Redesigning mindfulness for our very modern lives

ROHAN GUNATILLAKE

Creator of buddhify

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Rohan Gunatillake

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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 *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 *Wherever You Go, There You are* Jon Kabat-Zinn,2005

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 The Present. Jason Paul Jelicich,2016-12-27 When is the last time that you did nothing for 10mins Not reading not watching TV not even thinking For many this seems an impossible feat Life is just too busy We have become so consumed by our work smartphones and gossip that we have lost touch with our natural selves This disconnection is the root cause of much of the pain we suffer a pain that arises from our resistance to what is You likely have been thinking about doing something about this for a while now knowing that your current trajectory leaves little left in the tank for self care Like most of us you have experienced that feeling of restlessness that keeps your mind whirring even in moments of repose The world just keeps on getting faster and you find yourself struggling to keep pace to stay on top of things to stay centred The Present is written for people just like you It is a laypersons guide to mindfulness offering insights and practices on how to be less tangled up in your thoughts about the past and or future and become more present After all when you are present you are happy in fact it s impossible to be happy and not to be present You re bound to get at least one idea that resonates with you and sets you on a path towards more peace and contentment in your life Perhaps the best news of all is that it can happen right here right now

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