

# Mindfulness Relaxation

Patrick Baigent

# Path Relaxation Patrick Baigent

**Patrick Baigent**

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Uncontrived Mindfulness Vajradevi,2021-03-31 A comprehensive guide to ending suffering through the practice of mindfulness In Uncontrived Mindfulness Vajradevi guides us in the practice of exploring our experience as it happens The emphasis is on cultivating wisdom using the tools of attention and curiosity to see through the delusion that is causing our suffering **The Relaxation Principle** Patrick Baigent,2021-10-11 Relaxation fundamentally involves reducing unnecessary effort Here is a core working principle of any path of health or training Patrick Baigent explores insights into meditation qigong and health The reduction of unnecessary effort is combined with mindfulness to become the spiral path of relaxation Patrick Baigent explores the fundamental meaning of relaxation and offers some useful conclusions Discover the five orders of relaxation the six gears of relaxation the three gears of mindfulness why meditation is a health training how meditation becomes a psychological therapy and what tension and trauma mean for meditation Discover how to work with relaxation in your own path and training The Relaxation Principle offers a new model of relaxation which reveals to us a radical new understanding of relaxation Patrick Baigent is an ex prison chaplain with twenty five years of experience in buddhism and qigong Buy the updated and revised edition of The Relaxation Principle first published 2014 **Mindfulness**

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