



Pathways to Mindfulness (Paperback)

By Tobie Hewitt

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Rene Descartes wrote, I think therefore I am. Mindfulness allows us to realize that I am therefore I think. When we become aware that we are, before any other aspect of our being, essential energy, existing in individual bodies, but still connected as a part of the greater reality of the universe, we are able to access those qualities within ourselves that allow us to act and react peacefully and productively, with empathy and compassion toward self and others. When we are mindful, we treat each breath as a blessing and each moment as a gift to be cherished and shared. Pathways to Mindfulness presents mindfulness training for the individual and then brings it into the community and beyond.



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