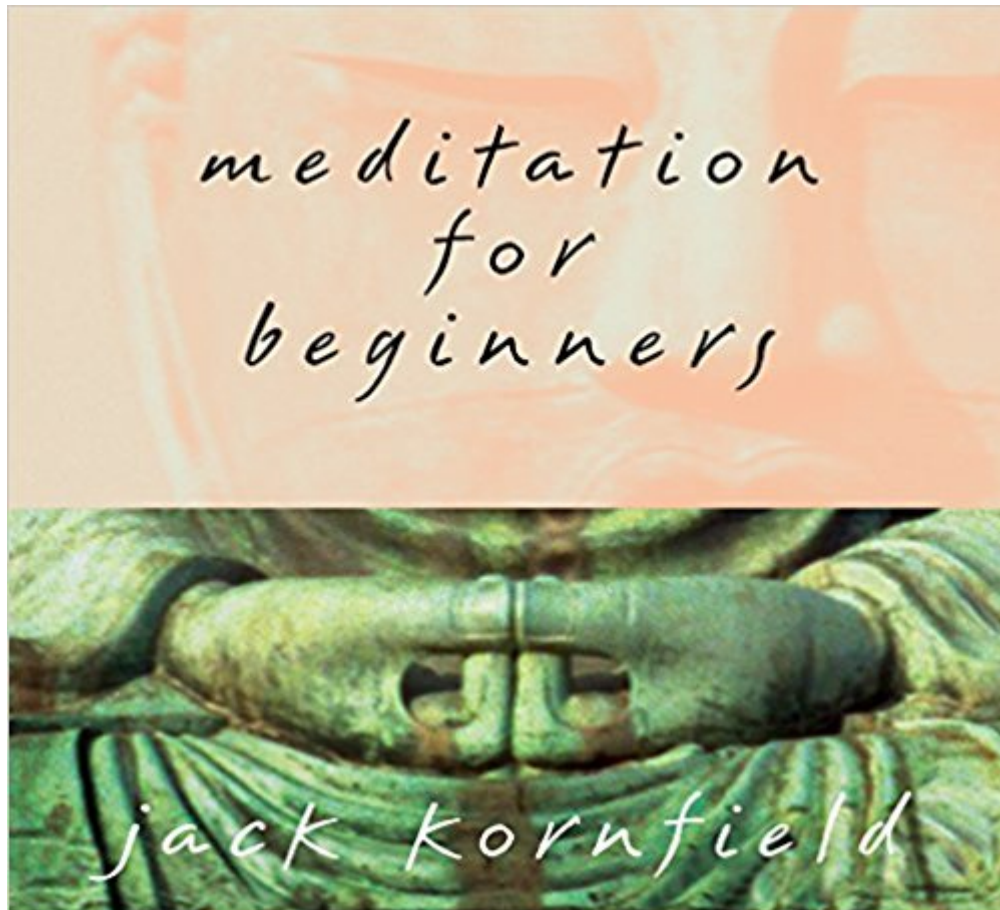




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# Meditation For Beginners



## Synopsis

Step-By-Step Meditation for Beginners Course objectives: Discuss the art of beginning meditation through the awareness of the breath, body, thoughts and feelings. Practice presence and mindfulness through specific guided meditations. Utilize the qualities of kindness, understanding, patience and love in meditation. Analyze the process of opening to our difficulties as the path to freedom. Explain the Four Noble Truths in relationship to guided meditation practices. Have you ever thought about trying meditation, but didn't know how to get started? On *Meditation for Beginners*, renowned teacher Jack Kornfield uses clear language and step-by-step guidance to show us how to start and stick with a daily meditation practice. From the basics of how to get started to dealing with distractions, this complete course introduces us to the Insight tradition of meditation that has helped practitioners throughout the ages cultivate profound inner calm and a lasting capacity for happiness. Available in three formats, *Meditation for Beginners* offers us a variety of entry points into this life-changing practice. In the DVD edition, we join Jack in a live 99-minute session that brings you the experience of a meditation retreat in your living room. With the integrated book and CD, Jack shares teachings based on the original video program plus six guided practices on audio. The two-CD audio program distills the information from the DVD and integrated book-and-CD course, providing four guided meditations for those ready to dive right in to practice. Topics covered in each program include: How to use breathing, posture, and attention to enter the meditative state Simple and effective strategies for dealing with "busy brain," and other common challenges in meditation How meditation can help you deepen compassion, find healing through forgiveness, and dissolve your fear of death Four cornerstone meditations for your practice from resting in the moment to experiencing lovingkindness, and more With his gentle delivery and ability to translate ancient practices for modern audiences, Jack Kornfield has become one of the most accessible and sought-after teachers for helping first-time meditators get their start. Now you can begin to develop the foundational skills to start your practice immediately and discover the life-changing power of meditation for yourself with *Meditation for Beginners*.

