

Buddhism For Busy People

Offers suggestions for meditating on the eight verses of a classic Buddhist teaching in order to find happiness in daily life.

'In the months that followed I watched His Holiness working on a new book... I began to think that perhaps the time had come for me to turn my paws to a book of my own . . . one that tells my own tale . . . How I was rescued from a fate too grisly to contemplate, to become constant companion to a man who is not only one of the world's greatest spiritual leaders and a Nobel Peace Prize laureate, but who is also a dab hand with the can opener.' Not so much fly-on-the-wall as cat-on-the-sill, this is the warm-hearted tale of a small kitten rescued from the slums of New Delhi who finds herself in a beautiful sanctuary with sweeping views of the snow-capped Himalayas. In her exotic new home, the Dalai Lama's cat encounters Hollywood stars, Buddhist masters, Ivy-league professors, famous philanthropists, and a host of other people who come visiting His Holiness. Each encounter offers a fresh insight into finding happiness and meaning in the midst of a life of busy-ness and challenge. Drawing us into her world with her adorable but all-too-flawed personality, the Dalai Lama's

cat discovers how instead of trying to change the world, changing the way we experience the world is the key to true contentment. Featuring a delightful cast of characters, timeless Buddhist wisdom, and His Holiness's compassion pervading every chapter, The Dalai Lama's Cat is simply enchanting.

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The author opens the door to the core teachings of Tibetan Buddhism, shows how he began to incorporate Buddhist practices into his own daily life, and reflects on the heartfelt serenity and sense of well-being that resulted from connecting with his own inner nature. Original.

Your Personal Guide to Healing Your Life, Achieving Happiness and Finding Inner Peace

Buddhism

Buddhism for the Unbelievably Busy

The Monkey Is the Messenger

The Dalai Lama's Cat and the Art of Purring

Your starter kit for inner peace and better health

Buddhist Advice for the Heartbroken

Buddhist thriller written by the best-selling author of The Dalai Lama's Cat series, David

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Michie.

For anyone who wants to start meditating but has been struggling to get to the cushion, here are all the motivation and tools you need to achieve greater balance, better health and a more panoramic perspective of life.

"‘Oh! How adorable! I didn’t know you had a cat!’ she exclaimed. I am always surprised how many people make this observation. Why should His Holiness not have a cat?’ If only she could speak,’ continued the actress. ‘I’m sure she’d have such wisdom to share. ’And so the seed was planted . . . I began to think that perhaps the time had come for me to write a book of my own—a book that would convey some of the wisdom I’ve learned sitting not at the feet of the Dalai Lama but even closer, on his lap. A book that would tell my own tale . . . how I was rescued from a fate too grisly to contemplate to become the constant companion of a man who is not only one of the world’s greatest spiritual leaders and a Nobel Peace Prize Laureate but also a dab hand with a can opener." Starving and pitiful, a mud-smearred kitten is rescued from the slums of New Delhi and transported to a life she could have never imagined. In a beautiful sanctuary overlooking the snow-capped Himalayas, she begins her new life as the Dalai Lama’s cat. Warmhearted, irreverent, and wise, this cat of many names opens a window to the inner sanctum of life in Dharamsala. A tiny spy observing the constant flow of private meetings between His Holiness and everyone from Hollywood celebrities to philanthropists to self-

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help authors, the Dalai Lama's cat provides us with insights on how to find happiness and meaning in a busy, materialistic world. Her story will put a smile on the face of anyone who has been blessed by the kneading paws and bountiful purring of a cat. A practical manual for daily life that shows how we can develop and maintain inner peace, how we can reduce and stop our experience of problems, and how we can bring about positive changes in our lives that will enable us to experience deep and lasting happiness. This is a significantly revised edition of one of Geshe Kelsang Gyatso's most popular and accessible books. How to Transform Your Life forms the basis of hundreds of popular drop-in meditation classes and courses around the world. If you want the opportunity to study or find out more about the practices presented in this book, visit your nearest Kadampa Meditation Center or branch.

Buddhism Made Simple

What Makes You So Busy?

