

# Dancing With Life Phillip Moffit

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## 10 Mindful Minutes Routledge

"In *The Body Knows the Way*, Gordon Peerman leads us on a journey of discovery of our innate luminous awareness. He shares a deeply moving account of his own great loss and slow recovery that is both inspirational and highly practical. He shows how we, too, can move from the abyss of seemingly endless despair to a never-before imagined state of peace and joy. You will discover things you do not know in these pages." - Phillip Moffitt, author of *Dancing with Life* and *From Emotional Chaos to Clarity* Following his beloved wife's death, Gordon Peerman fell into a depression which no therapy or medication or spiritual practice could relieve. *The Body Knows the Way* is the story of his journey through shattering grief and spiritual darkness. Lost in the dark night of his desolation, struggling to keep going, Peerman discovered emotional and spiritual resources that helped him find his way home again. *The Body Knows the Way* teaches how simple shifts of attention into an effortless awareness can open the way to emotional healing and spiritual connection. Combining insights from Christian contemplative and Buddhist mindfulness practice, Peerman integrates ancient spiritual wisdom with contemporary psychological understandings of the roots of depression in developmental trauma. The body knows how to hold sorrowful, furious, and despairing parts of ourselves in open-hearted, loving awareness. Sometimes the body needs to be reminded how. In a deeply personal and practical memoir, Peerman shows there is a way home through the darkness of grief and despair.

## **The Wise Heart** Bantam

Counsels readers on the twelve insights that underlie the Buddha's core teachings, addressing such topics as mindfulness, suffering, the Buddha's Four Noble Truths, and the search for inner peace.

## Yoga and the Quest for the True Self Harmony

Ortho-Bionomy is based on the premise that the body inherently knows how to heal and self-correct, given the opportunity. This user-friendly self-help guide by one of the pioneers of the approach presents positions, postures, and movements designed to release tension and ease pain. Not only are the techniques simple to perform, but they can be done on one's own, without the use of special equipment. Positions for each part of the body are clearly described in lay terms and illustrated with photos and drawings. Selected topics include low back, hip and knee pain, neck, shoulder, and rib releases, repetitive strain injuries, and arthritic pain in the hands. Quick fixes for sciatica, suggestions for dealing with menstrual cramps, and gentle movement exercises to address posture, scoliosis, and flexibility of the spine are just a few among 150 techniques described. The book also includes simple movements and exercises to increase ease, function, strength, and flexibility once the pain has subsided. Rounded out with human-interest stories and client examples, this accessible work can be used quickly and effectively by anyone with pain.

## Hardwiring Happiness Simon and Schuster

A Buddhist meditation teacher offers a new path to transformation—within ourselves and within the wider world—that integrates spiritual wisdom and social action. By the time Donald Rothberg was in his early twenties, he knew he had two vocations. He wanted to dedicate himself to justice and social change, and he wanted to commit himself to exploring the depths of human consciousness—to an awakening of our deeper spiritual nature. It has been his life's work, as an activist, organizer, writer, and teacher, to bring these two paths together and to reveal how deeply they require one another. *The Engaged Spiritual Life* is the fruit of this work. Skillfully weaving together basic spiritual teachings, real-life examples, social context, and exercises, Rothberg provides a clear, thorough, and compelling guide for those interested in connecting inner and outer transformation. At the core of the book

are ten spiritual principles and associated practices that will enable readers to engage all the parts of their lives—whether personal, interpersonal, or political—into a seamless whole.

## **You Are The One** SkyLight Paths Publishing

If everything is empty, then what ceases in Nirvana and is born in rebirth? How can you live in the world without feeling trapped by it? Guy Armstrong tackles these questions and more in this richly informed, practical guide to emptiness for the meditator. It may seem odd for emptiness to serve as the central philosophy of a major religion. In fact, emptiness points to something quite different than “nothingness” or “vacancy.” And by developing a richer understanding of this complex topic, we can experience freedom as we live consciously in the world. Guy Armstrong has been a leading figure and beloved teacher of insight meditation for decades. In this book, he makes difficult Buddhist topics easy to understand, weaving together Theravada and Mahayana teachings on emptiness to show how we can liberate our minds and manifest compassion in our lives.

