

Mindfulness Relaxation

Patrick Baigent

Path Relaxation Patrick Baigent

Raffaela Di Napoli



Path Relaxation Patrick Baigent:

Uncontrived Mindfulness Vajradevi, 2021-03-31 A comprehensive guide to ending suffering through the practice of mindfulness In *Uncontrived Mindfulness* Vajradevi guides us in the practice of exploring our experience as it happens The emphasis is on cultivating wisdom using the tools of attention and curiosity to see through the delusion that is causing our suffering

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The Path of Relaxation Patrick Baigent, 2015-09-15 Discover the principles of relaxation which fundamentally involves reducing unnecessary effort Learn how this core principle of buddhism meditation and qigong can be used to improve all aspects of life The reduction of unnecessary effort combined with core mindfulness becomes the direct path of relaxation a path to greater levels of mindfulness relaxation and satisfaction and the path to true liberation Discover the Five Orders of Relaxation the Six Gears of Relaxation why meditation is a health training how meditation becomes a psychological therapy and what tension and trauma may mean for meditation The *Path of Relaxation* offers a buddhism and qigong informed model of relaxation which reveals a radical new understanding of the place of relaxation Patrick Baigent has nearly twenty years of experience in buddhism and qigong and offers teaching in London and Cambridge www.pathofrelaxation.com

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offers teaching in Cambridge UK www.buddhistrelaxation.com **Mindfulness Relaxation** Patrick Baigent, 2016-08-29

Relaxation or mindfulness individually are only one side of the story There is a key principle of reducing unnecessary effort It combines with the four foundations of mindfulness This becomes the single meditative process of mindfulness relaxation a new perspective on the traditional buddhist path of satipatthana Discover the gears and orders of relaxation why meditation improves our health the importance of enjoyment and what tension or trauma may mean for meditation Mindfulness Relaxation offers a buddhism and qigong informed model of relaxation for the first time and reveals a radical new understanding of both mindfulness and relaxation Patrick Baigent has twenty years experience in buddhism and qigong works as a Buddhist Chaplain and offers workshops and retreats in the UK This is the same book as The Path of Relaxation with a new title *The Mindfulness Process: A Guide to the Principles of Mindfulness, Relaxation and Satisfaction* Patrick Baigent, 2018-03-13

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