Love Hurts

Buddhism for Mothers

Modern Buddhism: The Path of Compassion and Wisdom - Volume 1 Sutra

Powerful Secrets to Get You There Quickly and Easily

Hurry Up and Meditate

Solid Ground: Buddhist Wisdom for Difficult Times is a lively and topical book

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that offers guidance on how to respond to the individual crises that inevitably arise in all of our lives as well as to the political, economic, and social challenges society is currently facing. The issue of difficulty in life is at the very essence of Buddhism. The first noble truth could certainly be translated as "life is full of difficulties." And the remaining noble truths could be seen as Buddhism's analysis of our difficulties and of a path to working with them. Celebrated Buddhist teachers Sylvia Boorstein, Zoketsu Norman Fisher, and Tsoknyi Rinpoche use their diverse wisdom to address the immediate and practical concerns in our lives and to explore the most basic and profound questions of Buddhism: the difficulty of life in general and how we can work with that and ameliorate it. Filled with humor and personal stories, *Solid Ground* offers specific teachings for concrete situations as well as a way to explore the larger questions of finding equanimity in difficult times.

This book is a must read for anyone looking to get an insight on Buddhism. It covers all aspects of Buddhism and defines what it is in such a way that everyone can understand it. Despite Buddhism being one of the oldest religions in the world, there are many people who still do not understand it. In fact, they misinterpret the teachings so much because they only know what they see in television and movies. These depictions of Buddhism are often wrong and send out the wrong message of what Buddhism actually teaches. In a nutshell, it

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teaches that suffering is bad, but it is also guaranteed in our physical world. It doesn't matter how rich or poor a person is because they will eventually endure suffering in their life. However, the state of mind you carry with you determines the amount of suffering you will endure. That is where the teachings of Buddha come into play. He will show you that refraining from cheating, lying, sexual misconduct, killing and intoxication are the key ways to overcome suffering upon yourself and others. Buddhism was created by a young prince named Siddhartha Gautama, who later became known as Buddha. He is the central figure of this book because he was the one who created the Buddhist religion in the first place. Even to this day, Buddha is celebrated all over eastern society with big statues in his honor. Despite how godly they make Buddha out to be, he was still just a man. In fact, he was a prince who left his throne and wealth in order to become a wandering preacher that spread his teachings on ending suffering and finding peace. How many rich people in the modern age do you think would leave their wealth behind to become a poor humanitarian? There probably aren't too many, unless they were of the Buddhist faith because Buddhists do not care about monetary gains. Now no one is saying that you have to give away all your money and become a poor Buddhist on the streets. You will learn by reading this book that there are all kinds of Buddhist followers, not just monks and nuns. You can become a lay follower that still lives a life filled with money, sex and material

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things. Just as long as you are not hurting anybody then you can enjoy all the sensual pleasure that you want. Buddha isn't going to send you to hell for it. What's covered in this book? Preface Introduction to Buddhism Who was Buddha? Buddha's life Basics of Buddhism Principles of Buddhism Teachings of Buddha Karma in Buddhism Rebirth in Buddhism What is Nirvana? God in Buddhism Three marks of existence The three jewels in Buddhism - Buddha, Dhamma and Sangha Buddhist philosophy Buddhist spirituality Types and major divisions of Buddhism Zen Meditation Four noble truths The eight fold path Vipassana Meditation Buddhist precepts and how to keep them Buddhism and sex Buddhism and alcohol Animals in Buddhism Human suffering or Dukkha in Buddhism Western Buddhism Buddhism in America Buddhism and vegetarianism Buddhism can change your life Inner peace through Buddhism Buddhism and Christianity - Differences and similarities Buddhist ethics Buddhism and homosexuality How to become a Buddhist? How to practice Buddhism without converting? Buddhist meditation Power of meditation How to find enlightenment? Conclusion

Buddhism for Busy People Finding Happiness in a Hurried World Shambhala Publications

Become a calmer and happier mother with Buddhism for Mothers. 'This is an excellent, practical guide to everyday Buddhism not just for mothers, but for

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everyone who has ever had a mother. ' Vicki Mackenzie, author of the bestselling *Why Buddhism Parenthood* can be a time of great inner turmoil for a woman yet parenting books invariably focus on nurturing children rather than the mothers who struggle to raise them. This book is different. It is a book for mothers. *Buddhism for Mothers* explores the potential to be with your children in the all-important present moment; to gain the most joy out of being with them. How can this be done calmly and with a minimum of anger, worry and negative thinking? How can mothers negotiate the changed conditions of their relationships with partners, family and even with friends? Using Buddhist practices, Sarah Naphali offers ways of coping with the day-to-day challenges of motherhood. Ways that also allow space for the deeper reflections about who we are and what makes us happy. By acknowledging the sorrows as well as the joys of mothering *Buddhism for Mothers* can help you shift your perspective so that your mind actually helps you through your day rather than dragging you down. This is Buddhism at its most accessible, applied to the daily realities of ordinary parents. Even if exploring Buddhism at this busy stage of your life is not where you thought you'd be, it's well worthwhile reading this book. It can make a difference.

