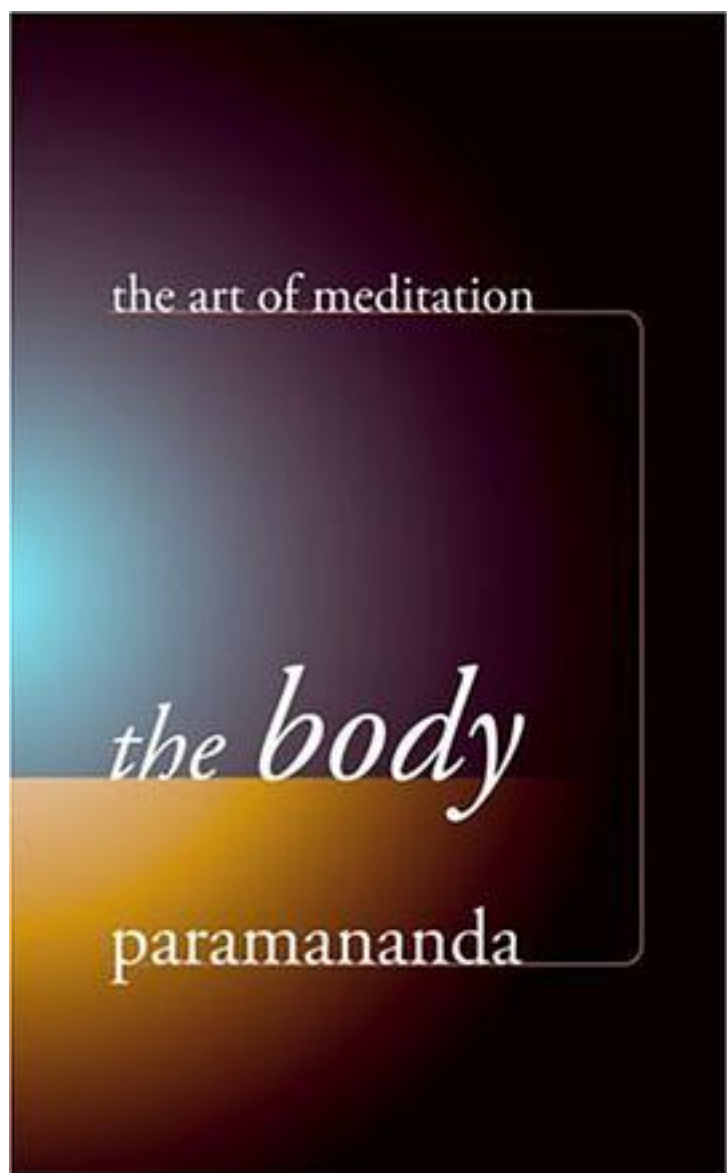


The Body (Art of Meditation)



[The Body \(Art of Meditation\)_下载链接1](#)

著者:Paramananda

出版者:Windhorse Publications

出版时间:2007-07-30

装帧:Paperback

isbn:9781899579778

We live in our bodies but pay very little attention to them. In fact, most of what we call our experience is our thoughts. The meditations and instructions in The Body get us back in touch with our physical experience. We feel the benefits in a deeper, fuller, and more satisfying experience of ourselves and of life itself. By befriending and nurturing our bodies we can bring awareness to our physical sensations and learn the language of the body. We can then access the remarkable wisdom held within our bodies and develop a more intuitive approach to life. Born John Wilson, Paramananda is a meditator with twenty-five years of experience, who has taught extensively in San Francisco and London. He is the author of the best-selling book on meditation Change Your Mind and is currently writing a PhD thesis on meditation.

作者介绍:

目录:

[The Body \(Art of Meditation\) 下载链接1](#)

标签

评论

[The Body \(Art of Meditation\) 下载链接1](#)

书评

[The Body \(Art of Meditation\) 下载链接1](#)