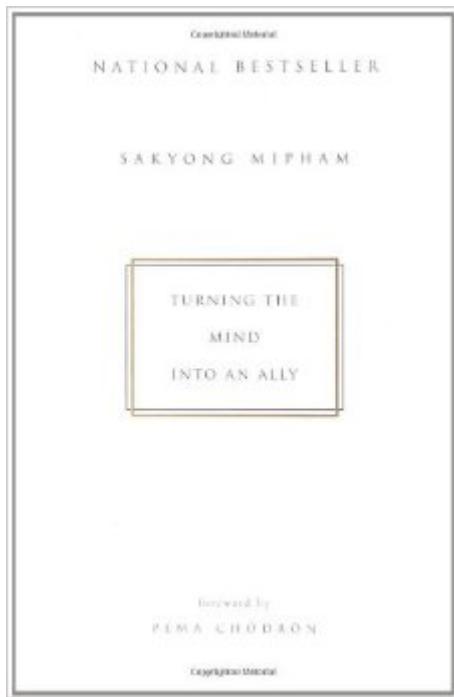


The book was found

Turning The Mind Into An Ally



Synopsis

Strengthening, calming, and stabilizing the mind is the essential first step in accomplishing nearly any goal. Growing up American with a Tibetan twist, Sakyong Mipham talks to Westerners as no one can: in idiomatic English with stories and wisdom from American culture and the great Buddhist teachers. Turning the Mind Into an Ally makes it possible for anyone to achieve peace and clarity in their lives.

Book Information

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Average Customer Review: 4.9 out of 5 starsÂ See all reviewsÂ (117 customer reviews)

Best Sellers Rank: #15,269 in Books (See Top 100 in Books) #26 inÂ Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts #37 inÂ Books > Politics & Social Sciences > Philosophy > Consciousness & Thought #48 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Counseling

Customer Reviews

I have been meditating for about three or four years. I got started with contemplative prayer. Then, once I started studying Buddhism have been practicing based on Buddhist meditation techniques. I've found meditation to be relaxing, frustrating, hard to stick with and extremely beneficial. I want to meditate but there's always something more urgent to do. I want to meditate but it's so boring just sitting there by myself. I want to meditate but I just can't slow my thoughts down long enough to feel the time has been well spent. I've read books about meditation and contemplative prayer and listened to many PodCasts. But, of all the materials I have studied, the best so far is Turning the Mind Into An Ally by Sakyong Mipham. It's likely you don't think of your mind as an enemy. But, for many of us an untamed, out of control mind is just that. I've known for years that my thoughts race. I knew I wanted to get control of the flashes of anger that could just pop out or the rush of fear that could be triggered by a single thought. One thought leads to another which leads to another and you "wake up" minutes later to find you've said or done something you regret. Meditation helps us

study the often unconscious habitual patterns our minds fall into, so that we can see those things happening as they happen and, ultimately, before they happen. Buddhist practice isn't so much a religion as it is a disciplining of the mind and an attempt to face ultimate reality. When I first started reading the book, it seemed too basic for me, like Meditation 101. It's written in non-technical language and is full of real-life illustrations that make the material easy to read and grasp.

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