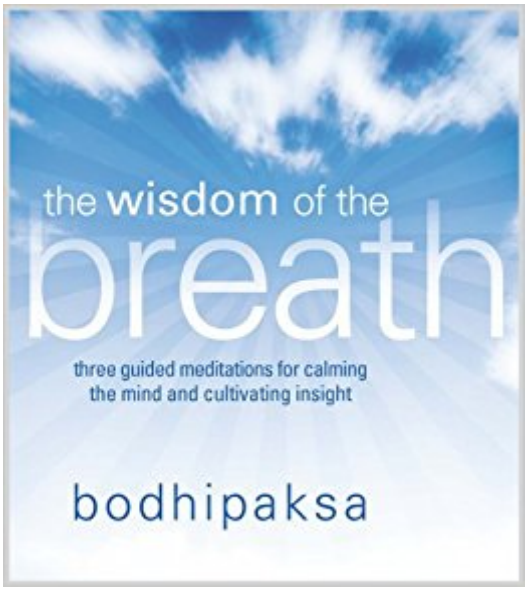
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The Wisdom Of The Breath: Three Guided Meditations For Calming The Mind And Cultivating Insight



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Synopsis

The answers to the most profound spiritual questions lie within us-but how do we gain access to our deepest wisdom? "Breathing is a gateway to insight," reveals Scottish-born teacher Bodhipaksa, "and meditation gives us the key." On The Wisdom of Your Breath, this master teacher guides listeners through breath-centered meditations for opening to the inner core of spiritual awareness we all possess. With these three essential practices, he reveals how the breath can help you: Let go of the past and future, and rest in pure presence Dissolve the sense of separateness to experience oneness with the world around you Embrace the essential impermanence of all life with serenity and joy Tap into your own natural wisdom by exploring the breath as a metaphor for living Whether you’re experimenting with meditation for the first time or have been practicing for years, focusing on the breath is a vital technique for realizing inner peace and clarity. Join this accessible and knowledgeable teacher for three invaluable practices to nourish your spiritual growth with The Wisdom of the Breath.

Book Information

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Customer Reviews

BodhipaksaBodhipaksa was born Graeme Stephen in Scotland, and currently lives and teaches in New Hampshire. He is a Buddhist teacher and author who has been practicing within the Friends of the Western Buddhist Order since 1982, and has been a member of the Western Buddhist Order since 1993. He runs the online meditation center WildMind.org, whose mission is to increase awareness of the positive effects of meditation.

I enjoy listening to his voice

Great Meditations from a experienced teachers, very gentle calming voice, it is great to get you into the mood for meditations and easy to follow

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