



## **The Healing Power of Mind: Simple Meditation Exercises for Health, Well-Being, and Enlightenment (Buddhayana Series, VII)**

*Tulku Thondup, Daniel Goleman (Foreword by)*

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The true nature of our minds is enlightened and peaceful, as the depth of the ocean is calm and clear. But when we mentally grasp and emotionally cling to our wants and worries with all our energy, we lose our own enlightened freedom and healing power, only to gain stress and exhaustion, suffering and overexcitement, like the turbulent waves rolling on the surface of the ocean.

Our minds possess the power to heal pain and stress, and to blossom into peace and joy, by loosening the clinging attitudes that Buddhists call "grasping at self." If we apply the mind's healing power, we can heal not only our mental and emotional afflictions, but physical problems also.

This book is an invitation to awaken the healing power of mind through inspiring images and sounds, mindful movements, positive perceptions, soothing feelings, trusting confidence, and the realization of openness. The healing principle on which these exercises are based is the universal nature and omnipresent power envisioned in Mahayana Buddhism. Yet for healing, we don't have to be believers in any particular faith. We can heal body and mind simply by being what we truly are, and by allowing our own natural healing qualities to manifest: a peaceful and open mind, a loving and positive attitude, and warm, joyful energy in a state of balance and harmony.

## **The Healing Power of Mind: Simple Meditation Exercises for Health, Well-Being, and Enlightenment (Buddhayana Series, VII) Details**

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## **From Reader Review The Healing Power of Mind: Simple Meditation Exercises for Health, Well-Being, and Enlightenment (Buddhayana Series, VII) for online ebook**

### **Sebastiaan De Jong says**

Amazing Buddhist book about the power of the mind and its potential to heal illness and make life quite brilliant. NOT a self-help book, very eloquent and easy to read. I have been sending it to everyone. As a Buddhist, of course I love it! But people I have sent who have a very shallow understanding of Buddhism have found this book very moving and inspirational. Read it, please? :)

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### **Amy Roxas says**

I read this book once a year for the last 10 years. Great book!

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### **Deborah says**

This book really helped me when I was in a bad place. It was my bible and it's so well-read and worn now that my copy looks tatty - but I love that because it reminds me of how useful it was to me back then. A great healing book, with really good meditations. HIGHLY recommended.

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### **Heather says**

I find it funny how we come across our teachers in life...when the student is ready, the teacher appears. I brought this book home from the library (forget where I learned about it) and found it snatched by my husband as it was reviewed by a teacher he reveres. Great resource book on the limitless power of healing within. Definitely one I will purchase for our own resource shelf.

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### **Enrique Grosclaude says**

incredible relax this book ;)

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### **Melissa says**

I love this book. I put into practice some of the wisdom found in these pages and I'm only half done with the book! There's so much more. It really is mind over matter.

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**Melissapughjensen Jensen says**

The best book I have ever read. Dare I say it changed my life. Books come into your life, just as people do, for reasons. I want everyone in the world to read tis book.

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