mindfulness and meditation be taught at universities? What impact could the establishment of such programs have on students and on the education system itself? Andreas de Bruin showcases the remarkable results of the first ten years of the Munich Model » Mindfulness and Meditation in a University Context« - a program started in the year 2010 in which 2000 students have already participated. Through meditation-journal entries featured in the book, students describe the effects of mindfulness and meditation on their studies and in their daily lives. In addition to an overview of cutting-edge research into mindfulness and meditation, along with in-depth analyses and explanations of key terms, the book also contains numerous practical exercises with instructions.