The Miracle of Mindfulness

A Blissful Journey

Enlightenment to Go

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Invisible Persuaders

Finding Happiness in a Hurried World

How to Stop Overthinking and Come Alive

A Guide

Bestselling meditation author David Michie explores the deep bond we have with our pets. With insights from Buddhism and modern science, and including true stories from around the world, he shows how we can provide practical support to our pets both in daily life and when they are dying.

Rescued from unscrupulous breeders who plan to destroy him because of his floppy ear, when the Queen's littlest corgi arrives at Windsor Castle, he finds himself in a world of red carpets, gilded chambers - and not a pile of dirty laundry to be seen. Charming his way into the affections of the royal household, Nelson offers a dog's-eye view of life with the Queen. He eavesdrops on her encounters with celebrities, philanthropists and advisers, catching rare insights into the secrets of a purposeful life. Through one of Her Majesty's most mysterious advisers, he discovers how the ancient ways and powerful symbols continue to exert a transformative presence. He also becomes familiar

with the Queen's most surprising quality: her gentle but firm expectation that everyone she encounters is striving to be the best that they can be. The Queen's Corgi bursts with zest, humour and adventure. Romping through the litany of Nelson's misdemeanours are a warm-heartedness and deep wisdom sure to delight anyone who has known the smiling face and warm tongue of a dog. It is not by chance that you hold this book in your hands.

Buddhism Plain and Simple offers a clear, straightforward treatise on Buddhism in general and on awareness in particular. When Buddha was asked to sum up his teaching in a single word, he said, "Awareness." The Buddha taught how to see directly into the nature of experience. His observations and insights are plain, practical, and down-to-earth, and they deal exclusively with the present. Longtime teacher of Buddhism Steve Hagan presents the Buddha's uncluttered, original teachings in everyday, accessible language unencumbered by religious ritual, tradition, or belief.

Meditation helps us to cut through the agonizing clutter of superficial mental turmoil and allows us to experience more spacious and joyful states of mind. It is this pure and luminous state that I call your

Wildmind. From how to build your own stool to how a raisin can help you meditate, this illustrated guide explains everything you need to know to start or strengthen your meditation practice.

Buddhism in the Tibetan Tradition

Supporting Our Closest Companions Through Life and Death

Buddhism for Busy People

A Calm Approach to Caring for Yourself and Your Children

Get Conscious

Meditation and What Your Busy Mind Is Trying to Tell You

The Path of Compassion and Wisdom

Buddhism has a lot to say about suffering—and there are likely few times we suffer more intensely than when we break up with a romantic partner. It feels like you may never recover sometimes. But Lodro Rinzler has wonderfully good news for those suffering heartbreak: the 2,500-year-old teachings of the Buddha are the ultimate antidote for emotional pain. And you don't need to be a Buddhist for them to apply to you. In this short and compact first-aid kit for a broken heart, he walks you through the cause and cure of

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suffering, with much practical advice for self-care as you work to survive a breakup. The wisdom he presents applies to any kind of emotional suffering.

Dear Reader – This is not a book about coping with unbelievable busyness. It's a book about making it stop. What if I told you that a lot of what keeps you unbelievably busy is not only pointless, but avoidable, nonsensical and entirely driven by your own fears, insecurities and ego? You'd probably want to slap me, if you could find the time, right? Don't worry, I was once just like you: exhausted, harried, overcommitted and flummoxed as to what to cut back on. I'm not completely cured, but for the first time in years I have room to breathe and to think about what kind of life I really want to live. And I have Buddhism to thank for this. In this book I've compiled the teachings, ideas and practices that got me to this point. Buddhism helped me dig deep to discover why I was determined to do so much, and why I was so afraid to stand still and be alone with myself. It's not hippy-trippy stuff, believe me. Buddhism is just as

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relevant and practical in our modern world as it's ever been. As crazy as it sounds, I'm asking you to add one more thing to your list today: read this book, and let it help you free yourself from the grind of your unbelievable busyness. Live the peaceful life you know you deserve and be the person you want to be.

