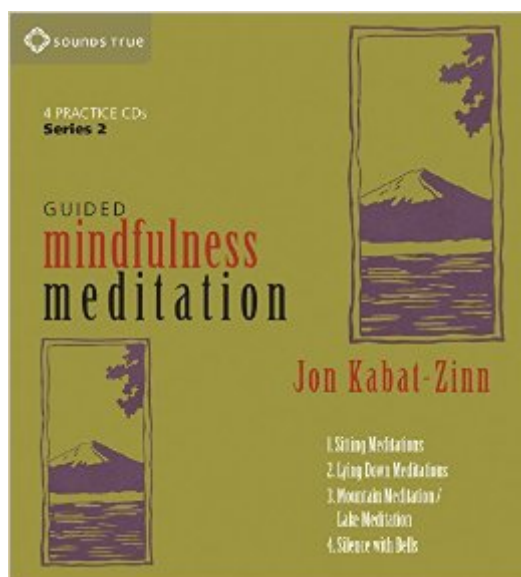


The book was found

# Guided Mindfulness Meditation Series 2



## Synopsis

Guided Mindfulness Meditation Series 2 was designed by Jon Kabat-Zinn as a core training tool to begin and deepen a daily meditation practice, and to bring mindfulness into every aspect of life. Intended to be used in conjunction with his book *Wherever You Go, There You Are*, these four CD-length programs are a valuable resource that meditators at all experience levels can adapt to their specific needs. They include: Guided sitting meditations - the basics of mindfulness meditation Mindfulness while lying down - guided sessions for learning how to "fall awake" rather than fall asleep, which, teaches Kabat-Zinn, is what mindfulness is all about The Mountain Meditation and Lake Meditation - evokes two powerful images to deepen concentration and expand one's feeling for the inward gesture involved in mindfulness practice Silence, with bells to mark the passage of time - 5, 10, 15, 20, and 30 minute timed sessions Mindfulness is moment-to-moment non-judgmental awareness, a way to connect with a deep sense of comfort, balance, insight, and freedom within our own lives, both physically and emotionally. It is a way to embody sanity, clarity, and harmony, even in challenging circumstances. And it's a way to heal ourselves and our relationships with others. But it does require cultivation. These guided meditations provide an essential set of tools to help support that process.

## Book Information

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Average Customer Review: 4.7 out of 5 stars - See all reviews (34 customer reviews)

Best Sellers Rank: #183,032 in Books (See Top 100 in Books) #57 in Books > Books on CD >

Reference #66 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #67 in Books > Books on CD > Health, Mind & Body > Meditation

## Customer Reviews

Jon Kabat-Zinn was recommended by a friend. This CD set in particular has helped me advance in my meditation practice from just listening to a cd to becoming an independant practitioner. Well

done, no new agey music or overly dramatic expressions of "oneness with the Universe", just straightforward relaxation and mindful awareness. I like that there are sessions from 10 minutes to 40 minutes in length so I can fit the session to my mood and time constraints. Works well after having used the first set (yellow cover).

This is the core CD in the three CD set; by that I mean I go to this one often for resetting my practice. Dr. Kabat-Zinn softly walks the practitioner through the meditation session for Sitting and Laying down (falling awake as he says). I really like Lake Meditation that brings me into focus. Mindful Meditation is not done to "relax" or become calm; it is done for itself with positive outcomes of emotional maturity.

At this point in my life, I have found the words and the teachings of Jon Kabat-Zinn to be very helpful to me. These CDs, which work well with his book *Wherever You Go There You Are*, are every bit as good as the other books and CDs he has published. I highly recommend them for somewhat advanced mindfulness students!

I really like Jon Kabat-Zinn and own three of his books and one other audio set. The reason I am rating this "I don't like it" is because the tracks are LOADED with silent space. For instance, in *Sitting Meditation 1 - 10 Minutes*, after the opening bells, there is spoken guided meditation until 3:20, followed by complete silence until 7:50 where he speaks for one minute before there is more silence. The longer meditation tracks have even longer silent segments. And when I say silence, I mean silence. After about 30 seconds I thought my ipod had shut itself off. Not even relaxing music or nature sounds. Trust me - I know the point of meditation is to settle your mind and be able to sit in silence. But to buy a CD and then listen to nothing is disconcerting! I'm right back to hearing the sounds beyond my earbuds. I can sit in silence all by myself - I didn't need to spend \$20 for that.

Kabat's mindfulness cd's are great. I have two sets. I started trying to practice mindfulness meditation, as well as using the mindful approach to daily stressors, ie, staying calm/breathing and accepting difficulties as inevitable part of life. My husband and teen kids are trying it as well. Highly recommend these cd's, along with learning more about the ideas behind it. Jon Kabat Zin pioneered using mindfulness techniques in an 8 week program for people dealing with chronic pain and other chronic illnesses at University of Massachusetts. There are many evidence based findings for its effectiveness with physical and mental illnesses (depression, OCD). Kabat Zin wrote *Full*

Catastrophe Living-which outlines in detail his program, how it was developed, studies that reinforce the effectiveness of the approach, and the philosophy behind it. I found The Mindfulness Solution: Everyday Practices for Everyday Problems by Ronald D. Siegel to be a good introduction. Since reading that and trying the cd's, I have continued to read about mindfulness and am considering taking a course. Here is link for those who are interested for the University of Massachusetts program, which offers the program around the world: <http://www.umassmed.edu/cfm/> Other books I liked on this topic: A Mindfulness-Based Stress Reduction Workbook by Stahl, Goldstein, Santorelli, and Kabat-Zinn. There are other books and workbooks specific to issues like depression and respiratory issues like COPD (Stahl) that are also very good written by the same authors.

No nonsense, well paced guided meditations; several types of meditations, each type having several different durations. By a celebrated MD, author of Full Catastrophe Living - which he's used very successfully to teach hospital patients (and others) to transforming their "obsession for doing" to "lower-stress mindfulness".

I like JKZ's voice for these meditation CDs. 4 CDs are included with separate lying down or sitting positions, and different time allocations depending on how much time you are wanting to devote. He has provided plenty of time for the breathing & meditating without distracting music. For the beginner, which I am, he is a wonderful guide. It is exactly what I needed to get me started. I highly recommend this as a supplement to his book Wherever you Go There you are.

FOR SOME REASON THE 3 BELLS SET ME UP AND WITH BREATHING, WATCHING MY THOUGHTS GET ME IN A THOUGHTFUL SLOWER MODE. RATHER THAN RUSHING OR FEELING PUSHED JUST TAKE ONE STEP AT A TIME. AND MAKE TIME IN MY LIFE FOR MORE SILENCE. I LOVE THE TAPE -- BOY DID I GET MY MONEY'S WORTH. BEST FIND EVER FOR ME! THANK YOU!! THANK YOU!!

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