

The Pocket Guru

Neil Pasricha

The Pocket Guru Siri Sat Nam Singh, 2019-05-07 From Dr. Siri Sat Nam, a licensed therapist who stars on Viceland's *The Therapist*, *The Pocket Guru* offers emotional centeredness and mental peace. Using Dr. Siri's calming style, the book presents readers with 108 topics to focus on—including commitment, forgiveness, intimacy, and love—and mantras to help them find personal growth and fulfillment. Packed with wisdom on discovering spiritual harmony, meditative practices targeting 11 different aspects of self, and a simple format that invites readers to dip in and out or read the book from start to finish, this is a rich source for deepening self-awareness.

The Pocket Guru: Guidance and Mantras for Spiritual Awakening and Emotional Wisdom (Wisdom Book, Spiritual Meditation Book, Spiritual Self-Help Book) Dr. Siri Sat Nam Singh, 2019-05-07 Discover a deeper understanding of yourself. With wisdom and mantras on 108 topics: From Dr. Siri Sat Nam, a licensed therapist who stars on Viceland's *The Therapist*, *The Pocket Guru* offers emotional centeredness and mental peace. Using Dr. Siri's calming style, the book presents readers with 108 topics to focus on—including commitment, forgiveness, intimacy, and love—and mantras to help them find personal growth and fulfillment. Packed with wisdom on discovering spiritual harmony, meditative practices targeting 11 different aspects of self, and a simple format that invites readers to dip in and out or read the book from start to finish, this is a rich source for deepening self-awareness. Includes

instructions on how to choose a topic and use the corresponding power statements to begin reaping the benefits of spiritual awareness, mental calm, and increased emotional intelligence. The 11 meditations work on different aspects of your being including heightened wisdom, mental alertness, enhanced intuition, and more. Dr. Siri Sat Nam is a licensed therapist based in Los Angeles. He stars in the Viceland series The Therapist, in which he conducts sessions with music celebrities. For those new to meditation and those who have a strong daily meditation practice, following the guidance and mantras in The Pocket Guru can lead to higher levels of self-awareness, emotional wisdom, and consciousness. With wisdom and mantras on 108 topics and 11 easy-to-follow meditations Compact size is ideal to take on the go Makes a wonderful graduation or new journey gift Perfect book to start or end your day with

The Pocket Thich Nhat Hanh Thich Nhat Hanh, 2017-08-01 A treasury of writings and teachings from the beloved Zen teacher Thich Nhat Hanh. Since Thich Nhat Hanh's exile from his native Vietnam in 1966, this Zen Buddhist monk has gone on to become one of the most influential and beloved spiritual masters of our age. The seeming simplicity of his words belies the power of this teaching to touch the heart and mind and to inspire spiritual practice. These selections, taken from his many published works, together make up a concise introduction to all his major themes and distill his teachings on the transformation of individuals, relationships, and society. This book is part

of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

The Pocket Guru Guy Browning, 2011

My Pocket Guru Adams Media, 2015-11-01 Balance and inner calm are just moments away! In today's fast-paced world, it can be difficult to find peace and relaxation. Luckily, with *My Pocket Guru*, you're just minutes away from experiencing inner calm--anytime, anywhere! Each page features quick yet powerful exercises that show you how to increase your awareness, become more mindful, and find your center in any situation. Whether you're travelling to a business meeting or out running errands, this guide will help you regain feelings of balance, gratitude, and tranquility no matter where you go.

The Pocket Pema Chodron Pema Chödrön, 2008-12-09 A portable collection of short inspirational readings by "one of the world's wisest women"—the American Buddhist teacher and author of *When Things Fall Apart* (O, the Oprah Magazine) Pema Chödrön, beloved Buddhist nun and best-selling author, offers this treasury of 108 short selections from her more than four decades of study and writings. Here she presents teachings on breaking free of

destructive patterns; developing patience, kindness, and joy amid our everyday struggles; becoming fearless; and unlocking our natural warmth, intelligence, and goodness. Designed for on-the-go inspiration, this is a perfect guide to Buddhist principles and the foundations of meditation and mindfulness. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

The Pocket Guru Guy Browning, Janet Brown, 2011 From the basics to the boardroom; let The Pocket Guru help you become the best in the business. Containing instant, powerful advice on key business topics, tasks and themes each offering immediate answers and super-fast results, this is an awesome collection of the absolutely vital, must-know points on all key business topics, delivered in really tasty, easy-to-digest, just-in-time chunks. Discover easy-to-access and user-friendly lists, key action points and vital things to remember in every high-impact, lovingly illustrated and beautifully designed double-page spread.