"If you ever doubted that your feline companion has her own inner life, just watch what happens when she falls asleep, and loses conscious control of her physical being . . . a twitching of limbs, a quivering of the jaw, sometimes perhaps a snuffling noise or a meow. . . . Cats may indeed be capable of great mindfulness. But we are thinking beings, too. In my own case, unfortunately, a being who thinks rather too much." In the latest installment of the Dalai Lama's Cat series, His Holiness's Cat ("HHC") is on a mission: to think less, to experience more, to live in the moment. She soon learns the proper phrase for this, being mindful, or, a concept better known to her as the power of meow. What ensues is a journey to discover her own true

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nature, to gain a deeper understanding of her mind, and to experience life's greatest joy, the here and now. Throughout, she shares encounters with familiar inhabitants of Dharamsala, as well as a whole new cast of characters: a senior exec from one of Silicon Valley's most famous social media companies (hint: the name rhymes with "litter"), the Pope's beloved dog (who shares a shockingly similar title: HHD, His Holiness's Dog), and a public health inspector who threatens to have our poor narrator banned from the Himalaya Book Café. In this follow-up to the Dalai Lama's Cat and the Art of Purring, readers escape to the enchanting and exotic world of the Dalai Lama's monastery in the Himalayas, and take a peek inside the mind of a delightfully imperfect creature on the path to enlightenment. By accompanying HHC on her journey, you will learn new ways to relate to your own mind: slowing down, finding peace, and abiding in the boundless radiance and benevolence that is your own true nature.

"What makes you purr? Of all the questions in the world,

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this is the most important. . . . Because no matter whether you are a playful kitten or sedentary senior, whether you're a scrawny alley Tom, or sleek-coated uptown girl, whatever your circumstances you just want to be happy. Not the kind of happy that comes and goes like a can of flaked tuna, but an enduring happiness. The deep down happiness that makes you purr from the heart." His Holiness's cat is back—older, a bit wiser, and as curious as ever. In this book, the Dalai Lama sets for his lovable feline companion the task of investigating The Art of Purring. Whether it's the humorous insights gained from a visiting Ivy League Psychology Professor, the extraordinary research of a world-famous biologist, or the life-changing revelations of a mystical yogi, His Holiness's Cat encounters a wealth of wisdom about happiness. And what she discovers changes the way she sees herself forever. With a much loved—and growing—cast of characters from the local community and His Holiness's residence, as well as encounters with intriguing strangers and celebrities from

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far and wide, The Dalai Lama's Cat and the Art of Purring will transport readers in another unforgettable story. Along the way they will come to understand how elements of contemporary science and Buddhism converge. And, once again, they will feel the warmth of compassion and nonattachment that radiate from the heart of the Dalai Lama's teachings about our quest for enduring happiness.

Finding Peace in the Modern World

A Happy Life for Busy People

The Buddhist Way of Loving Kindness

Buddhism Plain and Simple

Solid Ground

Eight Steps to Happiness: The Buddhist Way of Loving Kindness

The Astral Traveller's Handbook and Other Tales

A clear and straightforward introduction to Tibetan Buddhism, this book presents the basic teachings of Buddha in a way that people can readily comprehend and put into practice in their daily lives. Topics such as reincarnation, actions and their

effects, emptiness, liberation and enlightenment are discussed. Designed primarily for those coming to the subject for the first time, the book also offers new insights for the more advanced student of Tibetan Buddhism. Originally published in 1989.

A Tibetan Buddhist lama gives advice on the issues facing people in the modern world. In this book, Khenpo Sodargye, a world-famous Tibetan Buddhist lama and scholar, offers guidance on an issue that troubles so many of us in the modern world: What is true happiness, and how do we achieve it? Bombarded with information, endlessly pursuing possessions—we look for happiness in all the wrong places. Khenpo Sodargye, one of the busiest Buddhist teachers in the world, shows us how to redirect our attention away from such distractions and instead calm our minds and find true contentment. His wide-ranging advice covers careers and conventional notions of material success, romantic relationships, and the environment. Erudite and compassionate, he points the reader to inspiration from sutras,

Zen masters, Confucius, and the daily news, offering warm, heartfelt encouragement for these troubled times.

