

# Being Present

*Cultivate a Peaceful Mind  
through Spiritual Practice*

Darren Cockburn

- » Provides practical exercises, meditations, and reflections centered on mindfulness, breath, and immersion in nature to simplify your life and anchor you in the present
- » Learn to use your body as a tool for raising consciousness, work with occurrences like tiredness, illness, and pain as spiritual teachers, as well as identify and release addictions, including harmful thought patterns
- » Can be integrated with any religion or spiritual teaching with examples pertaining to everyday experiences in the Western world

Darren shares practical exercises, meditations, and reflections, revealing how to free yourself from becoming lost in unhelpful thoughts and emotions, while bringing acceptance to what life presents you with. He explains how to generate true mindfulness through connection to your breath as well as immersion in nature. He details how to use your body as a tool for raising your level of consciousness as well as how to weave exercise, diet, breathing techniques, and sexuality into your spiritual practice. He explores how to work with occurrences like tiredness, illness, and pain as spiritual teachers for enriching your presence of mind and being.

Darren explains how simplifying life where possible will also bring a better understanding to all types of existing addictions, including harmful thought patterns, providing precious breathing space for our overly busy minds. In addition, he shows how a stable practice of mindful presence can enhance the quality of communication with others, be it with family, with friends, or at work.

Alongside an introduction to meditation techniques and supportive wisdom teachings from Buddhism and other spiritual traditions, Darren provides useful guidance on successfully integrating a regular spiritual practice into your day-to-day activities. He also includes pointers on how to create your own unique and personal structure in order to support your ongoing spiritual practice, the fruits of which will ultimately be a peaceful, calmer, and more connected experience of life.



JOHN HAWORTH

Darren Cockburn has been practicing meditation and mindfulness for over 20 years, studying with a range of teachers from different religions. As a coach and teacher, he has supported hundreds of people in meditation, mindfulness, and finding a connection to spirituality, with a focus on applying spiritual teachings in everyday life to cultivate a peaceful mind. Darren also works as a business consultant supporting organizations with strategy formulation, interim leadership roles, and transformation programs. He lives in Bournemouth, England. [www.DarrenCockburn.com](http://www.DarrenCockburn.com)


**NEW RELEASE**

**FINDHORN PRESS**

**ISBN 9781844097463**

**\$16.99 (US) • £12.99 (UK)**

**Paperback • 224 pages, 6 x 9**

 *Ebook edition also available through most ebook sellers*

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