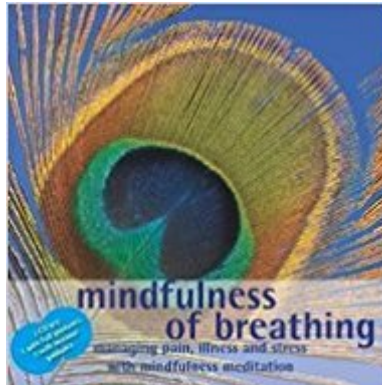




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# Mindfulness Of Breathing CD (Double CD)



## Synopsis

The Mindfulness of Breathing practices in this double CD will help you to develop calm, stillness, and clarity. You will learn to anchor the distracted mind around the natural rhythm of the breath. This ancient, simple, and profound awareness practice can also soften tension and tightness in the body, helping you to let go of pain and discomfort, whether physical, mental, or emotional. These CDs contain both fully uided meditations and some with minimal guidance. Mindfulness of Breathing can be practiced by anyone, and is particularly helpful for people living with chronic pain and illness, as well as those wanting greater ease and wellbeing in life.

## Book Information

Audio CD: 2 pages

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Product Dimensions: 5.7 x 4.9 x 0.5 inches

Shipping Weight: 2.9 ounces

Average Customer Review: 4.2 out of 5 stars 6 customer reviews

Best Sellers Rank: #904,039 in Books (See Top 100 in Books) #208 inÂ Books > Books on CD > Health, Mind & Body > Meditation #213 inÂ Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #411 inÂ Books > Books on CD > Health, Mind & Body > General

## Customer Reviews

Vidyamala was born and raised in New Zealand and first became interested in meditation in 1985 when receiving hospital treatment for a spinal injury. She discovered that meditation and mindfulness offered a unique means of easing the mental suffering associated with the physical pain she was experiencing, and has devoted her life since then to exploring meditation and its application to pain. Sona started meditating in London in 1972 and was ordained into the Triratna Buddhist Order in 1974. He has led retreats in the UK, Germany, Holland, Sweden, North America, Australia and New Zealand. At present he runs courses in Buddhist studies, meditation and pain management.

CD has a few scans of different lengths on it. Body scans don't incorporate as much focus of breathing as I have become used to in other body scan sources

I too love this cd and use it daily. It has changed my perception of chronic pain and allowed me more mobility. This is a small, but important criticism which I have for many of the meditation or hypnosis cds I use. I find myself wanting to use it at night, but one night I fell asleep during the long body scan and was wakened by the male voice that does the short one. It startled me out of sleep and I didn't get my heart rate down for a long time. The starkness of the recordings and the voices is excellent, but that sharp contrast between the male and female voices scared me. They are intended to be used during the day, but when you are sick and tired, falling asleep is a good thing.

This is the guided meditation CD I listen to the most, because of its clarity, simplicity, and versatility (minimally guided/shorter version with full guidance/longer version). Ms. Burch has beautiful enunciation, and the calm of her voice adds greatly to the listening experience. I also listen to Sharon Salzberg and Jon Kabat-Zinn, but I do find something particularly soothing and restful about a New Zealand accent as opposed to a mid-Atlantic (Salzberg, Kabat-Zinn) Eastern accent. Ms. Burch also writes compellingly of her own experiences elsewhere, which led to buying this double CD as well as the Kindly Body (body scan) CD.

I bought this CD with the best intentions of starting a steady meditation practice hoping to help with anxiety issues. However, when I first received the CD I listened to it lying down in bed and before I knew it I was fast asleep. Which totally is not the point, I know. I have to tell you, though, I have a lot of trouble sleeping (from getting to sleep to staying asleep to sleeping restfully when I do manage it). After I fell asleep during the breathing meditation, I slept like a log through the whole night. It was indescribably wonderful. I have since found that I can stay awake during the minimally guided portion, but the guided portion knocks me out. It is a good system for me... I get the calming benefits of meditation and Vidyamala's wonderful voice guides me past my insomnia wall into blessed sleep. This CD set was a miraculous surprise for me and I have since given several as gifts. I will be buying Kindly Awareness next.

The mindfulness of breathing is a well-known meditation, perhaps the best known there is. But the Breathworks approach from Vidyamala on this CD is really refreshing and original. With a gentle and clear voice she leads us into a deeper awareness of this physical sensation of breathing, using the movement of the breathing to gently move closer into the whole of our experience. I've been meditating for some time now but it's been refreshing to have a skilled meditation teacher like

Vidyamala leading me through this meditation again.

With a soft and gentle voice Vidyamala leads us into our bodies, allowing us to feel what it feels like, gently allowing us to relax into the body as it is, into the painful and into the pleasurable ...This CD is a wonderful way of getting in touch with our body and ourself again. The gentle approach of Vidyamala who knows all too well what it feels like to have a painful body, makes her version of the bodyscan particularly useful for people who are suffering from pain and illness - allowing them to build a new and gentle relationship with their experience. I love this CD!

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