

buddhism *for* couples



read by karen saltus • unabridged
a calm approach to relationships

sarah naphali

Buddhism For Couples A Calm Approach To Relationships

M Woodhall



Buddhism For Couples A Calm Approach To Relationships:

Buddhism for Couples Sarah Naphthali, 2015-06-09 Learn Buddhist principles that can help enrich your romantic life your life in general and the lives of those around you Surely a happy marriage for a normally adjusted couple is a simple matter of give and take some patience tolerance and just trying to be cheerful as often as possible There is no shortage of books providing relationship advice that can help us with these matters But Buddhist teachings address more than just surface knowledge and guide us to delve deeper into our psyches With an emphasis on self compassion Buddhism for Couples explains how to apply Buddhist teachings to your relationships to patch things up hold things together and even on good days scale the heights of relationship happiness Written for both men and women this book tackles the loaded subjects of housework anger sex conflict and infidelity and introduces Buddhist strategies that can enrich a relationship Humorous and informative Buddhism for Couples provides a fresh approach to living as a couple persuading us to leave behind stale habitual ways of relating that don t work

Buddhism for Couples Sarah Naphthali, 2014-09-01 Every now and then not very often we meet a woman who has mastered the art of being in a couple who has managed to keep the flame alive long after the honeymoon period and well into the trials of parenting Sarah Naphthali is not one of these women but is happy for readers to learn from her mistakes With her trademark emphasis on self compassion she explains how she has applied Buddhist teachings to patch things up hold things together and even on good days scale the heights of relationship happiness Written for both men and women Buddhism for Couples tackles the loaded subjects of housework anger sex conflict and infidelity before introducing Buddhist strategies that can enrich a relationship Applying Buddhist teachings can improve our relationship by guiding us to delve more deeply into our psyches Through mindfulness and ever growing self awareness the teachings help us to become more familiar with the workings of our minds and bodies more aware of our thoughts and beliefs so that we can see our behaviours with more clarity Alongside Buddhist teachings Sarah explores the latest psychological research on relationships and discovers numerous overlaps Humorous and informative Buddhism for Couples provides a fresh approach to living as a couple persuading us to leave behind stale habitual ways of relating that don t seem to work

The Mindfulness Solution Ronald D. Siegel, 2010-01-01 Offers advice for achieving happiness and dealing with life s obstacles through mindfulness with strategies for cultivating this state of mind and setting up a formal daily practice routine

Buddhism for Mothers Sarah Naphthali, 2010-06-21 Become a calmer and happier mother with Buddhism for Mothers This is an excellent practical guide to everyday Buddhism not just for mothers but for everyone who has ever had a mother Vicki Mackenzie author of the bestselling Why Buddhism Parenthood can be a time of great inner turmoil for a woman yet parenting books invariably focus on nurturing children rather than the mothers who struggle to raise them This book is different It is a book for mothers Buddhism for Mothers explores the potential to be with your children in the all important present moment to gain the most joy out of being with them How can this be done calmly and with a minimum of anger worry

and negative thinking How can mothers negotiate the changed conditions of their relationships with partners family and even with friends Using Buddhist practices Sarah Naphthali offers ways of coping with the day to day challenges of motherhood Ways that also allow space for the deeper reflections about who we are and what makes us happy By acknowledging the sorrows as well as the joys of mothering Buddhism for Mothers can help you shift your perspective so that your mind actually helps you through your day rather than dragging you down This is Buddhism at its most accessible applied to the daily realities of ordinary parents Even if exploring Buddhism at this busy stage of your life is not where you thought you d be it s well worthwhile reading this book It can make a difference

Polyamory Toolkit Dan and Dawn Williams,2019-01-26 For nearly two decades Dan and Dawn have navigated their journey in polyamory by being proactive insightful and analytical Early on there was very little information or resources available so the adventure required them to learn from their mistakes as well as their successes Each have multiple partners and have a history of polyamory relationships lasting multiple years They have put the time and thought into creating a toolkit of knowledge others can implement to help their relationships survive and thrive Dan and Dawn write in an anecdotal conversational style that is easy to absorb and use

Integrating Religion and Spirituality Into Counseling Marsha Wiggins Frame,2003 This text is intended to help counselors and other mental health practitioners make informed and effective interventions with clients for whom religion and spirituality are significant concerns It is comprehensive providing information on religious systems and spiritual beliefs as well as clinical strategies and interventions Throughout the text the author weaves the theme in of understanding how the counselor s own worldview and values impact working with clients and offers activities and cases for exploring this further

Little Buddhas Vanessa R. Sasson,2013 Edited by Vanessa R Sasson Little Buddhas brings together a wide range of scholarship and expertise to address the question of what role children have played in Buddhist literature in particular historical contexts and their role in specific Buddhist contexts today

Mindfulness and the Therapeutic Relationship Steven F. Hick,Thomas Bien,2010-07-21 A number of books have explored the ways psychotherapy clients can benefit from learning and practicing mindfulness This is the first volume to focus specifically on how mindfulness can deepen the therapeutic relationship Grounded in research chapters demonstrate how therapists own mindfulness practice can help them to listen more attentively and be more fully present Leading proponents of different treatment approaches including behavioral psychodynamic and family systems perspectives illustrate a variety of ways that mindfulness principles can complement standard techniques and improve outcomes by strengthening the connection between therapist and client Also presented are practical strategies for integrating mindfulness into clinical training

