

"WITH LIGHT WATKINS AS YOUR GUIDE, YOU WILL UNLOCK THE SECRETS TO ESTABLISHING
A REGULAR AND POWERFULLY HEALTHY DAILY PRACTICE." —Deepak Chopra, M.D.

BLISS MORE

How to
Succeed in
Meditation

Without Really
Trying

LIGHT WATKINS

Light Watkins

Bliss More: How to Succeed in Meditation Without Really Trying



[continue reading](#)

In one of America's top meditation teachers, Light Watkins, M.D., says, "I don't think you have enough time or the endurance. Picture yourself sitting in a cushion with your hip and legs crossed, ready to utilize unlimited pleasure. With Light Watkins as your guide, you will unlock the secrets to establishing a normal and powerfully healthy daily practice. The problem is not with meditation, or you, though—the problem may be with your approach." Light Watkins has the gift of being able to demystify meditation in a manner that will make you need to meditate, even though you feel your mind is too occupied. Bliss More is among the best meditation books I've ever come across for getting you started. Actually the biggest skeptic will look forward to sitting for meditation every day. Whether you're a novice or experienced practitioner, Bliss Even more will reveal the road to a clearer mind, better sleep, and more bliss in everyday life. Praise for Bliss More "It's not that you can't obtain comfort (let alone still), as well as your head is full of so many thoughts, particularly if you don't—Deepak Chopra, M.D.'s just one problem: You can't (Embrace, Accept, Surrender, Yield), dispels the largest myths and misunderstandings, and shares real-world suggestions and straight talk wireless for hacking into this historic practice. Watkins also shares candid testimonials from people whose lives have been enriched through his method, and extensive assets for transforming a daily chore into an enjoyable activity. A." The effect: a happier and healthier you, inside and out. s top meditation teachers and mindfulness specialists comes a revolutionarily basic method of everyday practice—D. If you're, writer of 10 Reasons YOU ARE FEELING Old and Get Body fat "re ready to start a stable meditation practice, look no further. When correctly understood and practiced, meditation should experience easy, calming, and comfy.—Rosario Dawson, actress "Light needs the world to wait to do, something you's most effective practice and turns it into something you can't In Bliss More, maverick instructor Light Watkins provides the tools for making it E."—Pam Grout, author of E-Squared and Thank & Grow Rich "Bliss More is a treasure trove of effective, practical, and priceless ways to finally get better at your meditation practice."—Davidji, meditation instructor and author of Sacred Powers



[continue reading](#)

Insightful, Kind, Humorous Method of Meditation I am a subscriber to Light's "Daily Dose of Inspiration" and every day it seems the inspirations are written specifically for me. This is certainly one of those books. Today, I'm currently feeling the difference in all areas of my entire life. Can't sit together with your back directly in the lotus placement? I never intended to read the reserve because I have already been a daily meditator for a long time, I enjoy and prioritize my meditation practice and I understand (or thought I knew) the fundamentals. I believed this might be a good way for me to make sure I read the book. I requested to end up being part of the problem and was recognized. I got no expectations, but was open to learning something new. I'm sharing the reserve with a lot of my friends who are intimidated by meditation, or state it's too daunting, time consuming, uncomfortable. As a seasoned meditator, I came across this dumbed down the idea of being, well, dumb, but backed up with a slick promotional marketing campaign. I laughed aloud reading about the random thoughts that pop-up during meditation. accessible approach to an easy and rewarding mediation practice This book was fantastic. Amazing Easy way to meditate I rarely browse self-help books from cover to cover. I have used it beyond mediation and will attest that it works. His books seem to be written in a very dumbed down amateur way for people who will most likely not pick up any other even more mainstream meditation book. I have also given it to 5 individuals who have said, I am too occupied to meditate, my mind is too energetic, my meditation is running, I always drift off, etc etc. If you can't, this book will give you all the skills, equipment and knowledge. When Personally i think a hot flash coming on, I just get into E.A. That's the real miracle here. Can't meditate the utmost 20 moments twice a day time? I think you'll find yourself happily meditating in no time! Light teaches us to rely on our own inner clock, no alarms. I no more use an alarm and happen to check my clock nearly at 20 moments on the dot each time. (2) I have more mins of my mediation where my mind is completely settled and quiet. Light makes meditation accessible for all We hear all the time that meditation may have benefits for us, it can benefit us relieve the strain of our busy lives, it could give us better health. (3) the time in meditation seems to go by quickly. I am under no circumstances thinking about the fact that I am mediating or just how much time has gone by. This reserve explains how to put into action a sustainable meditation practice in an exceedingly simple, very relatable method. To conclude, Light Watkins is a brilliant mediation teacher and technique he teaches in this reserve can truly change anyone and everyone into a daily mediator. I know from knowledge that mediation increase emotions of wellbeing and peace. Living out of this vintage is the easiest way to change the world. Small investment with time to read, and meditation pays exponential life changing dividends- so why not? If you desire to begin meditating, while no low cost to an in-person program, that is a great book to assist you begin. The following month will become my 5 year milestone of twice daily meditations. I browse the book, and even as an experienced meditator who knows Light, I acquired a ton out of it. If you are new to the idea, or have been trying various other modalities, or are experienced, Light doesn't miss a beat with how he'd teach meditation in person. I organically feel the 20 moments has passed without any other thoughts time during my mediation. When you can get to an personally training with Light, do it! I am of this where scorching flashes are something I must deal with. And When you have qualified with Light personally, still read the book- there is always more to understand, to fortify and to enrich, which book is a good knowledge source to keep on hand. It is a good tool for mediation and for life in general. Instead of me try to explain how none of these things are relevant to having an effective meditation practice, I send out them the book. If you believe these items, read this book and you will see how you can still be a meditator, and why having a practice is really game changing, life

