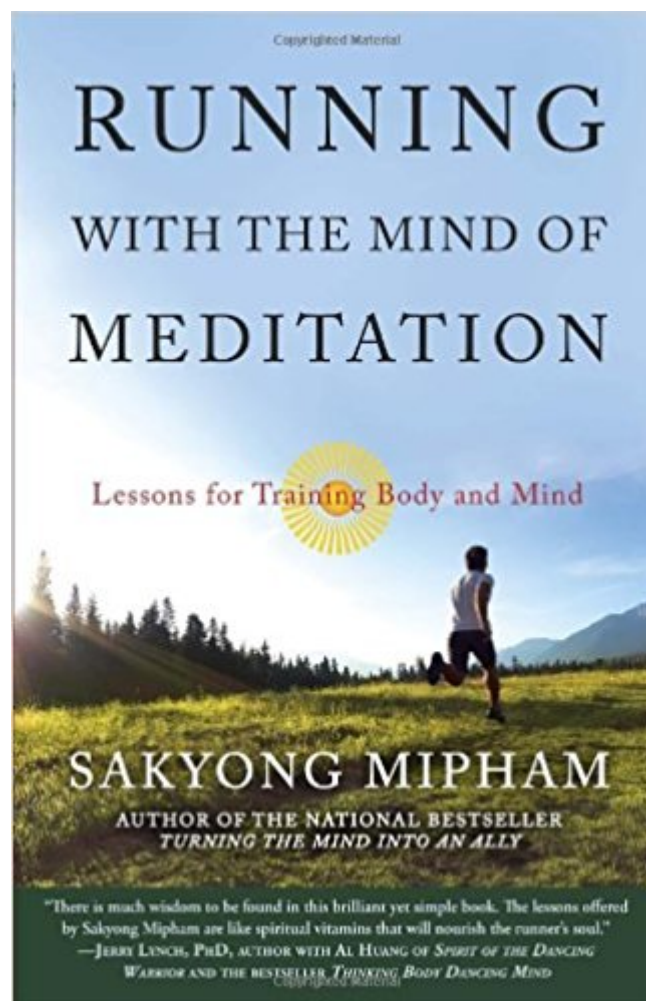




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# Running With The Mind Of Meditation: Lessons For Training Body And Mind



## Synopsis

A unique fitness program from a highly respected spiritual leader that blends physical and spiritual practice for everyone - regardless of age, spiritual background, or ability - to great benefits for both body and soul. As a Tibetan lama and leader of Shambhala (an international community of 165 meditation centers), Sakyong Mipham has found physical activity to be essential for spiritual well-being. He's been trained in horsemanship and martial arts but has a special love for running. Here he incorporates his spiritual practice with running, presenting basic meditation instruction and fundamental principles he has developed. Even though both activities can be complicated, the lessons here are simple and designed to show how the melding of internal practice with physical movement can be used by anyone - regardless of age, spiritual background, or ability - to benefit body and soul. From the Hardcover edition.

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## Customer Reviews

There is much wisdom to be found in this brilliant yet simple book. The lessons offered by Sakyong Mipham are like spiritual vitamins that will nourish the runner's soul. — Jerry Lynch, Ph.D, author with Al Huang of Spirit of the Dancing Warrior and the best-seller, Thinking Body, Dancing Mind Running With the Mind of Meditation is a delightful and welcome addition to contemplative literature. We often forget that movement is a natural complement to meditative practice, and helps us avoid what has been called the 'stone Buddha' syndrome. This book is a profound guide to the integration of mind and body." — Larry Dossey, MD, author of

## Healing Words:~ ~ The Power of Premonitions and~ ~ The Extraordinary Healing Power of Ordinary Things

SAKYONG MIPHAM is the leader of Shambhala, a worldwide network of meditation and retreat centers. He's also an avid marathon runner and golfer, he frequently retreats to study at a Tibetan monastery in India, and he writes a regular column in the Shambhala Sun. The author of the bestselling titles *Ruling Your World* and *Turning the Mind Into an Ally*, Sakyong Mipham was named one of the thirty global visionaries of our time by Planet magazine. He spends his time teaching all over the world, using his unique blend of Eastern and Western perspectives to the benefit of his students in North and South America, Europe, and Asia.

