Ian Hetherington

Realizing Change

Vipassana Meditation in Action

Realizing Change Vipabana Meditation In Action

Thomas Griffiths

Realizing Change Vipabana Meditation In Action:

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Religious and Non-Religious Perspectives on Happiness and Wellbeing Sharada Sugirtharajah,2022-04-25 This book explores the theme of happiness and well being from religious spiritual philosophical psychological humanistic and health perspectives Taking a non binary approach it considers how happiness in particular has been understood and appropriated in religious and non religious strands of thought The chapters offer incisive insight from a variety of perspectives including humanism atheism and major religions such as Christianity Islam Buddhism Hinduism and Judaism Together they demonstrate that although worldviews might vary substantially there are concurrences across religious and non religious perspectives on happiness that provide a common ground for further cross cultural and interreligious exploration What the book makes clear is that happiness is not a static or monolithic category It is an ongoing process of being and becoming striving and seeking living ethically and meaningfully as well as arriving at a tranquil state of being This multifaceted volume makes a fresh contribution to the contemporary study of happiness and is valuable reading for scholars and students from

religious studies and theology including those interested in interreligious dialogue and the psychology of religion as well as positive psychology *Inward* Michal Pagis,2019-09-04 Western society has never been more interested in interiority Indeed it seems more and more people are deliberately looking inward toward the mind the body or both Michal Pagis s Inward focuses on one increasingly popular channel for the introverted gaze vipassana meditation which has spread from Burma to more than forty countries and counting Lacing her account with vivid anecdotes and personal stories Pagis turns our attention not only to the practice of vipassana but to the communities that have sprung up around it Inward is also a social history of the westward diffusion of Eastern religious practices spurred on by the lingering effects of the British colonial presence in India At the same time Pagis asks knotty questions about what happens when we continually turn inward as she investigates the complex relations between physical selves emotional selves and our larger social worlds Her book sheds new light on evergreen topics such as globalization social psychology and the place of the human body in the enduring process of self awareness Destroying Mara Forever John Powers,Charles S. Prebish,2010-02-16 A thought provoking collection of essays on Buddhist ethics by some of the leading thinkers in the field The reader is provided with engaging explorations of central issues in Buddhist ethics insightful analyses of the ways Buddhist ethical principles are being applied today in both Asian and Western countries and groundbreaking proposals about how Buddhist perspectives might inform debates on some of the core ethical issues of the modern world including consumerism globalization environmental problems war ethnic conflict and inter religious tensions The leading figure in identifying the field of Buddhist ethics and articulating some of its core issues is Professor Damien Keown of the University of London This book brings together a group of eminent scholars who have all been influenced by Keown s work and who are also friends and close colleagues The result is a wonderful volume for those who are struggling with practical issues of ethical concern This will be a valuable resource in the study of ethics for years to come **The Complete Idiot's Guide to Changing Old Habits for Good** Deb Baker,G. Alan Marlatt Ph.D.,2008-12-02 Kick bad habits for good Nearly everybody has at least one self destructive habit they can t eliminate from spending too much time online to eating too much ice cream Changing an old habit is no easy business and more than 90% of people relapse within a year This one of a kind guide helps readers separate good habits from bad evaluate the risks and benefits prepare themselves for change and make the change for good Dr Marlatt is a groundbreaking author at the top of the relapse prevention field This book shares the latest research on kicking old habits for good **Art of Dying** S.N. Goenka,2014-07-30 Weaving together material from many sources this collection provides a context for understanding death whether our own or a loved one s and experiencing it with awareness and equanimity It features passages from the Pali texts writings of S N Goenka poems theoretical expositions a question and answer section and compelling essays by or about meditators confronting the end of life With humility tenderness and often a smile they learn to accept their own impermanence suffering and nonself Much of this material was collected from the archives of the International Vipassana

Newsletter *Consulting in Uncertainty* Ann Brooks,Kathy Edwards,2013-11-07 The traditional model of consulting places an emphasis on diagnosing a problem and finding a cure But in today s business world of globalized organizations rapid knowledge proliferation and the intertwining of economies that approach is becoming less and less viable problems are quickly redefined new knowledge and ownership of that knowledge is constantly surfacing and being challenged and no solution is a permanent solution Consulting in Uncertainty articulates a model of consulting that addresses the uncertainty and interconnectedness of the world in a post industrial knowledge era Emphasizing outcomes and inquiry over diagnosis Brooks and Edwards outline this new consulting model as well as the skills consultants must bring to the table in any uncertain and dynamic environment Integrating practical knowledge with scholarship this book covers skills such as Relational skills and the consulting relationship Cultural awareness and related skills Contextual analysis Facilitating inquiry Collecting and efficiently analyzing data or information Consultants and students of consulting as well as managers teachers counselors and even parents will find this book enlightening and useful in navigating today s uncertain world **Tricycle** ,2002 **Shambhala Sun** ,2004

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