One of the best available introductions to the wisdom and beauty of meditation practice. --New Age Journal In this beautiful and lucid guide, Zen master Thich Nhat Hanh offers gentle anecdotes and practical exercise as a means of learning the skills of mindfulness--being awake and fully aware. From washing the dishes to answering the phone to peeling an orange, he reminds us that each moment holds within it an opportunity to work toward greater self-understanding and peacefulness.

A guide to the Buddha's teachings explains the fundamentals of Buddhist meditation and philosophy and provides practical explanations for developing compassion and wisdom to achieve lasting happiness.

***The Dalai Lama's Cat
Wildmind***

***The Dalai Lama's Cat and the Power of Meow
Buddhism Made Easy***

Guided Meditations ***A Matt Lester Spiritual Thriller*** ***Buddhism for Pet Lovers***

Hope for all those who want to meditate but feel they can't because they think too much. “ My mind is so busy, I really need to meditate. ” “ My mind is so busy, there ’ s no way I can meditate. ” Familiar dilemma? These days just about all of us know we should be meditating, but that doesn ’ t make it any easier to sit down and face the repetitive thoughts careening around our brains—seemingly pointless, sometimes hurtful, nearly always hard to control. Rather than quitting meditation or trying to wall off the monkey mind, Ralph De La Rosa suggests asking yourself a question: If you were to stop demonizing your monkey mind, would it have anything to teach you? In a roundabout way, could repetitive thoughts be pointing us in the direction of personal—and even societal—transformation? Poignant and entertaining, *The Monkey Is the Messenger* offers a range of evidence-based, somatic, and trauma-informed insights and practices drawn from De La Rosa ’ s study of neuroscience and psychology and his long practice of meditation and yoga. Here at last—a remedy for all those who want to meditate but suppose they can ’ t because they think too much.

This inspiring book explains how to meditate on eight beautiful verses that comprise one of Buddhism ’ s best-loved teachings, Eight Verses of Training the Mind. Composed by the great Tibetan Bodhisattva, Geshe Langri Tangpa, this short poem shows how we can transform all life ’ s difficulties into valuable spiritual insights. Geshe Kelsang Gyatso reveals practical ways in which we can use this timeless wisdom to find meaning and lasting happiness in our busy modern lives.

In this collection of short stories, David Michie offers life-enhancing insights with the same heart-warming

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compassion that pervades his Dalai Lama ' s Cat books. “ Whatever dreams he was having, Jason knew they had nothing to do with his physical body. His eyes were firmly shut and his consciousness withdrawn from his senses when all this was going on. Yet in his dreams he experienced sights, sounds and even visceral sensations much more intensely than when he was awake. From this he understood that you didn ' t need a physical body to see, or smell, or endure any kind of experience with an acuteness that was more real than reality. From an early age he deduced that heaven or hell need not be material places so much as states of mind – and no less glorious or horrifying because of that. There were no limits to mind untethered from form. ” What if you could re-live the enchantment of childhood bedtime—but with magic that is real? What if you felt the wonder you once sensed when you believed that anything is possible? Or were inspired to see the world through fresh eyes? In this compendium of delightful short stories, David Michie draws us into the extraordinary experiences of everyday people as they encounter those tell-tale cracks exposing reality as not quite what it seems. Four female book club members are unexpectedly propelled, by the same black and white photograph, to discover a shared purpose beyond their wildest imaginings. An earnest young seeker finds that drawing aside the veil to an immeasurably more wonderful reality, doesn ' t depend so much on the arcane books he reads as on a source much closer to home. A cat-crazy woman, who wishes her beloved felines would talk to her, is shaken when she realises what they have been trying to communicate all along. Through intriguing storylines and revelations, David Michie offers life-enhancing insights with the same heart-warming benevolence that pervades his Dalai Lama ' s Cat books. How better to gently unwind at the end of the day - and to prepare for the infinite possibilities we may encounter in the realms of our dreams? The Dalai Lama ' s Cat is back! Latest title in the ever-popular and bestselling series. The Dalai Lama's Cat is back: irreverent, vain-and delightfully insightful as ever! When the Dalai Lama's inner circle is set the task of providing His Holiness with a book he can give his visitors, an unexpected volunteer stretches out her paws.

