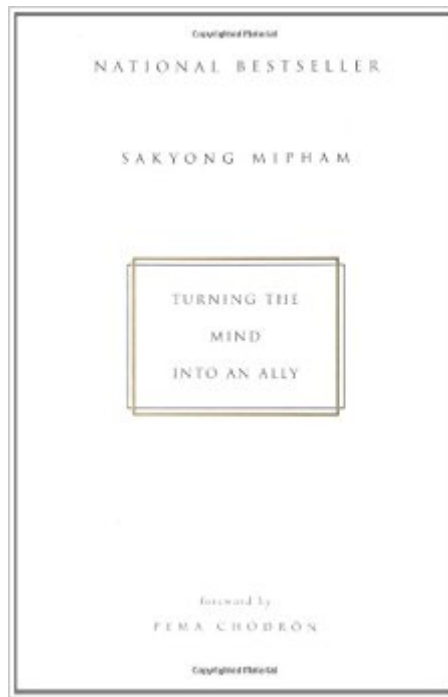


The book was found

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

Paperback: 256 pages

Publisher: Riverhead Books; Reprint edition (January 6, 2004)

Language: English

ISBN-10: 157322345X

ISBN-13: 978-1573223454

Product Dimensions: 5.2 x 0.6 x 7.9 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars Â Â See all reviews Â (117 customer reviews)

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

[Download to continue reading...](#)

Turning the Mind Into an Ally Desert Queen: The Extraordinary Life of Gertrude Bell: Adventurer, Adviser to Kings, Ally of Lawrence of Arabia The Power of the Poppy: Harnessing Nature's Most Dangerous Plant Ally Forgotten Ally: China's World War II, 1937 - 1945 Ally-saurus & the First Day of School Many Many Many Gods of Hinduism: Turning believers into non-believers and non-believers into believers Permission Marketing: Turning Strangers into Friends and Friends into Customers The Wizard of Ads: Turning Words into Magic and Dreamers into Millionaires It's Not Okay: Turning Heartbreak into Happily Never After Professional Practice: A Guide to Turning Designs into Buildings Selling Art Online: The Creative Guide to Turning Your Artistic Work into Cash Turn the Ship Around!: A True Story of Turning Followers into Leaders Drawing for Kids How to Draw Word Cartoons with Letters & Numbers: Word Fun & Cartooning for Children by Turning Words into Cartoons (Volume 2) App Savvy: Turning Ideas into iPad and iPhone Apps Customers Really Want Make: FPGAs: Turning Software into Hardware with Eight Fun and Easy DIY Projects Data Resource Quality: Turning Bad Habits into Good Practices When the Offspring Have Sprung: Or, Happiness Is Turning the Nursery into a Wine Cellar Cookie Love: More Than 60 Recipes and Techniques for Turning the Ordinary into the Extraordinary In-laws, Outlaws, and Granny Flats: Your Guide to Turning One House into Two Homes The Professor Is In: The Essential Guide To Turning Your Ph.D. Into a Job

[Dmca](#)