

Patience The Art Of Peaceful Living Allan Lokos

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Patience The Art Of Peaceful

"Drawing on Buddhist teachings and his own deep wisdom, Allan Lokos reminds us of the peace and freedom that is possible when we cultivate genuine patience. The stories and exercises give practical guidance in coming home to an openhearted presence in the midst of difficulty.

Patience: The Art of Peaceful Living: Lokos, Allan ...

I have just finished reading *Patience: The Art of Peaceful Living*, by Allan Lokos, the founder and guiding teacher of the Community Meditation Center in New York City. It's a timely read for a season in which the stresses seem to multiply in direct proportion to the peace and joy we're supposed to be feeling—and too often don't!

Patience: The Art of Peaceful Living by Allan Lokos

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Patience: The Art of Peaceful Living by Allan Lokos ...

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Best Patience: The Art Of Peaceful Living Reviews & Buying ...

Brief Summary of Book: *Patience: The Art of Peaceful Living* by Allan Lokos Here is a quick description and cover image of book *Patience: The Art of Peaceful Living* written by Allan Lokos which was published in 2012-1-5 .

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Allan Lokos' *Patience: The Art of Peaceful Living* provides practical methods to help develop genuine, open-minded patience. "Patience is born when we create a pause between our experience of a feeling and our response to that feeling," Lokos writes. "Forgiveness has space to develop; fires have a chance to cool."

Patience: The Art of Peaceful Living | Pasos Peace Museum

Allan Lokos the author of *Patience: The Art of Peaceful Living* and founder of the Community Meditation Center of New York recently shared his thoughts about patience and how it helps us live more fulfilled lives. On the eve of publication of his book, I'd like to share his thoughts with you. How has your emphasis on meditation changed your life?

Patience: the Art of Peaceful Living | Survive Your ...

"Peace can be found within, no matter the external circumstances," Allan Lokos writes in "Patience: The Art of Peaceful Living." "Forgive me, Allan," I thought, when I read his book for the first...

Patience: The Art of Peaceful Living - The Good Men Project

Rabbi Zalman SchachterShalomi, author of Jewish with Feeling and AI, "Drawing on Buddhist teachings and his own deep wisdom, Allan Lokos reminds us of the peace and freedom that is possible when we cultivate genuine patience.

Patience : The Art of Peaceful Living by Allan Lokos (2012 ...

In Patience: The Art of Peaceful Living, Allan Lokos explains how to abandon anger and unhappiness and forge a path to a patient existence.

Patience : NPR

46 quotes from Patience: The Art of Peaceful Living: 'You cannot control the results, only your actions.'

Patience Quotes by Allan Lokos - Goodreads

Patience: The Art of Peaceful Living is a comprehensive exploration of one of life's most essential, yet elusive virtues. The author explores the nature of anger and impatience and offers in-depth practices for developing true patience to the point where it becomes part of who we are.

Allan Lokos

Praise For Patience: The Art of Peaceful Living ... "Along with suggesting exercises and meditation practices for cultivating mindfulness and patience, Lokos offers testimonials from individuals who have enhanced their lives by learning patience. His laugh-out-loud chapter on raising children is a treasure.

Patience: The Art of Peaceful Living | IndieBound.org

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Unity Church of Peace - Patience: The Art of Peaceful ...

Well, Buddhist mind training sees patience as a quality of the mind, one that develops into three types. The first is the ability to withstand the hurts we suffer by the hand of strangers and loved-ones. The second is the willingness to bare suffering whether it arises as slight discomfort or agonizing pain.

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