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Soggetti	Buddhist meditations Meditation - Buddhism - Study and teaching
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Nota di contenuto	Introduction -- 1. NEARLY STRUCK BY LIGHTNING: Exercise: Watching a Candle -- 2. OVERCOMING BRITTLINESS: Exercise: The Sound of a Fading Bell -- 3. TURNING TO TOUCH: Exercise: The Sensation of the Breath -- 4. MOVING TO THE MIND GATE: Exercise: White Ball Breathing -- 5. WORKING WITH THE MAP: Exercise: Traveling over the Map -- 6. NEVER LEAVING OUR OWN BED: Exercise: White Bubble -- 7. BRINGING IT TO THE CENTER: Exercise: Rising and Falling Balls -- 8. THE POWER OF THE SMILE: Exercise: Sitting with a Smile -- 9. THE WHOLE BODY OF THE BREATH: Exercise: Following the Breath -- 10. CONTROLLING THOUGHT: Exercise: Thinking Deliberately -- 11. VIPASSANA 101: Exercise: Where Do Thoughts Come from and Where Do They Go? -- 12. THE DISPLAY: Exercise: Sitting by a Window -- 13. NOT DOING: Exercise: The Stop -- 14. GETTING OFF THE CUSHION: Exercise: Walking Meditation -- Postscript -- Glossary -- Acknowledgments -- About the Author.
Sommario/riassunto	"Details a 14-week course to develop a stable meditation practice that can be completed in less time than having a morning cup of coffee. Includes a series of 14 three-minute exercises, introduced by a brief description, and enriched by questions and answers"--



