

1. Record Nr.	UNINA9910781012503321
Autore	Nhat Hanh, Thich
Titolo	Touching the earth : 46 guided meditations for mindfulness practice / / Thich Nhat Hanh
Pubbl/distr/stampa	Berkeley, Calif. : , : Parallax Press, , 2008 ©2008
ISBN	1-935209-19-1
Edizione	[Rev. ed.]
Descrizione fisica	1 online resource (vii, 151 pages)
Disciplina	294.3/4432
Soggetti	Buddhist meditations
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Previously published: 2004.
Nota di contenuto	Table of Contents; Introduction:The Practice of Beginning Anew; How to Use This Book; Guided Meditations for Touching the Earth; 1. Visualizing the World-Honored Buddha; 2. The Buddha and the Original Sangha; 3. Outer Forms; 4. True Happiness; 5. Impermanence and Interbeing; 6. Everything Is Manifestation; 7. Living in the Present; 8. Nourishing Love and Understanding; 9. Cultivating Mindfulness; 10. Healing Past Suffering; 11. Nourishing Our Ancestors and Descendants; 12. Living Deeply; 13. Recognizing Feelings and Emotions; 14. Reestablishing Communication; 15. Walking in Freedom 16. Mindful Walking 17. Sitting Like the Buddha; 18. Right Speech; 19. Listening Deeply; 20. Mindful Speech; 21. Harmonious Speech; 22. Expressing Gratitude; 23. Mindful Consumption; 24. Eating Organically; 25. Eating with Gratitude; 26. Mindful Eating; 27. Mindfulness in Daily Life; 28. Cooking with Mindfulness; 29. Right Livelihood; 30. Mindful Sexuality; 31. Healing Old Sexual Energy; 32. Transforming Sexual Misconduct; 33. Sexual Responsibility; 34. Faith and Right Energy; 35. How to Study; 36. Studying with Purpose; 37. Living in the Buddha's House; 38. Protecting the Earth 39. Oneness with the Earth 40. Rescuing All Beings; 41. The Earth as a Solid Place of Refuge; 42. Encouragement on the Path; 43. The River of Life; 44. Oneness with All Beings; 45. Limitless Life; 46. Riding the Waves of Birth and Death; Three Touching the Earth Ceremonies for Beginning Anew; Ceremony 1; Ceremony 2; Ceremony 3; Glossary;

Sommariorassiunto

Written as a poetic conversation with the Buddha, this step-by-step guide to the transformative practice of "Beginning Anew" helps readers renew faith, rediscover joy, and remove obstacles caused by past wrongdoings. Based on the loving kindness and compassion meditation of the Lotus Sutra, it contains over 40 guided meditations that can be practiced alone or with others. In its original edition, Touching the Earth has been one of the author's most popular titles. This new edition makes the exercises more accessible to those new to mindfulness practice.

2. Record Nr.

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Autore

Cannelli, Gaetano

Titolo

Metodologie sperimentali in fisica : introduzione al metodo scientifico : corso propedeutico alla pratica di laboratorio per gli studenti dei Corsi di Laurea in Scienze, Farmacia ed Ingegneria. Misure ed incertezze, elaborazione statistica dei dati, formulazione di leggi / Gaetano Cannelli

Pubbl/distr/stampa

Napoli, : Edises, 2024

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Descrizione fisica

xviii, 421 p. : ill. ; 24 cm

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Lingua di pubblicazione

Italiano

Formato

Materiale a stampa

Livello bibliografico

Monografia

3. Record Nr.	UNINA9910978372603321
Autore	Brauner Christina <1989->
Titolo	Encountering the Global in Early Modern Germany : Microhistories of Mobility, Materiality, and Belonging
Pubbl/distr/stampa	New York, NY : , : Berghahn Books, Incorporated, , 2025 ©2025
ISBN	9781805398745 1805398741 9781805398752 180539875X
Edizione	[1st ed.]
Descrizione fisica	1 online resource (386 pages)
Collana	Studies in German History Series ; ; v.30
Altri autori (Persone)	DurrRenate <1961-> HahnPhilip OverkampAnne Sophie <1981->
Disciplina	943/.05
Soggetti	Globalization - Germany - History Germany Civilization Foreign influences Germany Colonial influence
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Frontmatter -- Contents -- List of Illustrations -- Acknowledgments -- Introduction -- Part I Moving and Belonging -- Chapter 1. Their Last Days in Europe -- Chapter 2 Between Beutelsbach and Batavia -- Chapter 3 Encountering Opportunities -- Chapter 4 Between Slavery and Exoticism -- Part II Globality: The World of the Hometown -- Chapter 5. Bringing the World to German Home Towns -- Chapter 6 Two Inventories—Two Braunschweigs -- Chapter 7 Encountering the Middle East in Early Modern Germany -- Chapter 8 A Small Town in Germany and Its Global Dis:connections -- Chapter 9 Putting the Hanse on the Map -- Part III Materiality: Local Tastes for the Global -- Chapter 10. Global Goods, Familiar Strangers, and Some Local Knowledge of the World: A View from the German-Dutch Borderlands, ca. 1700 -- Chapter 11 Global Food in Southwestern Germany around 1770 -- Chapter 12 Reading Materials -- Chapter 13 Global Itineraries, Curative Effects, and Sacred Scents -- Chapter 14 Colonial Objects in the

Sommario/riassunto

"Global history has come of age but has had little impact on the historiography of early modern Germany. This volume seeks to bring a global perspective to the history of Central Europe by addressing understudied global and colonial entanglements. Exploring the impact of these interactions on court life and home towns, labor migration, material culture, and religious communities, the microhistories presented here reveal the myriad ways in which connections and disconnections underpinned early modern Germany. The authors engage with contemporary debates about global history in general, taking its lacunae as a cue for substantial methodological revisions"--
