

Breath By Breath The Liberating Practice Of Insight Meditation

Breath by BreathThe Breath of AwakeningThe Little Handbook of MindfulnessThe Jivanmukti-viveka Or the Path to Liberation in this LifeLeadership for the DisillusionedOur Mentality Through the Ages, and Then to Nibbanalf God Still Breathes, Why Can't I?The Twelve Principal UpanishadsPsychology in the Light of the EastThe Indian WayThe Liberation Society. Tenth Triennial ConferenceFreedom JourneysEtudeGermany from the Earliest Period: From the War of Liberation in the Netherlands to The rise of PrussiaNew Age JournalThe Splendour of Enlightenment (sambodhipabhāsakathāPat SteirThe NautilusThe Yoga-vásishtha-mahárámáyana of VálmikiVortex of Silence Larry Rosenberg Namgyal Rinpoche Dr. Tan Seng Beng Mādhava Amanda Sinclair Basil J. de Silva Angela N. Parker Tukaram Tatya Margot Esther Borden John M. Koller Society for the Liberation of Religion from State Patronage and Control (LONDON) Rabbi Arthur O. Waskow Theodore Presser Wolfgang Menzel Gautama Buddha Pat Steir Válmíki Doris von Drathen

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a wonderfully accessible interpretation of the buddha's teachings on breathwork in meditation from a leading insight meditation teacher joseph goldstein author of the experience of insight freedom from suffering is not only possible but the means for achieving it are immediately within our grasp literally as close to us as our own breath this is the 2 500 year old good news contained in the anapanasati sutra the buddha's own teaching on cultivating both tranquility and deep insight through the full awareness of breathing in this book larry rosenberg brings this timeless meditation method to modern practitioners using the insights gained from his many years of practice and teaching with wisdom compassion and humor he shows how the practice of breath awareness is quietly profoundly transformative and supremely practical if you're breathing you've already got everything you need to start

the little handbook of mindfulness is a comprehensive guidebook featuring 239 guided mindfulness exercises on the four foundations of mindfulness body feelings mind and thoughts written to help readers alleviate stress and suffering by unleashing the power of presence in their lives the book guides readers to find peace and purpose in every moment discover their inner sanctuary and build a compassionate world one moment at a time it provides readers with a wide range of mindfulness exercises from basic tasks such as smiling to a cashier being mindful of rain or while sweeping the floor to more advanced exercises like sitting with difficult emotions delving into the depths of the body at a quantum level and practicing the art of dying without a dier

we expect our leaders to be superhuman to provide all the answers and never fail amanda sinclair offers an alternative and more realistic approach to leadership based on personal growth drawing on eastern philosophies

study based on pali canonical literature

a challenge to the doctrine of biblical inerrancy that calls into question how christians are taught more about the way of whiteness than the way of jesus angela parker wasn t just trained to be a biblical scholar she was trained to be a white male biblical scholar she is neither white nor male dr parker s experience of being taught to forsake her embodied identity in order to contort herself into the stifling construct of whiteness is common among american christians regardless of their race ethnicity gender or sexual orientation this book calls the power structure behind this experience what it is white supremacist authoritarianism drawing from her perspective as a womanist new testament scholar dr parker describes how she learned to deconstruct one of white christianity s most pernicious lies the conflation of biblical authority with the doctrines of inerrancy and infallibility as dr parker shows these doctrines are less about the text of the bible itself and more about the arbiters of its interpretation historically white males in positions of power who have used scripture to justify control over marginalized groups this oppressive use of the bible has been suffocating to learn to breathe again dr parker says we must let god breathe in us we must read the bible as authoritative but not authoritarian we must become conscious of the particularity of our identities as we also become conscious of the particular identities of the biblical authors from whom we draw inspiration and we must trust and remember that as long as god still breathes we can too

psychology in the light of the east presents fresh insights into integral psychology incorporating the reason of western psychology together with the holistic outlook of eastern wisdom borden examines the philosophy mysticism and psychology of both east and west to convey how they reflect the evolution of consciousness grounded in a theoretical framework this text includes valuable techniques for application and invites readers on a journey of self knowledge and self mastery providing practitioners as well as general readers with the tools for great personal and professional development

how does the story of the exodus echo in our own generation and in our own lives for us to hear the oneness of god we must grow into a place where the cosmic

and the political are deeply the same truth from part v the story jews retell on passover is about rising up against tyranny about the triumph of the god who sides with the despised against a resplendent emperor exploring how this tale applies to our own time enriches the ancient account and it expands and transforms the community for which exodus is a collective family story exodus is not only the saga of the escape from slavery but also a story of courage celebration rebirth and community from which people of all faith traditions have learned and can continue to learn calling us to relearn and rethink the passover story rabbi arthur o waskow and rabbi phyllis o berman share the enduring spiritual resonance of the hebrews journey for our own time social justice ecological and feminist perspectives on the exodus how the passover story has been adapted and used by african american as well as christian and muslim communities to provide insight and inspiration with contributions by dr vincent harding exodus in african america a great camp meeting dr s ayse kadayifci orellana exodus in the qur an mercy compassion and forgiveness ched myers and russell powell exodus in the life and death of jesus

includes music

german art historian and critic doris von drathen has here produced a collection of 24 texts on 24 of the world s famous contemporary artists in it she proposes nothing less than a new method of art criticism an anti criticism that goes above and beyond aesthetic categories and against the colonization of art paradoxically the more famous an artist the more their works seem obscured by inflexible classifications wild misreading and deceptive labels von drathen s analysis instead shows that every one of these artists is driven by an existential and ethical research artists from whom von drathen raises this vortex of silence include marina abramovic jean pierre boltanski louise bourgeois pedro cabrita reis ann hamilton rebecca horn anish kapoor agnes martin giulio paolini giuseppe penone and david tremlett

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