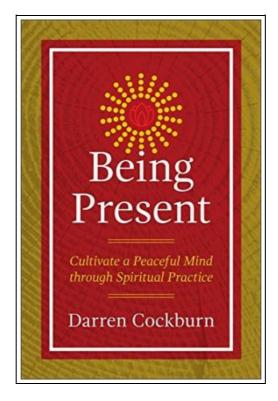
## Being Present: Cultivate a Peaceful Mind through Spiritual Practice



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(Brendan Doyle)

## BEING PRESENT: CULTIVATE A PEACEFUL MIND THROUGH SPIRITUAL PRACTICE



Findhorn Press. Paperback. Condition: New. 192 pages. Free yourself from unhelpful thoughts and emotions and learn to live peacefully in the present Provides practical exercises, meditations, and reflections centered on mindfulness, breath, and immersion in nature to simplify your life and anchor you in the present Learn to use your body as a tool for raising consciousness, work with occurrences like tiredness, illness, and pain as spiritual teachers, as well as identify and release addictions, including harmful thought patterns Can be integrated with any religion or spiritual teaching with examples pertaining to everyday experiences in the Western world Offering a synthesis of spiritual teachings viewed through the lens of modern personal experiences, Darren Cockburn provides practical insight into how to cultivate a peaceful mind, live skillfully, and nurture a spiritual connection through the power of the present moment. The author shares practical exercises, meditations, and reflections, revealing how to free yourself from becoming lost in unhelpful thoughts and emotions, while bringing acceptance to what life presents you with. He explains how to generate true mindfulness through connection to your breath as well as immersion in nature. He details how to use your body as a tool for raising your level of consciousness as well as how to weave exercise, diet, breathing techniques, and sexuality into your spiritual practice. He explores how to work with occurrences like tiredness, illness, and pain as spiritual teachers for enriching your presence of mind and being. The author explains how simplifying life where possible will also bring a better understanding to all types of existing addictions, including harmful thought patterns, providing precious breathing space for our overly busy minds. In addition, he shows how a stable practice of mindful presence can enhance the quality of communication with others, be it with family, with friends, or...



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