## *How to Wake Up* North Atlantic Books

A thoughtful, down-to-earth look at helpful ways to lessen human suffering. This book takes you on a lively, sometimes light-hearted, journey through nine Buddhist practices that can bring “blessed relief” to a wide range of human suffering and teaches you skills to reduce suffering in the long term for yourself and others. The practices help you: [[ Loosen the grip of suffering [[ Engage and question limiting views, thoughts and opinions [[ Deconstruct ten common assumptions [[ Be present in each moment [[ Survive emotional storms [[ Develop peaceful communication skills [[ Deepen communication with your partner [[ Appreciate mortality and the preciousness of life [[ Cultivate compassion As you read the chapters and engage in each practice, you will work with your own stories of suffering—stories in which you have felt abandoned, deprived, subjugated, defective, excluded or vulnerable—and you will learn how to release yourself from suffering by investigating it with curiosity and kindness.

## You Are Not Your Pain North Atlantic Books

The author plumbs the “Eightfold Path” of Buddhism for advice on how to live life with

the proper attention to understanding, thinking, speech, action, livelihood, effort, mindfulness, and concentration.

#### *Zen Training* Penguin

Still, in the City is a collection of stories about the practice of urban Buddhism—when a New York City subway becomes a mobile temple, when Los Angeles traffic becomes a vehicle for awakening, when a Fifth Avenue sidewalk offers a spiritual path through craving, generosity, and sorrow. The instructions offered here for exploring mindfulness in and around our cities are written to be accessible, whether you've practiced a lot or a little. Perhaps you've returned home from a retreat and want to hold the attention and intention gained from pausing and experiencing the silence. Or perhaps you practice mindfulness and don't call it Buddhism, or you are just curious about what mindfulness is all about. Still, in the City will speak to you. Practicing in the city comes with its own set of challenges and opportunities, and this book is attuned to both, offering guidance by teachers who see mindfulness not only as an intention for self-acceptance and relief of stress, but also as awareness that leads to dissatisfaction and that inspires our desire for deeper understanding and change. Dedicated to using their practice to make a difference not only in their own lives but also those of others, the authors speak of their involvement with their cities' diverse communities, and their experience belies the notion that western Buddhists are of an age and race and class. There is amazing clarity in stillness, and the opportunity for a skillful response rather than a reaction, even to injustice. And there is the possibility of equanimity and of freedom, everywhere and for all.

#### **Blessed Relief** Simon and Schuster

A complete guide to Friluftsliv, the Nordic secret to unplugging and connecting more deeply with nature. In *The Open-Air Life*, Swedish-American writer Linda McGurk introduces readers to a wide array of Nordic customs and practices that focus on slowing down and spending more and more of one's time outdoors. An outdoorsy cousin of hygge, friluftsliv is what Nordic people do outside all day before they cozy up in front of the fireplace with their wool socks on and a cup of hot cocoa. From the pleasures of foraging for wild berries and birding to how to stay warm and cozy outside in the middle of winter, this charmingly illustrated, inspirational guide shows readers how to harness the power-of-nature to improve their physical and mental health, as well as their relationships with both other people and Mother Nature. Readers will learn: Why and how they should spend more time outside How to use friluftsliv to combat stress, anxiety disorders, depression, and burnout Practical skills like making fire, cooking outdoors and cleaning water on the go. For country and city lovers alike, this book will serve as an essential guide to slowing down in this modern, fast paced society and connecting with the natural world.

#### **Emptiness** Penguin

Why do we suffer? Is there a purpose to our pain? Noting that human beings have

wrestled with such questions for thousands of years, Phillip Moffitt has found answers for his own life in Buddhist philosophy and meditation. Reflecting on his own journey from Esquire magazine editor-in-chief to Buddhist meditation teacher, Moffitt provides a fresh perspective on the Buddha's ancient wisdom, showing how to move from suffering to new awareness and unanticipated joy. In this deeply spiritual book that is sure to become a Buddhist classic, Moffitt explores the twelve insights that underlie the Buddha's core teaching--the Four Noble Truths--and uses these often neglected ideas to guide readers to a more meaningful relationship to suffering. Moffitt writes: "These twelve insights teach you to dance with both the joy and pain, finding peace in a balanced mind and calm spirit. As the most specific, practical life instructions I have ever encountered, they serve as an invaluable tool for anyone who seeks a life filled with meaning and well-being." Practicing these twelve insights, as Moffitt suggests, will help readers experience life's difficulties without being filled with stress and anguish, and they will enhance their moments of happiness. With engaging writing and a strong message of self-empowerment, *Dancing with Life* offers a prescriptive path for finding joy and peace that will appeal to meditation students and readers of "Dharma Wisdom," Moffitt's column in *Yoga Journal*, as well as anyone searching for a more authentic life.

