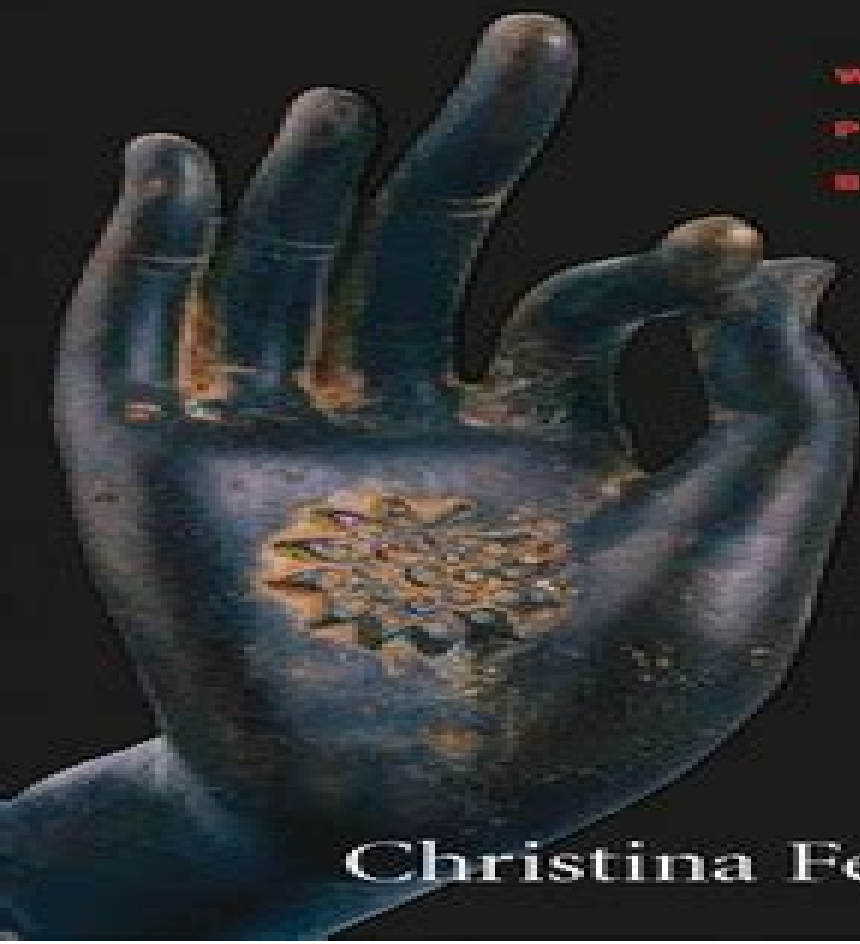


Woman Awake

WOMEN
PRACTICING
BUDDHISM

Christina Feldman



Woman Awake Women Practicing Buddhism

Dong Jin Kim



Woman Awake Women Practicing Buddhism:

Woman Awake Christina Feldman, 2016-08-01 Because women have been conditioned to live according to traditional feminine values conformity passivity and surrender of the self they often feel powerless to transform their lives and afraid to lose their sense of worth In *Woman Awake* Christina Feldman suggests that it is possible for women to break out of their negative patterns and accept themselves as they really are With a growing awareness of the dignity of all life and its connection with them women can overcome the social conditioning and myth making that overwhelm and oppress them For those women new to Buddhist meditation Christina Feldman offers sensitive and valuable guidelines on breathing and relaxation stressing above all that learning to understand appreciate and value themselves is the first step toward women's creative and joyful integration with the world

A New Zen for Women Perle Besserman, 2025-10-16 Perle Besserman's adventures in a Japanese Zen monastery provide the groundwork for this lively heartwarming narrative of a woman's life in Zen Engaging in cross cultural dialogues with nuns and laywomen in India China Japan and more Besserman dispels the notion that women had nothing to do with the founding and sustaining of Zen She shows how women continue to transform traditional Zen in new and creative ways integrating the practice of meditation into their lives Both informative and entertaining *A New Zen for Women* offers a new look at Western women encountering Zen

