



Mindful Love Essentials

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How To Love Mindful Essentials

Jules Standish



How To Love Mindful Essentials:

How to Love Thich Nhat Hanh, 2014-12-01 Thich Nhat Hanh shares timeless wisdom and mindfulness meditation practices in this illustrated pocket sized guide about cherishing the many ways love manifests in our lives. *How to Love* is the third title in Thich Nhat Hanh's series of mindfulness books for beginners and seasoned practitioners. This time he brings his signature clarity, compassion, and humor to the thorny question of how to love. He distills one of our strongest emotions down to 4 essentials. You can only love another when you feel true love for yourself. Love is understanding. Understanding brings compassion. Deep listening and loving speech are key ways of showing our love. *How to Love* shows that when we feel closer to our loved ones, we are also more connected to the world as a whole. Thich Nhat Hanh applies this timeless wisdom to the core areas and relationships of our lives including Love vs Need, Being in Love, Reverence, Intimacy, Children and Family, Reconciling with Parents. With meditations you can do alone or with your partner, *How to Love* is a unique gift for those who want a comprehensive yet simple guide to understanding the many different kinds of love, perfect for those practicing in any spiritual tradition, whether seasoned practitioners or new to meditation.

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Richo,2014-01-07 We were made to love and be loved Loving ourselves and others is in our genetic code It s nothing other than the purpose of our lives but knowing that doesn t make it easy to do We may find it a challenge to love ourselves We may have a hard time letting love in from others We re often afraid of getting hurt It is also sometimes scary for us to share love with those around us and love that isn t shared leaves us feeling flat and unfulfilled David Richo provides the tools here for learning how to love in evolved adult ways beginning with getting past the barriers that keep us from loving ourselves then showing how we can learn to open to love others He provides wisdom from Buddhism psychology and a range of spiritual traditions along with a wealth of practices both for avoiding the pitfalls that can occur in love relationships and for enhancing the way love shows up in our lives He then leads us on to love s inevitable outcome developing a heart that loves universally and indiscriminately This transcendent and unconditional love isn t just for a heroic few Dave shows it s everyone s magnificent calling

How to Be an Adult in Relationships David Richo,2021-11-02 Most people think of love as a feeling says David Richo but love is not so much a feeling as a way of being present In this book Richo offers a fresh perspective on love and relationships one that focuses not on finding an ideal mate but on becoming a more loving and realistic person Drawing on the Buddhist concept of mindfulness How to Be an Adult in Relationships explores five hallmarks of mindful loving and how they play a key role in our relationships throughout life 1 Attention to the present moment observing listening and noticing all the feelings at play in our relationships 2 Acceptance of ourselves and others just as we are 3 Appreciation of all our gifts our limits our longings and our poignant human predicament 4 Affection shown through holding and touching in respectful ways 5 Allowing life and love to be just as they are with all their ecstasy and ache without trying to take control When deeply understood and applied these five simple concepts what Richo calls the five A s form the basis of mature love They help us to move away from judgment fear and blame to a position of openness compassion and realism about life and relationships By giving and receiving these five A s relationships become deeper and more meaningful and they become a ground for personal transformation

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