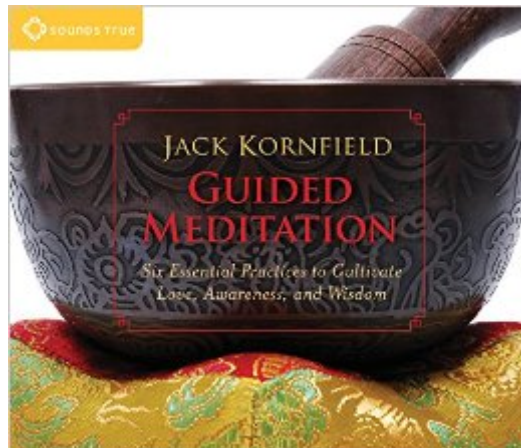


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# Guided Meditation: Six Essential Practices To Cultivate Love, Awareness, And Wisdom



## Synopsis

Since the time of the Buddha, meditation has been taught under the guidance of an expert as the easiest way to begin, and for the most powerful results. Celebrated teacher Jack Kornfield leads listeners through six essential meditations, a simple way to progressively deepen a practice - whatever your level of experience. With *Guided Meditation*, listeners join the author of the bestseller *A Path with Heart* (Bantam, 1993) on two transformational CDs that include: Breath meditation for stilling the body and quieting the mind; Mind Like Sky meditation for releasing the ego's attachments and resting in pure awareness; Visualization practice to meet the "inner sage," and more. Meditation has its challenges - especially for beginners. With practices you can listen to again and again, *Guided Meditation* gives listeners a concise training "of the heart and mind" to enjoy the fruits of this centuries-old art.

## Book Information

Audio CD

Publisher: Sounds True, Incorporated; Unabridged edition (October 2007)

Language: English

ISBN-10: 1591796253

ISBN-13: 978-1591796251

Product Dimensions: 5.3 x 0.6 x 5.9 inches

Shipping Weight: 3.5 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (21 customer reviews)

Best Sellers Rank: #316,380 in Books (See Top 100 in Books) #98 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #104 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #366 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

## Customer Reviews

The meditations are easy to follow. I've tried other guided meditation CDs and they sometimes have distracting anecdotes in the middle of the meditation. This one doesn't. There is a brief introduction to each meditation that can be skipped once you get the hang of it.

I've meditated over the years, but only recently discovered this CD of guided meditations. I use it often and have given it as a gift because I value its simplicity and straightforward approach. It's a great introduction to meditation as well as a call back to the "beginner's mind" for people who aren't new to the practice. Jane Newhagen author of *Sand Dollar: a tale of old Key West*

I really enjoyed this CD. Being new to meditation, I didn't know what to expect. The author is very helpful in guiding you through the practice in a calm manner. Very worth it!

This is a great collection of meditations, includes a variety of practices and Jack Kornfield's voice is very soothing. It is down to earth and simple, not cheesy and new agey. I like to use a variety of guided meditations or I get used to one and don't really listen/do it. Along with Bodhipaksa Guided Meditations: For Calmness, Awareness, and Love and Jon Kabat-Zinn Guided Mindfulness Meditation, this is one of the best cd's in my opinion.

Some people may not agree, but I find Jack Kornfield's voice pleasant and soothing and I feel that his way of speaking exudes kindness. It feels as though he genuinely cares about his audience. I think he is skilled at teaching beginners. I have listened to him on YouTube, and he is the same on there, but this is longer and better quality, although you don't see him. This is a CD, not a DVD. But with your eyes closed, it does not matter much. Although all beginning meditation instruction emphasizes the non-judgemental process of bringing thoughts back to the focus, Jack Kornfield makes me feel encouraged and helps me with the non-judgemental aspect to it. Another thing I like about him is that he is flexible about technique. He does not insist on certain postures rigidly, and although he makes suggestions about how to do the process, he makes it clear that if the suggestion doesn't work for you, you don't have to do it! My favorite method of meditation is using the breath, and that's what he teaches. Mantras, walking, etc etc etc do not work as well with me, so I like the focus on the breath. One of the meditations is on loving kindness and forgiveness, which is always good, and I think he does it well. I have no criticisms of this CD whatsoever!

In returning to meditation practice, I was experiencing significant challenges in finding center/stillness for more than a second. I have read *A Path With Heart* and also had the beginner series I picked up at a 2nd hand store so I thought I'd try this one. It's so good I haven't even moved on to the Lovingkindness and Forgiveness portions, but am just using the initial Guided Meditation to reorient and train my mind to just be here "in this breath, this moment". Jack Kornfield is an excellent meditation teacher, IMO. Can't go wrong with this set.

I like the content on this, but find that it is almost impossible to use. I downloaded it onto my ipod to use for meditating. But the recording, which has six meditations, is split into TWO audiofiles, each of

which contains three meditations plus introductory material -- there is no way to easily find the start of each meditation, so I found that I just got frustrated each time I wanted to use this. I am going to try to edit out each meditation myself, if I can. But otherwise, a great resource has been made largely unusable.

I just started meditation and I find this CD great to use. Jack Kornfield has a very relaxing voice and easy to be guided into meditation. For beginners like myself, this is a great guided meditation CD. I would recommend it to any beginner.

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