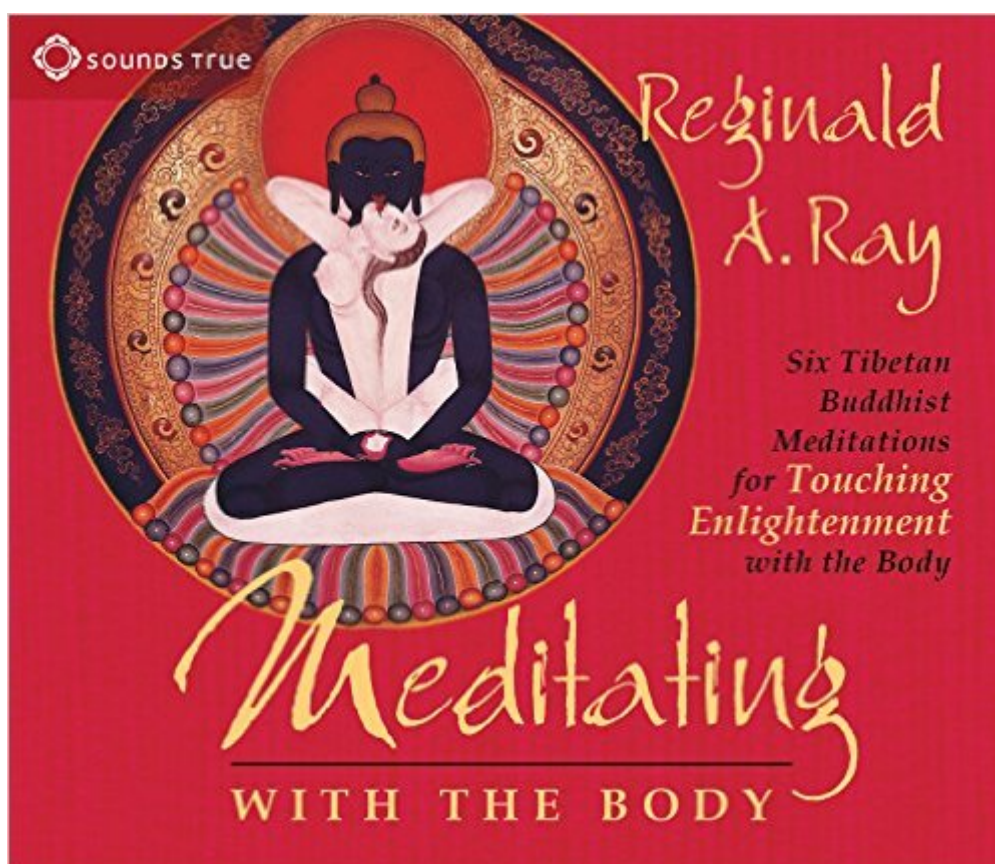


The book was found

Meditating With The Body: Six Tibetan Buddhist Meditations For Touching Enlightenment With The Body



Synopsis

In Tibetan spiritual life, the practice of body-based meditation has been revered throughout its history as a vital tool for cultivating spiritual awareness and physical well-being. Today, in a world overabundant with stimuli, these embodied practices are more relevant and useful than ever. *Meditating with the Body* guides you into the rejuvenating experience of body-based meditation to help you: "Digest" the stressful events and experiences of your daySettle and calm your mindChannel revitalizing energy throughout your bodyConnect with the healing effects of the earth (viewed in Tibetan Buddhism as a living, enlightened being)Uncover your body's untapped powers of perception, intuition, and wisdomJoin esteemed teacher Reggie Ray as he teaches you this complete series of six Tibetan-based meditations, including prana breathing, body awareness, abdominal breathing, earth-based meditation practice, and more.Note: Excerpted from the full-length audio course *Buddhist Tantra*.

Book Information

Series: Six Tibetan Buddhist Meditations for Touching Enlightenment

Audio CD

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Average Customer Review: 4.7 out of 5 stars See all reviews (7 customer reviews)

Best Sellers Rank: #1,126,767 in Books (See Top 100 in Books) #33 in Books > Books on CD > Religion & Spirituality > Inspiration #308 in Books > Books on CD > Health, Mind & Body > Meditation #342 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

Customer Reviews

I love the format of this program! It is excerpted from a longer, 9 CD set, *Buddhist Tantra*, which offers numerous lecture topics. In *Meditating with the Body*, the lecture is contained on 1 CD, and it provides a comprehensive intro to meditation, along with guidelines for gaining awareness, and exploring discomfort. Then, the remaining 3 CDs include 6 guided meditations (which each have their own intros). For me, this was a real fit - small amount of lecture and numerous profound meditation practices to choose from.

This is a great introduction to Reggie Ray's bodywork techniques. I attended the first "Meditating with the Body" program taught by Reggie and I can say these practices changed my meditation and my life. I highly recommend this CD set as a place to start. If it peaks your interest you should consider attending one of Dr. Ray's retreats. Check out [...]

Clear, helpful, simple and wise.NB: I originally gave this product a low score, because it didn't match the published description. But I see that the description now notes that this set consists of extracts from R Ray's "Tantra" CDs, so I'm raising my score to "Excellent".

This is an excellent book. I finally understand why other forms of meditation seem like mental gymnastics to me. This method of body meditation includes the whole being. It is authentic and readable. You feel like you have a good friend at your side guiding the way.

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