I've been running consistently (that is, more than three times per week and for at least twenty miles total) for over thirty years and have completed marathons, ultras, and Ironman triathlon distance races. Until I read this book, I wanted to have inspirational music plugged into my head and constantly searched for new play lists when the current one lost its magic to motivate. After reading this book, instead of seeking a mood created by music in order to have a good run, I now create my own mood or head out looking to see what I can find by being in the moment. There is enough on meditation in this book to quit looking for external stimulus in order to create internal motivation. You can create your own motivation and enjoy running (or any endurance event) without outside assistance beyond what you can perceive from your surroundings, whether in the woods or the city. This book is full of moments when I stopped reading to underline something and nod to myself. Very good read and excellent practical advice. For an amazing read of what is possible in the realm of human endurance, check out~ ~ The Marathon Monks of Mount Hiei.

Excellent book that applies tibetan buddhist meditation principles to running. It is very well written and the lessons and principles Sakyong shares resonated with me. It is no wonder why he runs over 200 meditation centers across the globe. I truly enjoyed that the book wasn't self-indulgent while being an excellent perspective on one unique persons "running life." A cheap book that's more than worth the price!

If you are a runner and you have any desire to strengthen and train your mind as well as your body, read this book. That, in fact, is what I valued most in Sakyong Mipham's approach to the topic of meditation. He approaches meditation as a way to strengthen the mind - to improve it's ability to

retain focus and to think clearly. His rationale convinced me of the potential merits for meditation that don't have anything to do with reaching Nirvana or attaining some grand level of spiritual enlightenment (although, I do realize those are benefits that are important and real to others). I've been practicing meditation now for over a year using the techniques in this book and I can only say that they've worked for me. I can't imagine not practicing meditation now any more than I can imagine not running or not doing my core work. These things are essential to my life, and I'm very grateful I lucked into this book. Definitely recommended.

A wonderful book about running as a vehicle to understand your self and your own personal spirituality. Not preachy, and not biased. Just a wonderful book that helped me appreciate my runs more than I can ever express.

If you run, meditate, practice yoga or just love fitness, you should absolutely read this book. I've always viewed my running practice as a moving meditation and wondered how the two disciplines converged. When I saw this book, I thought it could answer the many questions I've always had about the connection between running and meditation. *Running with the Mind of Meditation* is a wonderful read about two very synergistic practices. Sakyong Mipham is a Tibetan lama and leader of Shambhala, a community of over a hundred meditation retreat centers worldwide, and a serious runner, with nine marathons under his belt. He has run in the toughest of climates and the harshest of terrain (for example, running with little sleep in the Indian wilderness at 3:30 a.m. on one trip, and in knee-high snow in post-blizzard, frigid North American terrain, complete with moose and bald eagles, in another.) Saying Mipham is a devotee to both practices would be an understatement. His voice on the page is calm and meditative itself. His writing style is clear and clean, but also effervescent, brimming with energy and inquisitiveness. There is not a word wasted, or spared. The reader welcomes just another page before shutting the book. It's hard to put down. He instructs the reader on how to meditate and run properly. The body benefits from movement, the mind from stillness, so together the two practices make up an ideal mind-body practice. In meditation, he introduces us to the stages of strengthening and developing the mind. Long periods of overstimulation can affect our organs and blood flow. As for running, he says it is pivotal to be mindful, wholly present, to bring an attitude of respect, full-heartedness and appreciation to your practice. He applies tools from his meditation practice to running, but ultimately sees the two as separate activities. Still, he does discuss how the two converge. In what he calls a "dragon run," for instance, you can run

with a deep purpose and connect to an important theme that has come to the surface of your life. The run becomes a meditation as you focus on a chosen thought. For example, if you want to make a change in your life, running and contemplating that change may help you visualize and realize it. Moving the body, and bringing up an important thought to contemplate, can be highly compatible activities. One thing that I did feel was lacking was any kind of explanation as to what happens to the brain during both practices, and if a similar reaction or experience is taking place (for instance, the appearance of theta waves in the brain that tend to appear during meditation or regions of the brain that are activated). This would have evidenced the link between the two practices. Personal experience is fulfilling, but since this is not a memoir but an informative book on the topic, some research or discussion of it would have been helpful. Still, for lovers of running, meditation, spirituality, sports, I'd add it to your shelf.

Hard to get into. I learned a couple running tactics but not as much as I was hoping.

The book is about how to have a healthy approach to running, and life in general for that matter. The author clearly has a deep understanding of meditation which is evident in how he's able to break down complex concepts so they're easily understandable and applicable to anyone's life. The book focuses on how to use running and meditation to become happy. It's a thought provoking and joyful easy read. If you're looking for a how to book on running that gets into training programs, diets, or running form this is not the book for you. If your running has gotten stale or you're just getting back into it and looking for some inspiration then give it a try. It will give you a new perspective on how and why to run.

interesting book!

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