Happiness, Love, And Liberation: Insights And Teachings From Buddhist Psychology
Real-World Training in "The Practice of Happiness" with Thich Nhat Hanh. Look deeply into the nature of the mind and you will find the seeds of true happiness and freedom. This was the Buddha’s great realization - and it is a discovery that you, too, can make in any moment. With Happiness, Love, and Liberation, you will join Thich Nhat Hanh for seven sessions of advanced teachings and rare insights discovered throughout his seven-decade inquiry into the truths of Buddhist psychology. Understanding the Roots of Suffering - the First Step Toward Freedom. What are the ingredients for a life of genuine happiness? According to Thich Nhat Hanh, happiness only arises through a deep understanding of the roots of suffering - and through the cultivation of joy, love, and compassion that comes with daily practice of mindfulness and meditation. Offering in-depth instruction in applying foundational Buddhist principles backed by modern science, he provides inspiration and support for healing the habits that lead to suffering and opening to the miracle of life in the here and now. From guidance to sitting and walking meditation to an examination of key Buddhist teachings including the Diamond Sutra, the Heart Sutra, and much more, these seven audio-learning sessions are intended to help us release our worries about past and future - and start living with ease in joyful recognition of the gifts of the present moment. Highlights: How mindfulness and concentration generate happiness and joy Meditation as an antidote to agitation and anxiety Four basic breathing exercises for accessing peace at any time Releasing concepts that lead to suffering "Every step a miracle" - the art of walking meditation Our intimate connection to our "spiritual ancestors The evolution of science and philosophy Zen practice: toward a fuller understanding of reality
Happiness, Love, and Liberation: Insights and Teachings from Buddhist Psychology
The Wise Heart: A Guide to the Universal Teachings of Buddhist Psychology
Love and Liberation: Autobiographical Writings of the Tibetan Buddhist Visionary Sera Khandro
The Jewel Ornament of Liberation: The Wish-fulfilling Gem of the Noble Teachings
Path to Buddhahood: Teachings on Gampopa’s JEWEL ORNAMENT OF LIBERATION
Chinese Buddhist Monasteries: Their Plan and Its Function as a Setting for Buddhist Monastic Life
Insights on 1 & 2 Thessalonians (Swindoll’s Living Insights New Testament Commentary)
Buddhist Tantra: Teachings and Practices for Touching Enlightenment with the Body
The Good Heart: A Buddhist Perspective on the Teachings of Jesus
The Secret Oral Teachings in Tibetan Buddhist Sects
Eight Steps to Happiness: The Buddhist Way of Loving Kindness
Daring to Be Ourselves: Influential Women Share Insights on Courage, Happiness, and Finding Your Own Voice
The Buddha’s Teachings on Social and Communal Harmony: An Anthology of Discourses from the Pali Canon (Teachings of the Buddha)
A Faith for the Future: Church’s Teachings for a Changing World: Volume 3
Church Teachings for Changing the World
Happiness and the Art of Being: An introduction to the philosophy and practice of the spiritual teachings of Bhagavan Sri Ramana (Second Edition)
The Lost Teachings of Yoga: How to Find Happiness, Peace, and Freedom Through Time-Tested Wisdom
Living Without Stress or Fear: Essential Teachings on the True Source of Happiness
Aloha: Love, Suite Love/Fixed by Love/Game of Love/It All Adds Up to Love (Inspirational Romance Collection)
Love’s Unending Legacy/Love’s Unfolding Dream/Love Takes Wing/Love Finds a Home
(Love Comes Softly Series 5-8)