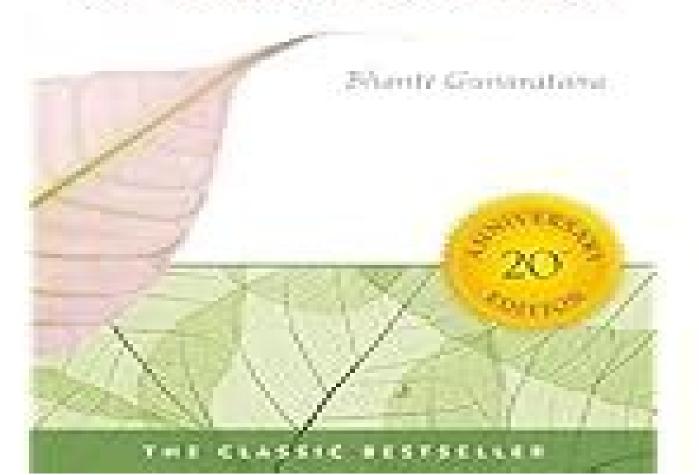
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Kate Wheeler

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parenting into a positive and fulfilling relationship for both parents and children A series of simple practices is provided making it possible to cultivate three different types of awareness self relationship and moment With these parenting tools this resource makes it possible to manage the daily pressures and challenges of parenting with ease helping children to become capable of cultivating strong relationships independently Additional topics covered include how to actively prevent the passing down of negative relationship patterns shifting children's moods attitudes and behaviors and staying connected to children during disagreements when giving consequences or while setting limits Providing the skills habits and mindsets that will positively influence children for life this handbook makes healthy parenting possible without drama debate or the usual tug of war Mindfulness in Early Buddhism Tse-fu Kuan, 2007-12-18 This book identifies what is meant by sati smrti usually translated as mindfulness in early Buddhism and examines its soteriological functions and its central role in the early Buddhist practice and philosophy Using textual analysis and criticism it takes new approaches to the subject through a comparative study of Buddhist texts in Pali Chinese and Sanskrit It also furnishes new perspectives on the ancient teaching by applying the findings in modern psychology In contemporary Buddhism the practice of mindfulness is zealously advocated by the Theravada tradition which is the only early Buddhist school that still exists today Through detailed analysis of Theravada's Pali Canon and the four Chinese Agamas which correspond to the four main Nikayas in Pali and belong to some early schools that no longer exist this book shows that mindfulness is not only limited to the role as a method of insight vipassana meditation as presented by many Theravada advocates but it also has a key role in serenity samatha meditation It elucidates how mindfulness functions in the path to liberation from a psychological perspective that is how it helps to achieve an optimal cognitive capability and emotional state and thereby enables one to attain the ultimate religious goal Furthermore the author argues that the well known formula of ekaayano maggo which is often interpreted as the only way implies that the four satipa t thaanas establishments of mindfulness constitute a comprehensive path to liberation and refer to the same as kaayagataa sati which has long been understood as mindfulness of the body by the tradition The analysis shows that kaayagataa sati and the four satipa t thaanas are two different ways of formulating the teaching on mindfulness according to different schemes of classification of phenomena **Be an Island** Khema, 1999-03-01 From the best selling author of Being Nobody Going Nowhere Ayya Khema s Be an Island guides us along the path of Buddhist meditation with direct and practical advice giving us contemplative tools to develop a healthy sense of personal being Be an Island is at once an introduction to the teachings of Buddhism and a rich continuation of Ayya Khema s personal vision of Buddhist practice NOW! Iean Smith, 1991-06-09 Bringing the most important spiritual virtue to the forefront the authorresents eighty five meditations on the subject of living in the moment evealing how embracing the present is an essential stage in any attempt toive a more balanced spiritual life Original

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