#### *A Profound Mind* Simon and Schuster

This inspiring and prescriptive book leads us from the emotional chaos of the reactive mind to the clarity of the responsive mind. As Founder of the Life Balance Institute, Phillip Moffitt has observed that most people lack clarity about their life's direction and the ability to cope with its inevitable challenges. Now, in *Emotional Chaos to Clarity*, he provides the antidote by showing us the path of skillful living. Grounded in Western psychology and Buddhist philosophy, each chapter introduces a mind state that prevents us from living skillfully, narrates stories from Moffitt's hundreds of students and clients, and provides step-by-step exercises for readers to find clarity in their own lives. Among the many benefits of skillful living are being able to gain wisdom from both pleasant and unpleasant experiences and having an inner life which can flourish, even if our outer life is filled with difficulty.

#### **Dancing With Life** Simon and Schuster

A guide to the transformative power of Buddhist psychology—for meditators and mental health professionals, Buddhists and non-Buddhists alike. You have within you unlimited capacities for extraordinary love, for joy, for communion with life, and for unshakable freedom—and here is how to awaken them. In *The Wise Heart*, celebrated author and psychologist Jack Kornfield offers the most accessible, comprehensive, and illuminating

guide to Buddhist psychology ever published in the West. Here is a vision of radiant human dignity, a journey to the highest expression of human possibility—and a practical path for realizing it in our own lives.

#### **Wisdom Wide and Deep** Penguin

With New York Times bestselling author, Dr. Hanson's four steps, you can counterbalance your brain's negativity bias and learn to hardwire happiness in only a few minutes each day. Why is it easier to ruminate over hurt feelings than it is to bask in the warmth of being appreciated? Because your brain evolved to learn quickly from bad experiences and slowly from good ones, but you can change this. Life isn't easy, and having a brain wired to take in the bad and ignore the good makes us worried, irritated, and stressed, instead of confident, secure, and happy. But each day is filled with opportunities to build inner strengths and Dr. Rick Hanson, an acclaimed clinical psychologist, shows what you can do to override the brain's default pessimism. *Hardwiring Happiness* lays out a simple method that uses the hidden power of everyday experiences to build new neural structures full of happiness, love, confidence, and peace. You'll learn to see through the lies your brain tells you. Dr. Hanson's four steps build strengths into your brain to make contentment and a powerful sense of resilience the new normal. In just minutes a day, you can transform your brain into a refuge and power center of calm and happiness.

#### *Dancing With Life* North Atlantic Books

Find peace and calm amid the busyness of your life with this new book by Zen Master Thich Nhat Hanh. Designed to be both inspiration and guidebook for those new to mindfulness practice, *Making Space* offers easy-to-follow instructions for setting up a breathing room, listening to a bell, sitting, breathing, and walking meditations, and cooking and eating a meal in mindfulness. Whether you live alone or with a family, this beautifully illustrated book can help you create a sense of retreat and sanctuary at home.

#### **Awakening through the Nine Bodies**

Buddhist Publication Society

Based on meditation practices Phillip Moffitt learned twenty years ago from Himalayan yoga master Sri Swami Balyogi Premvarni, this beautifully illustrated book is a guide to exploring the nature of mind and gaining a better understanding of experiences that arise during meditation. The Nine Bodies teachings map out a journey that starts with consciousness that arises in the physical body and is directly observable, and then travels through ever more subtle levels of consciousness to that which is not manifest and is only potential,

and therefore has to be inferred. The book includes a series of mysterious illustrations that Balyogi created during his time of intense Samadhi explorations. Each illustration is a rich composition of symbols that express aspects of inner experiences that are almost impossible to express with language. Moffitt makes these teachings available for meditation students from all spiritual traditions to use as gateways for exploring the nature of mind and as additional means for tracking and classifying meditative experiences. Students of yoga will also find value in the teachings of the Nine Bodies as they provide a means for contextualizing and connecting with yogic teachings on chakras, koshas, gunas, and the Three Bodies.

*Still, in the City* Shambhala Publications  
More than 100,000 copies sold! Millions of Americans know yoga as a superb form of exercise and as a potent source of calm in the midst of our stress-filled lives. Far fewer are aware of the full promise of yoga as "the way of the fully alive human being"--a 4,000-year-old practical path of liberation that fits the needs of modern Western seekers with startling precision. Now one of America's leading scholars of yoga psychology--who is also a Western-trained psychotherapist--offers this marvelously lively and personal account of an ancient tradition that promises "the soul awake in this lifetime." Drawing on the vivid stories of practitioners at the largest yoga center in America, where he has lived and taught for more than ten years, Stephen Cope describes the philosophy, psychology, and practice of yoga--a practical science of development that urges us not to transcend or dissolve the self, but rather to encounter it more deeply. In this irreverent modern-day Pilgrim's Progress, Cope introduces us to an unforgettable cast of contemporary seekers--on the road to enlightenment carrying all the baggage of the human condition: confusion, loss, disappointment, addiction, and the eternal conflicts around sex and relationship. As he describes the subtle shifts of energy and consciousness that happen at each stage of the path, we discover that in yoga, "liberation" does not require us to leave life in the world for some transcendent spiritual plane. Life itself is the path. Above all, Cope shows how yoga can heal the suffering of self-estrangement that pervades our society, leading us to a new sense of purpose and to a deeper, more satisfying life in the world.

