



Commit to Sit: Tools for Cultivating a Meditation Practice (Paperback)

By Joan Duncan Oliver

Hay House Inc, United States, 2011. Paperback. Book Condition: New. 208 x 135 mm. Language: English . Brand New Book ***** Print on Demand *****.This book brings together a broad range of Buddhist meditative techniques that have appeared in the magazine over the years. Contributors include some of the foremost voices in contemporary Buddhism: Pema Chodron starts our journey with an inspirational Foreword. Lama Surya Das explores the definition of meditation, while Sharon Salzberg and Joseph Goldstein lay out a 28-day program for establishing a daily practice. Wherever you are on your search, you will find plenty of guidance in this book. Learn about insight meditation from Bhante Henepola Gunaratana and Sylvia Boorstein. Or about zazen from Barry Magid and Martine Batchelor. Gil Fronsdal offers instruction in metta (lovingkindness) meditation, while Judith Simmer-Brown teaches tonglen, a Tibetan Buddhist practice for cultivating compassion. We also learn about the crucial role the body plays in meditation from S. N. Goenka, Reginald Ray, Wes Nisker, and Cyndi Lee. We receive guidance on managing issues that arise in meditation from Jon Kabat-Zinn, Christina Feldman, Matthieu Ricard, Pat Enkyo O Hara and others. And there are practices for bringing mindfulness and compassion to daily life...



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