



An Orange for You: A Child s Book of Awareness (Paperback)

By Mark W McGinnis

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Mark W McGinnis (illustrator). Language: English . Brand New Book ***** Print on Demand *****. An Orange for You is designed to help a child to develop a sense of awareness. Awareness, presence, mindfulness, and stillness are qualities that improve and heighten our life from the first steps to the final breath. They are abilities best taught by frequent examples of awareness -- by drawing the child s attention to their sensory perceptions and allowing them to experience freely. This book also attempts to raise the child s awareness of where their food comes from and the many people involved in the process. This book is inspired by the classic story of the Buddha teaching mindfulness to village children using tangerines. The book may be read to the child using the illustrations to convey the experience of the orange, or it may read be to the child as the child observes and handles an actual orange, or it may be recalled to the child the next time the child eats an orange.



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Reviews

This written publication is wonderful. It really is loaded with knowledge and wisdom You will not really feel monotony at at any time of your time (that's what catalogues are for relating to if you ask me).

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Absolutely essential go through publication. I am quite late in start reading this one, but better then never. You will not feel monotony at at any time of the time (that's what catalogues are for regarding if you ask me).

-- Ambrose Thompson II

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