## Book Information

Audio CD

Publisher: Sounds True; Unabridged edition (July 1, 2010)

Language: English

ISBN-10: 1591797845

ISBN-13: 978-1591797845

Product Dimensions: 0.8 x 5 x 5.8 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 160 customer reviews

Best Sellers Rank: #553,372 in Books (See Top 100 in Books) #141 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #146 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #686 in [Books > Books on CD > Religion & Spirituality > General](#)

## Customer Reviews

"It's encouraging to find Westerners who've sufficiently assimilated the traditions of the East to be able to share them with others as Jack is doing" HH the Dalai Lama "Jack Kornfield is a remarkable and thoughtful teacher" -- Sogyal Rinpoche --This text refers to an out of print or unavailable edition of this title.

According to a recent Time magazine cover feature about meditation, ten million American adults say they practice some form of meditation regularly. --This text refers to an out of print or unavailable edition of this title.

The Kindle version does not include audio, which was a bit of a distraction since the audio is mentioned quite frequently. The book is a very simple and straight-forward explanation of beginning meditation. It was interesting and a quick read. I did, however, feel cheated that there was no audio.

The book is good, the information is great. But I felt cheated about not receiving the CD of meditations since I got the Kindle version. Maybe I am missing something? Good book but want the full experience.

Jack Kornfield is known by the meditation community as being one of the most well known and liked teachers in the Western Hemisphere. His workshops usually sell out in advance. The book is simple to understand and covers three basic types of meditation: 1) Focusing on the Breath but in general awareness 2) Walking Meditation and 3) LovingKindness Meditation. He teaches it in stages. He doesn't have a lot of shoulds like some teachers and you don't have to be interested in buddhism. Check to make sure the Book comes with an audio CD!!! Which is worth the price of the book alone and is almost word for word how Jack teaches each of these in live workshop. I

recommend this book for ANYONE beginner or advanced who wants to learn about Meditation.

Jack is one of my all time favorite meditation teacher, and he is recognized and respected all of US, Burma, Thailand etc for his teachings and his wisdom. Like all meditation books -- it might seem foreign and difficult, but it's just our mindset on what we don't understand. N Jack did a great job in a gently walking through all the first steps in learning meditation. Check out the rest of his books and Pema's, super worth it and well done. :)

I like this DVD because it's a good introduction for people who have never meditated and for people who might not be the typical audience for such topics. Jack Kornfield was a monk in Thailand, but is also a Western clinical psychologist. He approaches introducing people to meditation very gently and from a practical standpoint. While it is clear he is committed to a Buddhist path, he presents meditation in an unbiased, impartial and often humorous manner. While the guided meditations aren't particularly long or deep, they give the listener a good taste of what meditation is about without making it seem esoteric. There are also some very nice stories on the DVD, which is worth getting just for this reason. Something that distracts from the DVD is the timing and volume of bells sounding. Here and there this is bordering on corny, but I didn't find it a problem in any MAJOR way. It doesn't change the credibility of the core message or value of the instruction. The biggest strength of this DVD is Jack Kornfield's ability to tell stories and use powerful analogies. For example, he compares "training the attention" to house breaking a puppy! He says, you gently bring the attention back to the breath as you would bring a puppy back to a newspaper and you do this over and over again patiently. You don't kick or beat the puppy and you don't judge yourself for letting your mind wander! I found this to be a very clever and useful analogy. In my opinion, this is not Jack Kornfield's best work. However, it's a good resource for a lot of people. My favorite Jack Kornfield book is "A Path with Heart" and my favorite recorded material is your "Buddha Nature." However, I still enjoy listening to this DVD and often recommend it to beginning meditators. If you want deeper material on meditation, try *Breath by Breath* by Rosenberg. This is my favorite introductory book on meditation for Westerners. If you want a recording that has more depth, then *Insight Meditation* by Sharon Salzberg and Joseph Goldstein is pretty good and has quite a bit of detail.

This is a great place to start for those mildly curious or considerably more interested about the process of daily Meditation. Instead of a complicated or over analyzed explanation, Kornfield sticks

to the basics and makes it very easy for the novice to begin the journey. An easy read, but well worth the time.

Funny but very informative. You can use the ideas right away. Very much for the hapless beginner. Encourages you and tells you what to expect and how to manage it. Excellent book.

My yoga teacher, friend and mentor recommended this book to me. I absolutely love it! Even though I have other guided meditations and also meditate solo, I come back to this one over and over again. The book is basically a transcript of the cd. I have loaded the cd on my phone so I can take it with me when I travel. Jack has a warm voice, a lovely sense of humor and he gradually leads you through a series of meditations that help you develop your skills. I've heard many versions of the LovingKindness meditation, but I think his is the loveliest I've ever done. I have bought quite a few copies of this set for friends.

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