My Life in Orange Tim Guest, 2016-03-01 A memoir of formative years spent on a series of communes: A “wonderful account of a frankly ghastly childhood . . . Hilarious and heartbreaking” (Daily Mail). At the age of six, Tim Guest was

taken by his mother to a commune modeled on the teachings of the notorious Indian guru Bhagwan Shree Rajneesh. The Bhagwan preached an eclectic doctrine of Eastern mysticism, chaotic therapy, and sexual freedom, and enjoyed inhaling laughing gas, preaching from a dentist's chair, and collecting Rolls Royces. Tim and his mother were given Sanskrit names, dressed entirely in orange, and encouraged to surrender themselves into their new family. While his mother worked tirelessly for the cause, Tim—or Yogesh, as he was now called—lived a life of well-meaning but woefully misguided neglect in various communes in England, Oregon, India, and Germany. In 1985 the movement collapsed amid allegations of mass poisonings, attempted murder, and tax evasion, and Yogesh was once again Tim. In this extraordinary memoir, Tim Guest chronicles the heartbreaking experience of being left alone on earth while his mother hunted heaven. “An intelligent, wry, openhearted memoir of surviving a childhood and a cultural phenomenon that were both extraordinary.” —Booklist (starred review)

Meditation As Medicine Guru Dharma Singh Khalsa, Cameron Stauth, 2011-02-22
Dr. Dharma Singh Khalsa “shows us how the tremendous power of medical meditation can heal not only the body but also the mind and soul” (Deepak Chopra) in this practical and engaging guide to natural healing. Proven effective by scientific research and presented here by Dr. Dharma Singh Khalsa and Cameron Stauth, the practice of Medical Meditation revolutionizes the healing process. By balancing and regenerating the body's ethereal and

physical energies through simple meditations, Medical Meditation unites the mind, body, and spirit into a powerful triad. Each Medical Meditation here has a specific physiological effect, targeting afflictions from arthritis to ulcers to cancer. Dr. Khalsa details the five unique attributes that endow this type of meditation with far more power than standard meditation. The combination of special postures and movements; exact positioning of the hands and fingers; particular mantras; specific breathing patterns; and a unique focus of concentration can change your entire biochemical profile, easing you into a calm, healing state. Practiced in conjunction with conventional or alternative medical treatments, cutting-edge Medical Meditation activates the healing force within you.

The Pocket Hagakure Yamamoto Tsunetomo, 2019-08-13 The definitive translation of the seminal treatise on the code of the samurai. Living and dying with bravery and honor is at the heart of Hagakure, a series of over 1,300 short texts written by eighteenth-century samurai Yamamoto Tsunetomo. These texts illuminate the classic Japanese concept of bushido (the Way of the Warrior), which dictated how samurai were expected to behave, conduct themselves, live, and die. Acclaimed translator William Scott Wilson has selected and translated here three hundred of those texts to create an accessible distillation of this guide, making it one of the most thorough and astonishing windows into the captivating world of the samurai available. This edition includes an introduction that delves into the Zen concept of muga, or

“death” of the ego, giving an in-depth historical and philosophical background for the more metaphorical reading of Hagakure that is based on Tsunetomo’s reference to bushido as “the Way of death.” Through this lens, which has held a morbid fascination for readers through the years, the classic takes on a fresh and nuanced appeal. This book was previously published under the title Hagakure. This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

The Book of Awesome Neil Pasricha, 2011-03-01 Based on the award-winning 10-million-plus-hit blog 1000 Awesome Things, *The Book of Awesome* is an international bestselling high five for humanity and a big celebration of life’s little moments. Sometimes it’s easy to forget the things that make us smile. With a 24/7 news cycle reporting that the polar ice caps are melting, hurricanes are swirling in the seas, wars are heating up around the world, and the job market is in a deep freeze, it’s tempting to feel that the world is falling apart. But awesome things are all around us, like: • Popping Bubble Wrap • Wearing underwear just out of the dryer • Fixing electronics by smacking them • Getting called up to the dinner buffet first at a wedding •

Watching The Price Is Right when you're home sick • Hitting a bunch of green lights in a row • Waking up and realizing it's Saturday The Book of Awesome reminds us that the best things in life are free (yes, your grandma was right). With laugh-out-loud observations from award-winning comedy writer Neil Pasricha, The Book of Awesome is filled with smile-inducing moments on every page that make you feel like a kid looking at the world for the first time. Read it and you'll remember all the things there are to feel good about. A New York Times Bestseller • USA Today Bestseller • Globe and Mail Bestseller • Toronto Star Bestseller • Vancouver Sun Bestseller • Macleans Bestseller • Winner of the Forest of Reading Award

Life 102 Peter McWilliams, 1994 The author recounts his association with MSIA, and argues that his guru was a confidence man who programmed his followers to obey him implicitly

Pocket Guide to TQM John S Oakland, Peter Morris, 2013-11-05 Another new book in the popular and original series of pictorial guides - John Oakland cuts through the complex concepts and confusing jargon associated with implementing Total Quality, and Peter Morris presents the information in his inimitable pictorial style. This book will show students and managers what they need to understand about TQM in the simplest, clearest and most memorable form. Professor John Oakland is undoubtedly the British guru of quality management. Following a successful industrial career in research and production management, he has developed a pragmatic approach to introducing

TQM which he and his colleagues have used successfully in literally thousands of organizations. He is founder and Executive Chairman of OAKLAND Consulting Plc. and Head of the European Centre for TQM at the University of Bradford Management Centre. Also published by Butterworth-Heinemann are John Oakland's bestselling Total Quality Management (now in its second edition) and Cases in Total Quality Management. Peter Morris is the creative force behind the illustrations in all Butterworth-Heinemann's pictorial guides. Originally trained as an art teacher, he spent several years as an industrial designer in Canada before returning to England to design educational and training materials for the University of Sussex. His experience working on industrial contracts convinced him, quite rightly, that cartoons are frequently the best way to illustrate the abstractions of business life.

