



Mindfulness Buddhism Guidebook (Paperback)

By Aimen Eman

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Mindfulness Buddhism Guidebook is an amazing learning experience for everyone who wants to understand the core concepts of Buddhism: karma, suffering, nirvana, and reincarnation . Mindfulness is the basic ability of a person to be present in the current moment in time to feel the pleasures and even the feeling of pain with a perspective to avoid the sufferings of life. Mindfulness meditation is traditionally practiced since long, maybe its roots are embedded in the ancient cultures of the world. It can be refined through tested and workable, meditation techniques and meditation mindset. During mindfulness practice, we reduce stress, anxiety and relief pain; improve our performance, gain knowledge, and awareness by monitoring and controlling our own mind psychology. When we say mind we actually refer to every kind of thoughts that arise in our mind. Mindfulness meditation mindset provide us with power to really understand the curious question about how our mind works, how can we see the world and deal with its problems with a different perspective, by putting our mind to calmness and experience realities of the world with warmth...



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