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The book is to summarise the four key elements of Tibetan Buddhism-and, importantly, to communicate how it feels to be in the profoundly reassuring presence of His Holiness. Who better to do this than his much-loved feline? Through encounters with celebrity visitors and her own intriguing adventures, the Dalai Lama's Cat explains all four key themes, not so much as ideas but as practices to be embodied. Along the way she even gets a new title: "Therapy Cat". If you have ever sought a summary of Tibetan Buddhist wisdom, albeit from an unusual and whiskery source, this may just be the book to get you purring!

The Secret Mantra

Modern Buddhism

Why Mindfulness is Better than Chocolate

Buddhist Wisdom for Difficult Times

The Magician of Lhasa

Buddhism for Beginners and Busy People

Your guide to inner peace, enhanced focus and deep happiness

We believe we can think ourselves happy but, in reality, the only way to experience true happiness is to become self-aware. The way we experience emotions remains a constant throughout our lives and it is by acknowledging this, and the different elements of our inner selves, that we can experience genuine contentment. Drawing on the author's research in psychology, and her work with clients, Being breaks down the four elements of self-awareness, and provides strategies for mastering each--

Buddhism for Busy People- All You Need to Know to Transform Your Life! Do

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you want to learn more about Buddhism but don't know where to start? Confused when it comes to "Buddhism information overload"? Overwhelmed when it comes to complicated theory that seems impossible to apply in a busy, modern world? What if you could have one simple guide that distills all you need to know to transform your lifestyle to get the results you deserve? If you are looking for a simple guide that is modernized, PRACTICAL, and totally adapted to a busy, 21st-century persons' needs you have come to the right place... What's Inside? -A Brief History of Buddhism and How It Can Transform Your Life with More Peace of Mind -How to Raise Your Awareness and Stop Wasting Your Time and Energy on Things That Don't Matter -Leave the World of Illusions and Restore Balance with Easy Buddhism Techniques Anyone Can Master -How to Change Your Perception and Create Happiness and Peace Even When Things Go Wrong -Create Authenticity and Love Yourself with Buddhism -How to Practice Buddhism in Daily Life Even on a Busy Schedule + -Bonus Chapter: The Joy of Mindfulness: How Mindfulness Can Change Your Life You see, Buddhism doesn't have to be about complicated rituals, expensive retreats, and difficult spiritual how-to manuals! It all comes down to diving deep, making friends with your emotions (both good and bad), and understanding your awareness. This is what this book is designed to help you with... In this book, you will find effective techniques to step out of your mindless, stressful thinking and allow your mind

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to finally embrace the Buddhism lifestyle so that you can achieve peace and happiness in all areas of your life... Scroll to the top of the page and select the 'buy button' and start transforming your life with effective Buddhism techniques today!

Mindfulness practice can help you reduce stress, improve performance, manage pain and increase wellbeing. These are the reasons why elite athletes, performing artists and business leaders are taking up the practice, and why it is being introduced into the world's most successful companies, banks, business schools - even the US Army...David Michie introduces mindfulness practice and offers innovative solutions to common obstacles. Drawing on ancient Buddhist teachings and contemporary science, he also takes us beyond 'mindfulness lite,' offering lucid instructions on how to experience the pristine nature of one's own consciousness directly.an encounter that is truly life-changing...Written with warmth and good humour, 'Why Mindfulness is Better than Chocolate' is the ultimate guide to self-discovery. It will make chocolate taste better too!

The Dalai Lama always recommends a classic text by the Buddhist master Shantideva as essential reading for those seeking a practical approach to Buddhism. With its life-changing teachings and transcendent wisdom, it is one of the world's great spiritual treasures. In Enlightenment to Go, David Michie provides a lively, accessible introduction to the 'best of' Shantideva. He shows

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how the insights of Shantideva's Guide to the Bodhisattva's Way of Life can transform the spiritual well-being of modern day readers, and he unpacks its powerful antidotes to contemporary problems, including stress, anxiety and depression. He also offers a gentle introduction to meditation in order to help readers integrate these transformational insights into daily life. Recounting stories from his own journey, Michie illustrates the relevance of Shantideva's breakthrough teachings to a typically busy Westerner with warmth and humour. Whether you are a newcomer to Buddhism or a seasoned practitioner, Enlightenment To Go offers a glimpse of a radiantly different reality.