Guru Rinpoche Ngawang Zangpo, 2024-12-03 To Tibetan Buddhists, Guru Rinpoche is a Buddha. This book recounts Guru Rinpoche's historic visit to Tibet and explains his continuing significance to Buddhists. In doing so, it illustrates how a country whose powerful armies overran the capital of China and installed a puppet emperor came to abandon its aggressive military campaigns: this transformation was due to Guru Rinpoche, who tamed and converted Tibet to Buddhism and thereby changed the course of Asian history. Four very different Tibetan accounts of his story are presented: one by Jamgon Kongtrul; one according to the pre-Buddhist Tibetan religion Bön, by Jamyang Kyentse Wongpo; one based on Indian and early Tibetan historical

documents, by Taranata; and one by Dorje Tso. In addition, there are supplications by Guru Rinpoche and visualizations to accompany them by Jamgon Kongtrul. Guru Rinpoche is part of The Tsadra Foundation series published by Snow Lion Publications. The Tsadra Foundation takes its inspiration from the nineteenth-century nonsectarian Tibetan scholar and meditation master Jamgon Kongtrul Lodro Taye, and is named after his hermitage in eastern Tibet, Tsadra Rinchen Drak. The Foundation's programs reflect his values of excellence in both scholarship and contemplative practice, and a recognition of their mutual complementarity.

The Pocket Scavenger Keri Smith, 2013-05-07 From the creator of *Wreck This Journal*, an exploration into the creative process and chance. Readers are instructed to go on an unusual scavenger hunt, collecting a spectrum of random items. They'll be forced out of habitual ways of thinking to discover new connections.

The Pocket Dalai Lama Mary Craig, 2017-08-01 Inspirational teachings and wisdom of the leading Buddhist teacher of our time. One of the most influential Buddhist leaders of our time, His Holiness the Fourteenth Dalai Lama is a Nobel Peace Laureate and the exiled spiritual head of the Tibetan people. A tireless teacher and writer, he is the author of dozens of widely acclaimed works, including *The Book of Joy*, *The Art of Happiness* and *The Heart of Meditation*—and this compact collection brings together a selection of inspiring short teachings from many of his popular books. Addressing a

broad range of subjects, such as nonviolence, impermanence, religion, politics, and human rights, these wise words show the power of goodness even in the most uncertain of times. This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

My Father's Guru Jeffrey Moussaieff Masson, 2003 As a child growing up in the Hollywood Hills during the 1950s, Jeffrey Moussaieff Masson thought it was perfectly normal that a guru named Paul Brunton lived with his family and dictated everything about their daily rituals, from their diet to their travel plans to his parents' sex life. But in this extraordinary memoir, Masson reflects on just how bizarre everything about his childhood was—especially the relationship between his father and the elusive, eminent mystic he revered (and supported) for years. Writing with candor and charm, Masson describes how his father became convinced that Paul Brunton-P.B. to his familiars—was a living God who would fill his life with enlightenment and wonder. As the Masson family's personal guru, Brunton freely discussed his life on other planets, laid down strict rules on fasting and meditation, and warned them all of the imminence of World War III. For years, young Jeffrey

was as ardent a disciple as his father-but with the onset of adolescence, he staged a dramatic revolt against this domestic deity and everything he stood for. Filled with absurdist humor and intimate confessions, *My Father's Guru* is the spellbinding coming-of-age story of one of our most brilliant writers.

Stripping the Gurus Geoffrey D. Falk, 2009-06 Armed with wit, insight, and truly astonishing research, Falk utterly demolishes the notion of the enlightened guru who can lead devotees to nirvana.--John Horgan, author of *Rational Mysticism*.

The Diamond in Your Pocket Gangaji, 2008-09-24 Gangaji, the American-born teacher who has influenced the lives of thousands of people through her retreats and public events, helps us to reconcile the observations and questions that arise along the spiritual path. Like a precious gem, *The Diamond in Your Pocket* cuts through what is false and illuminates what is true - a brilliant series of contemplations and insights you will want to hold dear and return to again and again.

Go Forth! Chronicle Books, 2017-04-11 *Go Forth!* is the perfect dose of positivity and kick-in-the-pants motivation to get out and get living, making, and doing. Chock-full of uplifting text-based art with an emphasis on being brave, courageous, and authentic, it's the perfect gift for grads, travelers, or anyone else in need of inspiration as they embark on a new adventure. Think *Everything Is Going to Be OK* and *You Are So Loved* with an audacious new look—bold, rather than sweet—fit for the contemporary reader.

Unveiling the Magic of Words: A Overview of "The Pocket Guru"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "The Pocket Guru," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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The Pocket Guru Introduction

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