Western Buddhist Feminists' Contribution to Christian Theology Dong Jin Kim, 2022-12-06 This book discusses gender injustice and justice in religious institutions and spiritual life Fixed as a gender God Goddess leads those who have the same gender to subordinate anyone who differs In this sense the patriarchal and androcentric system has caused many religious women to lose their spiritual and faithful equality and identities in a church This book details how Western Buddhist feminists find that after recuperating women's equivalent rights and identities both religious men and women need to meditate to achieve the emptiness of gender ego gender privilege and prejudice which then leads to awakening and enlightenment from ignorance To apply such skills in Christian theology gender justice comes from spiritual equality and courage awakening and repentance in their contemplative and meditative lives This book suggests that for women's spiritual and real liberation and happiness both inner trainings and external social actions have to go together

Women Practicing Buddhism Peter N. Gregory, Susanne Mrozik, 2008 This book grew out of the conference *Women Practicing Buddhism American Experiences* held at Smith College in Northampton Massachusetts in 2005 The conference brought together students scholars Buddhist teachers practitioners artists activists and healers to explore the diverse experiences of women practising Buddhism in contemporary America The pieces here centre on issues of practice bringing to bear women's particular experiences of Buddhism as it is spreading to North America and taking root in new contexts They celebrate the ways in which women are changing Buddhism and explore the array of issues that women as Buddhists face today Contributors include those recognizable as Buddhist teachers as well as well known and even famous practitioners

Re-Envisioning Higher Education Jing Lin, Rebecca L. Oxford, Edward J.

Brantmeier,2013-10-01 This book will expand the horizon of higher education helping students faculty and administrators to return to their roots and be in touch with their whole being This book stresses that learning is much more than just accumulating knowledge and skills Learning includes knowing ourselves mind body and spirit The learning of compassion care and service are as crucial or even more important in higher education in order for universities to address students individual needs and the society s needs Higher education must contribute to a better world The book acknowledges that knowing not only comes from outside but also comes from within Wisdom is what guides students to be whole true to themselves while learning There are many ancient and modern approaches to gaining wisdom and wellness This book talks about contemplative methods such as meditation qigong yoga arts and dance that help people gain wisdom and balance in their lives and enhance their ability to be reflective and transformative educators and learners **Playful Awakening**

Dianne Gammage,2017-08-21 This eloquent ode to keeping a place for playfulness in adulthood explores the importance of play for leading a happy authentic and harmonious life Inspired by a plethora of writers and artists as well as the Core Process psychotherapy model it reveals how play helps us understand ourselves heal from hardships and live life to the full

Women in Early Indian Buddhism Alice Collett,2013-10-18 This volume is a broad ranging comparative study with translations of texts sections of texts and textual fragments that are concerned with women in early Indian Buddhism including study of texts in Gandhari Sanskrit Pali Chinese Tibetan and Sinhala Awakening the Creative Spirit Christine Valters Paintner,Betsey Beckman,2010-02 The resource is designed to help spiritual directors and others use expressive arts in the context of spiritual direction It is the latest book in the unique SDI series designed for professional spiritual directors but also useful for clergy therapists and Christian formation specialists The Spiritual Directors International Series This book is part of a special series produced by Morehouse Publishing in cooperation with Spiritual Directors International SDI a global network of some 6 000 spiritual directors and members **Buddha's Daughters** Andrea Miller,Editors of the Shambhala Sun,2014-04-08 Compelling and informative teachings by the most influential female Buddhist teachers on a wide range of topics Buddhism began to take root in the West at just the same time that women s voices were arising to find expression here after millennia of being relegated to the background If that was a coincidence it was an auspicious one for the women who emerged as Buddhist teachers have been among the most articulate of Dharma communicators and they remain an indelible feature of Western Buddhism as the practice matures here The remarkable range of their teaching is showcased in this anthology The pieces featured touch on the topics that are at the heart of our lives relationships uncertainty love parenting food stress mortality living fully and social responsibility These approachable engaging teachings illuminate Buddhist concepts and practices such as meditation tonglen lovingkindness cultivating gratitude and deep relaxation The book contains wisdom from such well known and respected contemporary Buddhist teachers as Pema Chodron Ayya Khema Sharon Salzberg Toni Packer Maurine Stuart Karen Maezen Miller Khandro Rinpoche Jan Chozen Bays Sister

Chan Khong Sylvia Boorstein Pat Enkyo O Hara Darlene Cohen Joanna Macy Bonnie Myotai Treace Tsultrim Allione Tenzin
Palmo Tara Brach Joan Sutherland Carolyn Rose Gimian Joan Halifax and Charlotte Joko Beck New Books on Women and
Feminism ,2005

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