Fidelity Thich Nhat Hanh,2007-08-21 What does healthy intimacy look like How do we keep the energy and passion alive in long term relationships What practices can help us forgive our partner when he or she has hurt us How can we get a new relationship off to a strong and stable start What do we do if we feel restless in a relationship or attracted to someone outside of our partner These are just some of the

questions Zen master and Nobel Peace Prize nominee Thich Nhat Hanh has been asked by practitioners and readers alike Deeply moved by the suffering that can be caused by these issues he offers concrete guidance in his first ever writings on intimacy and healthy sexuality Fidelity guides the reader to an understanding about how we can maintain our relationships keep them fresh and accepting and loving our partner for who they are Fidelity gives concrete advice on how to stay attentive and nourishing of each other amidst the many responsibilities and pressures of daily life Readers will learn how to foster open communication dealing with anger and other strong emotions learning to forgive and practicing gratitude and appreciation Fidelity is written for both couples in a committed relationship wanting to further develop a spiritual dimension in their lives together and for those where infidelity or hurt may have occurred and there is a need for best practices to re weave the net of love and understanding In addition to addressing everyday occurrences and challenges Thich Nhat Hanh shows how traditional Buddhist teachings on attachment deep listening and loving speech can help energize and restore our relationships Written in a clear and accessible style and filled with personal stories simple practices and exercises Fidelity is for couples at all stage of relationships It the guide book for anyone looking to create long lasting and healthy intimacy

Encyclopedia of World Problems and Human Potential Union of International Associations,1994 The destruction of wildlife habitats organized crime AIDS illiteracy acid rain these are among the 130 000 topics documented and discussed in the new edition of the Encyclopedia But its truly unique goal is to present this complex set of issues in ways that facilitate an organized response To this end the book also focuses on the complex relationship between problems and society s own ideological relationship with these problems How do human priorities and perceptions aggravate or enable problems What are the established and alternative responses The Encyclopedia contains over 158 000 cross references between entries an extensive 91 000 practical key term index bibliographies and full cross referencing to the Yearbook of International Organizations For anyone concerned with the world community here are the means to explore and participate in today s most crucial endeavors Volume 2 Human Potential Transformation and Values contains 7 700 entries reflecting a spectrum of problem solving approaches based on such human development issues as self learning creativity and modes of awareness The volume also focuses on specific religious beliefs value systems and thought patterns **Swatantra** ,1956 **The British National Bibliography** Arthur James Wells,2009 **The Publishers' Trade List Annual** ,1981 **Mindfulness and Psychotherapy** Christopher K. Germer,Ronald D. Siegel,Paul R. Fulton,2005-03-09 Responding to growing interest among psychotherapists of all theoretical orientations this practical book provides a comprehensive introduction to mindfulness and its clinical applications The authors who have been practicing both mindfulness and psychotherapy for decades present a range of clear cut procedures for implementing mindfulness techniques and teaching them to patients experiencing depression anxiety chronic pain and other problems Also addressed are ways that mindfulness practices can increase acceptance and empathy in the therapeutic relationship The book reviews the philosophical underpinnings of mindfulness

and presents compelling empirical findings User friendly features include illustrative case examples practice exercises and resource listings *East West Journal* ,1985 *Sociological Abstracts* Leo P. Chall,2003 CSA Sociological Abstracts abstracts and indexes the international literature in sociology and related disciplines in the social and behavioral sciences The database provides abstracts of journal articles and citations to book reviews drawn from over 1 800 serials publications and also provides abstracts of books book chapters dissertations and conference papers **Love's Garden** Peggy

Rowe-Ward,Larry Ward,2008-05-10 A collection of real life Buddhist love stories with commentary and guided exercises for couples developed by Peggy Rowe Ward and Larry Ward senior students and ordained Dharma teachers in the tradition of Zen Master Thich Nhat Hanh These personal stories from couples of a range of different ages and experiences illustrate how Buddhist principles can help couples navigate any stage of their relationship It took the authors some good living and good loving before they realized that the love that they were seeking was already present and available in the depths of their hearts and mind Love does not depend on anything that is happening Out There and is not dependent on anything he or she might do It depends on our own willingness to look within and to act This insight is a result of practicing the teachings of the Buddha on right diligence and right effort The authors have been studying and practicing with Zen master Thich Nhat Hanh and they are happy to report that the practices work In iLove s Garden the authors offer key practices such as The Three Keyes see excerpt for the transformation of suffering and the establishment of happiness These practices have helped them see each other s happiness as their own They share stories and illustrations from their own life and also and those of their friends and students brbrThe practice is not difficult We simply need to get in touch with and nourish the practices that are helping us to experience peace And then we need to stop doing the things that keep us from experiencing peace Larry Ward

The Times Index ,2008 Indexes the Times and its supplements *Buddha & Love* Lama Ole Nydahl,2013-11-26 Timeless Wisdom for Modern Relationships Lasting happiness for a couple is no longer a dream but a possibility Falling in love breaking up or getting along with a partner these experiences touch us all so where is our handbook for successful love Ole Nydahl a western Buddhist Lama has written the most comprehensive manual to date Buddha Love Timeless Wisdom for Modern Relationships explores all aspects of love and partnership from a Buddhist perspective Covering sexuality infidelity parenting divorce and more Nydahl explains how a Buddhist approach to relationships helps us grow ourselves and benefit everyone around us Unafraid of taboo topics and free from sappy clich s and political correctness Nydahl provides both women and men with practical advice on how to love better

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