

The Healing Power of the Sacred Woman

Womb Awakening

Womb Wisdom

Chakras

The deceptively simple three-phase method presented here is a meditation practice that can be worked with for a lifetime. Larry Rosenberg looks to Zen, to Insight Meditation, and to the teachings of J. Krishnamurti to find three kinds of meditation that anyone can do and that complement each other in a wonderful way: (1) breath awareness, (2) breath as anchor, and (3) choiceless awareness. Having the three methods in one's repertoire gives one meditation resources for any life situation. In a time of stress, for example, one might use breath awareness exclusively. Or on an extended retreat, one might find choiceless awareness more appropriate. The three-step method has been taught to Larry's students at the Cambridge Meditation Center in Cambridge, Massachusetts, for many years. After teaching the three-step method, Larry goes on to show how to bring the awareness gained in meditation to the world off the cushion, into relationships and into all areas of daily life.

Return to the Sacred

A Practice for Bringing Mindfulness to Life

Tibetan Sound Healing

Seven Keys to Awakening and Healing the Energy Body

The Practice of Pure Awareness

Celtic Wisdom for Reawakening to What Our Souls Know and Healing the World

Awakening Kindness