

THIS IS HAPPENING

Redesigning mindfulness
for our very modern lives

ROHAN GUNATILLAKE

Creator of buddhify

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EW Minium



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This is Happening Rohan Gunatillake, 2016 Rohan Gunatillake creator of the award winning mindfulness app buddhify proves we can be mindful and switched on in our everyday digital lives Most mindfulness teachers aren't digital natives Rohan shows us how mindfulness can complement our modern lives and is achievable in the office whilst interacting with technology and during the noisy morning commute Gunatillake offers practical guidance and portable exercises to help you design your own transformative approach Whether your goal is to relax focus connect cope or simply be more present This Is Happening redesigns mindfulness as an accessible and sustainable practice for our truly modern lives **24 Hour**

Mindfulness Rohan Gunatillake, 2015-08-27 A fresh new take on modern meditation 24 Hour Mindfulness shows what it might be like to bring awareness calm and kindness to wherever we are and whatever we are doing Written by Rohan Gunatillake one of the world's most creative voices in mindfulness and meditation this eBook short presents sixteen portable exercises to help us keep in touch with the present moment even during the busiest of days *A Very Mindful Christmas*

Rohan Gunatillake, 2015-11-27 Everybody's experience of Christmas is different But whether you are someone who absolutely loves Christmas or someone who could live without it its intensity can be exhausting In *A Very Mindful Christmas* Rohan Gunatillake creator of the bestselling app buddhify introduces mobile mindfulness a fresh take on modern meditation and reveals how we can approach the Christmas season to make it feel less stressful calm balanced and full of joy This eBook short presents twelve techniques to help us be mindful at all times during the festive period whether this be spending time with family last minute Christmas shopping amongst the crowds or putting the turkey in the oven *A Very Mindful Christmas* shows that if we apply the principles and techniques of mindfulness and meditation to Christmas it is as good a time to be calm connected and kind as any other *Modern Mindfulness* Rohan Gunatillake, 2017-05-18 Previously published as *This is Happening* Rohan Gunatillake creator of the best selling buddhify app argues that to lead more mindful calm and happy lives switching off is the last thing we need to do Instead he gives you the ideas principles and techniques to bring awareness composure and kindness to wherever you are and whatever you are doing Filled with over sixty practical exercises which you can plug into your life straight away the mobile mindfulness approach of *Modern Mindfulness* presents a way to get the benefits from meditation however busy your life is

McMindfulness Ronald Purser, 2019-07-09 A lively and razor sharp critique of mindfulness as it has been enthusiastically co-opted by corporations public schools and the US military Mindfulness is now all the rage From celebrity endorsements to monks neuroscientists and meditation coaches rubbing shoulders with CEOs at the World Economic Forum in Davos it is clear that mindfulness has gone mainstream Some have even called it a revolution But what if instead of changing the world mindfulness has become a banal form of capitalist spirituality that mindlessly avoids social and political transformation reinforcing the neoliberal status quo In *McMindfulness* Ronald Purser debunks the so called mindfulness revolution exposing how corporations schools governments and the military

have co opted it as technique for social control and self pacification A lively and razor sharp critique Purser busts the myths its salesmen rely on challenging the narrative that stress is self imposed and mindfulness is the cure all If we are to harness the truly revolutionary potential of mindfulness we have to cast off its neoliberal shackles liberating mindfulness for a collective awakening The Art and Science of Mindfulness ,2009 **Mindfulness** Felix Lopez,2015-09-01 In Mindfulness The Alchemy of Now author Felix Lopez offers a fresh perspective on mindfulness and the present moment With examples and analogies related to everyday life and the invitation to experience this book with your heart as well as your mind Felix shows you the way into conscious living from a place of gratitude creativity joy and peace and away from unnecessary pain and suffering Through Felix s ongoing invitation you have the opportunity to Develop a more organic relationship with your true nature Connect with the possibility to awaken to your full potential Gain a deeper sense of love and compassion for yourself and others Acknowledge the responsibility that accompanies a mindfulness practice Whether this is your first introduction to these concepts or you are reading this book as part of your ongoing spiritual growth Mindfulness will give you relevant and meaningful insights to put into practice immediately in your life Felix Lopez is a modern spiritual teacher who travels spreading his unique zesty and simple message around the world **The Now Effect** Elisha Goldstein,2012-02-21 Dr Goldstein takes the mindfulness approach of helping people to connect to the present moment one step further by offering practical techniques to make deep permanent life changes and alleviate stress ease pain and cultivate emotional freedom

Wherever You Go, There You are Jon Kabat-Zinn,2005 *Mindfulness* Gill Hasson,2024-03-26 An easy to follow guide to creating a mindful approach to life In this updated Second Edition of Mindfulness mindfulness expert Gill Hasson explains how instead of rushing through your life you can take things at a slower pace and feel calmer and more grounded You will discover how being mindful opens you up to new ways of thinking and doing things reducing stress and increasing your enjoyment of life With ideas tips and techniques to help you enjoy a more mindful approach to life you ll learn how to Adopt more positive ways of thinking and behaving Become calmer and more confident Let go of the past and break free from unhelpful thoughts and behaviour Bring about positive changes in your relationships Achieve a new level of self awareness and understanding Too often you don t fully experience what is and is not happening now Mindfulness explains how to be more aware and better able to stay in the present moment so that you can benefit from a fresh new approach to your life

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