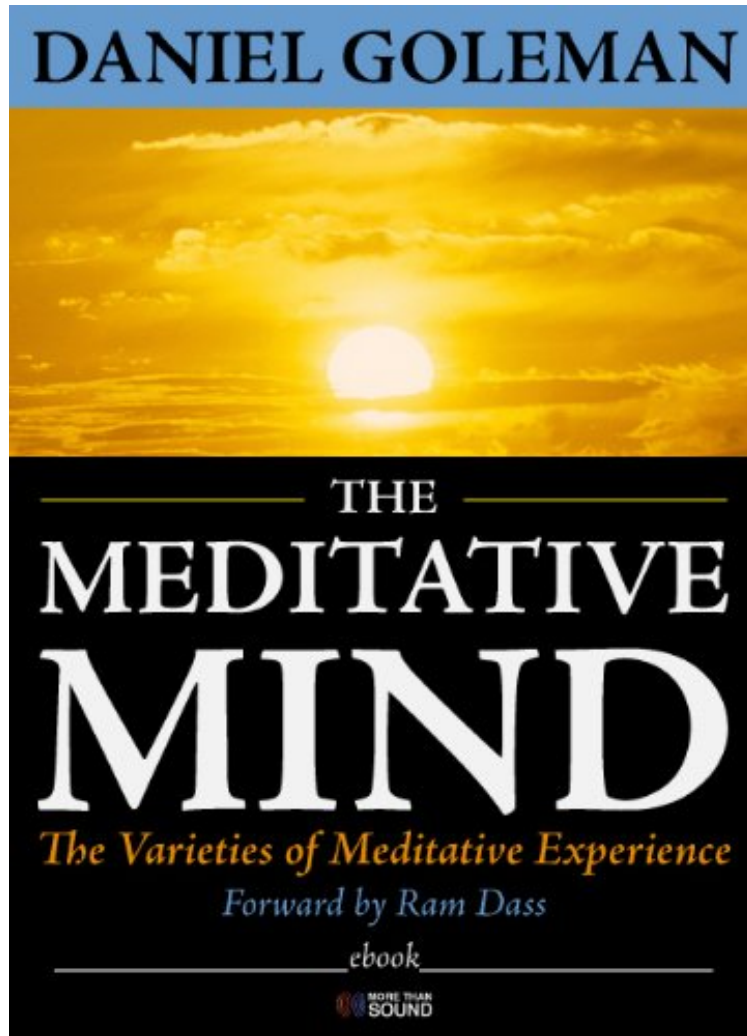


(Download pdf) The Meditative Mind: The Varieties of Meditative Experience (English Edition)

The Meditative Mind: The Varieties of Meditative Experience (English Edition)

Von Daniel Goleman

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Von Daniel Goleman : The Meditative Mind: The Varieties of Meditative Experience (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Meditative Mind: The Varieties of Meditative Experience (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. Exceptionally Clear Presentation of MeditationVon B. Hynum1. The distinction between concentration and mindfulness as forms of practice has never in my reading experience been so clearly stated. (My meditation library is extensive and my practice is 7 years old.) 2. The stages of insight work -- also, the clearest presentation in my reading

experience. Particularly helpful were the discussions on "visions" (p. 12) and pseudonirvana (p. 26). 3. Part IV: The Psychology of Meditation -- This is a gem. Ties in beautifully with Emotional Intelligence (another Goleman treasure). The "altered states or altered traits" of consciousness discussion (pg. 172-5) is the best explanation of the "3rd foundation of mindfulness" I have seen. Summary: If you are interested in how your practice fits into the grand scheme of practices or looking for a menu to choose from, this is the book. If you want a clarification of the path at the center of all practices, nowhere else have I seen a better presentation. This! ! is a seven star book as is Emotional Intelligence. 1 von 1 Kunden fanden die folgende Rezension hilfreich. The definitive guide to the meditation experience. Von Ein Kunde. Though I know it isn't beneficial, I spent years trying to fit all the pegs in their proper holes in my meditative practice. Questions like "If they feel that why do we feel this?" or "Is this experience the same as that, only named differently?" or "Who's really correct?". With one read this book resolved all my issues and doubts about the validity of my own path, Vipassana, and how my practice relates to all others. I've learned how everything does sort of fit together, at least generally so, and much to my teachers' delight I am able to plunge more deeply into practice without reservation. I have no more doubts!

Kurzbeschreibung The classic traveler's guide to the spirit, updated with a new introduction by the author. The Meditative Mind provides a comprehensive and easily accessed overview of meditation as conceived and practiced by the world's major spiritual traditions. For experienced meditators and beginners alike, Goleman explores the distinct levels of consciousness and their attendant experiences that arise from meditative practice. **Kurzbeschreibung** The classic traveler's guide to the spirit, updated with a new introduction by the author. The Meditative Mind provides a comprehensive and easily accessed overview of meditation as conceived and practiced by the world's major spiritual traditions. For experienced meditators and beginners alike, Goleman explores the distinct levels of consciousness and their attendant experiences that arise from meditative practice. **Synopsis** An updated study of the art of meditation, showing that it is integral to Western faiths and not just the Eastern religions, this book recommends new applications of meditation for healing and exploring consciousness and provides an overview of skills for the beginner and experienced meditator. Drawing on a wide range of traditions including Buddhist, Hindu, Moslem, Jewish and Christian faiths the author provides a summary of different meditative skills and perspectives. He also explains how meditation has been used in medicine, psychology, education and self-development as a means of reducing stress and used in medicine, psychology, education and self-development as a means of healing the body of illness and promoting emotional well-being. With the aid of this book even the complete novice can find a spiritual path which will lead to greater awareness and enlightenment.