changing.S. I just become aware following the mediation that it had been mostly peaceful. But there are many different types of meditation out there. How can you choose which is definitely right for you? And there can be barriers to learning the technique. But Light Watkins in Bliss More opens mediation up to everyone. And some methods are only taught through week lengthy retreats! Its all simply too much for the average person with a busy life like me! It's rather a stuffy and inflexible process where certain position are required also if they're unobtainable for your body, that you must perform it for at least an hour a day, that you have to practice exactly as taught, that there surely is a right and only way to practice. He reduces the barriers to a practice. He makes learning it a simple and self actualized process that is E.Y.S.A., enlightening, and fun. I could adapt what I learned to my life instead of visa versa and meditation has become something I look forward to daily. Then just sit on the sofa. Oh, back to mediating, my meditations have improved in the next ways: (1) I used to employ a soft alarm to let me understand when my mediation had ended. I have found several lately that I've read every term and want to learn it again. This content can be delightfully approached, the illustrations are easy on the eye, and the context is set with a purpose, to help you meditate. I ended up absorbing more knowledge than I thought, and was presented with a reminder of stuff that I understood but had not apply for awhile, despite my 3+ year veteran position as a twice a time meditator. Light Watkins clearly has a keen, innate sense of "pain points" that new meditators experience. He articulates the "excuses" or "pain points" perfectly and equally addresses them with graceful and easy to put into action solutions. I had the opportunity to teach with Light personally to become a twice daily meditator. I could not need been more incorrect! Y. I'm actually meditating today! This book has showed me how exactly to meditate in a fresh way--and i really like it. Y. Light breaks the simple methods down in a manner that seem sensible. Enjoy your bliss perspective changing. Highly recommend. Light Watkins presents a unique method of meditating that just might work better than others you may have heard or find out about. Can't meditate without obtaining lost in thought? That's fine. setting and, just like a miracle drug, hot flash vanishes. Okay, perform everything you can. I pre-ordered the publication because I adore the good that Light Watkins can be bringing into this world and I wanted to aid that effort. In case you are interested in meditation or if you have tried unsuccessfully to learn to meditate before I highly suggest you give this book a go. Watkins' E.A. I learned Light was going to do a 21 Time Mediation Problem with reading assignments in the publication. It will not dissappoint. meditation technique is less rigid and more accessible, opening the door to an experience that can benefit us all. easy read to start meditation practice great read Meh If you've hardly ever meditated in your daily life, this is an excellent gateway, I guess. Must read Must read for newbies. NOT "one of America's best meditation teachers and mindfulness experts" We was absolutely surprised to read the very first thing mentioned concerning this book was that it was written by "among America's best meditation teachers and mindfulness experts". I've NEVER heard about the guy, and even after looking him up online, he's just some 30-something guy from SoCal who decided to start teaching meditation to ultra-paced Californians who believe they don't really have enough period for that stuff. I've never even heard about his teacher/guru. strategy that Light teaches in this book is life transforming. Try it. It's certainly simplified. But how the guy gets a full book duration out of 'sit still and simply let thoughts happen for 20 minutes'? S. You don't need this book, even though you need all the handholding in the world. I'm not talking about how it isn't really meditation by any genuine definition. Light has stripped away all the mysticism about meditation by sharing his very own struggles with mediation and using humor to illustrate how chatty our thoughts could be during meditation. He information all

the benefits of this user-friendly style of meditating therefore well that I immediately felt extremely enthusiastic to sit down and try this practice again. Move. My brain somethings can be super chatty during meditations and I have never had a technique that works each time for dealing with a chatty brain of random thoughts. I devoured this book in 3 days and since then, I possess gotten back into a normal meditation practice. It had been through on of the Daily Dose of Motivation that I discovered of Bliss More. Check it out, it's E. There are way better additional books that produce meditation right into a no-fear approach, but which have some solid grounding in analysis and personal experience and tradition. Right now I look forward to meditating the way I look forward to a great meal or a therapeutic massage. Oh boy, to my utter shock, I have LOVED every day of the 21 day time concern. With the BlissMoreApp it is even more powerful. The E. Easy Read With an Informative Meditative Flow Since I read the author's first publication and participated in one of his meditation retreats, I was convinced that there is no new knowledge to understand and ONLY purchased it to review before recommending it to my customers (I'm a health trainer). Each one makes a positive impact in my own life. There are all sorts of fun stuff/quotes that inspire you. Breaks the capability to make excuses and keeps you engaged. Light makes it all entirely attainable, and I'm so thankful I found this reserve. Totally recommend it and have already told two or three people about it.A.



[continue reading](#)

download Bliss More: How to Succeed in Meditation Without Really Trying txt

download free Bliss More: How to Succeed in Meditation Without Really Trying mobi

[download free Mastering Your Mean Girl: The No-BS Guide to Silencing Your Inner Critic and Becoming Wildly Wealthy, Fabulously Healthy, and Bursting with Love ebook](#)

[download The Little Book of Healthy Beauty: Simple Daily Habits to Get You Glowing ebook](#)

[download free Zero Belly Smoothies: Lose up to 16 Pounds in 14 Days and Sip Your Way to A Lean & Healthy You! djvu](#)