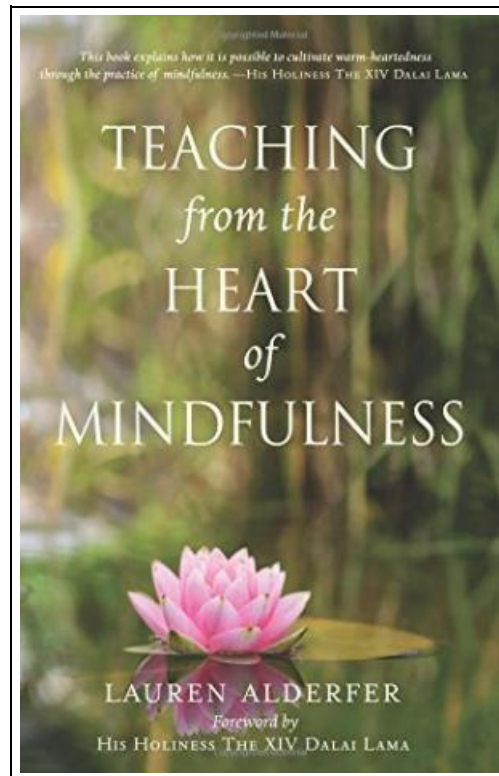


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Green Writers Press. Paperback. Condition: New. 224 pages. Teaching from the Heart of Mindfulness invites you to experience mindfulness as a way of being, from the heart, in presence, and as a teacher. Rather than doing mindfulness, these pages cultivate a quieting of the mind giving way to the expanding expression of the heart in the all-knowing present moment. This open presence of being, where a sense of peace and well-being emerge, where a deeper sense of wholeness dwells, where compassion can develop, where heart and mind merge as one is at the heart of mindfulness. By cultivating these seeds of mindfulness, teaching from the heart of mindfulness can take firm root. On the subcontinent, where I have lived and taught most of the last 20 years, the seat of wisdom is considered to be in the heart. What a beautiful thought! In the West, we think of the mind; and therefore, wisdom, as being in the head, the intellect. In Sanskrit, the word describing the energy of the heart is anahata; literally meaning unstuck. For at the very heart of our day-to-day lives, including typical teaching days, beyond limiting thoughts and emotions of the intellect and unbound by time or space, there is an inner dwelling of the heart, a place stemming from a deep peace and all-knowing, a spaciousness of heart and mind that is always un-stuck, always whole. The practice of mindfulness cultivates this unfolding process and by teaching from the heart of mindfulness, teachers; and by direct consequence their students, are welcomed into this spaciousness of heart and mind- this peaceful place of being. Teaching from the Heart of Mindfulness invites mindfulness in an accessible way to all educators at all levels of interest, commitment or experience. Mindfulness as a positive forward-moving action, stemming from a...



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