Pariyatti

A guide to healing meditation, from revered teacher Stephen Levine. Drawing on years of first-

hand experience working with the chronically ill, here Levine presents original techniques for working with pain and grief. Addressing the choice and application of treatment, discussing the development of a merciful awareness as a means of healing, and providing practical meditation techniques as well as personal anecdotes from his career, Levine has crafted a valuable resource for anyone dealing with pain--physical or mental.

#### **Eight Mindful Steps to Happiness** Rodale Books

Most of us have never experienced such deep anxiety and uncertainty in the world as we are in these current times; this anthology of Buddhist teachings offers an antidote. While we can't control the home foreclosures, job losses, dwindling savings, and the other myriad challenges facing our society, Buddhism teaches us that there is one thing we can always control: our own state of mind. How we react to the ups and downs of life makes all the difference, and Buddhism offers a wealth of wisdom and practices to help us maintain a stable, wise, and helpful state of mind no matter what happens. In the Face of Fear shows us how to • remain open, joyful, and caring, even when life is stressful • avoid old behavior patterns that only make things worse • access our innate confidence and fearlessness • turn difficult times into opportunities for spiritual development • learn why caring for others is the best way to relieve our own suffering • discover that our true nature is always awake, wise, and good, no matter what is happening This anthology features the greatest contemporary Buddhist teachers and writers--people renowned for addressing precisely the problems we're facing today--including the Dalai Lama, Pema Chödrön, Thich Nhat Hanh, Chögyam Trungpa, Sylvia Boorstein, Jack Kornfield, Norman Fischer, Jon Kabat-Zinn, Sharon Salzberg, and many others.

*Emotional Chaos to Clarity* Flatiron Books  
*Moving into Meditation* is a practical and inspiring guide to integrating mindful yoga and embodied meditation, in a 12-week format. One week at a time, *Moving into Meditation* lays out a plan for exploring body-based practices to get you more in tune with not only your limbs and core but your mind and heart. Cushman's curriculum integrates asana with mindfulness meditation to help practitioners turn "embodiment" from a concept into a tangible reality. Her insightful mixture of practices, yoga history, and Buddhist philosophy are made relevant to your present-day life. Personal stories from the "trenches" of decades of practice and teaching add color; Cushman's

characteristic poetic and funny voice makes all readers feel that much more human. Cushman believes--and experience proves--that by becoming better attuned to and acquainted with the body, the physical forms become a vehicle for becoming more intimate with yourself and your world. From there, we can explore and embody the teachings of the Buddha for a more awakened life. In recent years, "mindfulness" has blasted into mainstream culture much as yoga did two decades ago, making "mindful yoga" an appealing trend. But how does mindful yoga evolve from a buzz-worthy concept to a lived experience? How do yoga asanas and pranayama support and express the practice of meditation? How do you explore the teachings of the Buddha through the vehicle of your own living, breathing, human body? As we quickly learn, the practices are inherently entwined. Experienced yoga and meditation teacher Anne Cushman answers all these questions and more in *Moving into Meditation*, teaching us to deepen our asana practices with mindfulness meditation and enhance our meditation practice with asana. With compassion, humor, and deep intelligence, *Moving into Meditation* guides us through integrating mind, body, and spirit practices for a wide-awake life.

#### *Moving into Meditation* Harmony

Jesus, Moses, Mohammed, Gandhi, and the Buddha all had brains built essentially like anyone else's, yet they were able to harness their thoughts and shape their patterns of thinking in ways that changed history. With new breakthroughs in modern neuroscience and the wisdom of thousands of years of contemplative practice, it is possible for us to shape our own thoughts in a similar way for greater happiness, love, compassion, and wisdom. Buddha's Brain joins the forces of modern neuroscience with ancient contemplative teachings to show readers how they can work toward greater emotional well-being, healthier relationships, more effective actions, and deepened religious and spiritual understanding. This book will explain how the core elements of both psychological well-being and religious or spiritual life--virtue, mindfulness, and wisdom--are based in the core functions of the brain: regulating, learning, and valuing. Readers will also learn practical ways to apply this information, as the book offers many exercises they can do to tap the unused potential of the brain and rewire it over time for greater peace and well-being.