A Simple Introduction to Zen Buddhism for Busy People

How to Transform Your Life

On Purpose

Eight Steps to Happiness

An Introduction to the Practice of Meditation

The Dalai Lama's Cat and the Four Paws of Spiritual Success

If you're like most people, you can't afford to charter a yacht to the Bahamas on a moment's notice, nor can you take a week off work to attend a soul-cleansing spiritual retreat. So how is the busy, everyday, hard-working person supposed to find joy and passion in life? This is exactly the problem that Neil A. Panosian has spent most of his life trying to solve. A bartender and postal worker, the author felt

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uncomfortable with the rampant negativity in the world today and wanted to turn this discontent into something constructive—something the average person could use to increase their overall happiness, in just a few simple steps. So he started a blog dedicated to his pursuit of positivity, and quickly gained thousands of followers who were also looking for good ideas for improving their lives. Soon, he found that certain small actions were adding up to big rewards, and the rest is history. This fun-to-read book contains the best of the best—tools that can be used quickly and universally to increase joy, whether you're a busy professional, a blue-collar worker, or a single parent doing the best you can with little money or time.

Introduction and Encouragement This eBook *Modern Buddhism – The Path of Compassion and Wisdom*, in three volumes, is being distributed freely at the request of the author Geshe Kelsang Gyatso. The author says: “Through reading and practicing the instructions given in this book, people can solve their daily problems and maintain a happy mind all the time.” So that these benefits can pervade the whole world, Geshe Kelsang wishes to give this eBook freely to everyone. We would like to request you to please respect this precious Dharma book, which functions to free living beings from suffering permanently. If you continually read and practice the advice in this book, eventually your problems caused by anger, attachment and ignorance will cease. Volume 1 *Sutra* explains how to practise basic Buddhist compassion and wisdom in daily life. Covering topics such as *What is Buddhism?*, *Buddhist Faith*, *The Preciousness of our Human Life*, *What does our Death Mean?*, *What is Karma?*, *The Four Noble Truths & Training in Love and Compassion*, this volume shows how we can transform our lives, improve our relationships with others and look behind appearances to see the way things really are. Please enjoy this special gift from Geshe Kelsang Gyatso, who dedicates: “May everyone who reads this book experience deep peace of mind, and accomplish the real meaning of human life.” With best wishes,

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Manuel Rivero-De Martine Tharpa Publications, UK Tharpa Director info@emodernbuddhism.com
The next best thing to your own personal Buddhist teacher.

In this simple and accessible but beautifully written book, David Michie opens the door to the core teachings of Tibetan Buddhism, and shows us how he himself first began incorporating Buddhist practices into his daily life. What does it take to be happy? We've all asked ourselves this question at some point, but few of us have found the path to lasting fulfillment. David Michie thought he had achieved his life's goals--the high-level job, the expensive city apartment, the luxury car, the great vacations--but a small voice was telling him he wasn't really happy. A chance remark from a naturopath sent him to his local Buddhist center. There he began the most important journey of his life. In *Buddhism for Busy People* Michie explains how he came to understand the difference between the temporary pleasures of ordinary life and the profound sense of well-being and heartfelt serenity that comes from connecting with our inner nature.

Tools for Living Your Life

Awaken the Kitten Within

The Queen's Corgi

Finding Happiness in an Uncertain World

Shantideva and the Power of Compassion to Transform Your Life

In a remote, Himalayan monastery, Matt Lester has devoted five years of spiritual preparation for this moment: it is his destiny to open an ancient, sealed scroll containing prophetic wisdom the world urgently needs. But when his time comes,

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violent assailants steal the scroll. Matt is caught up in a dangerous, high-stakes hunt to recover it, turning him from the pursuer to the pursued. On the other side of the world, the results of scientist Alice Weisenstein's mind-body healing research are about to be revealed. Things take a sinister turn when her supervisor goes missing - and she realizes she is being followed. Guided by the lamas, Matt's search for the scroll takes him to Alice. The pair become caught between powerful influences and escalating threats. Together they must decide who they can really trust. The Secret Mantra weaves breakthrough science and spiritual insights into a heart-stopping storyline. It won't just have you turning the pages. It will shake up your whole idea of who you are, and the transformation of which you are capable.