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The Calm Buddha At Bedtime

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The Calm Buddha at Bedtime: Tales of Wisdom, Compassion and Mindfulness to Read with Your Child. Growing up in the modern world, our children have to cope with an ever-increasing amount of stress, which can feel worrying to both them and us. The ancient wisdom of Buddhism, with its emphasis on peace, mindfulness and compassion, is the ideal basis for helping any child face these challenges with inner confidence and calm.

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The Calm Buddha at Bedtime: Tales of Wisdom, Compassion ...

The Calm Buddha at Bedtime: Tales of Wisdom, Compassion and Mindfulness Audible Audiobook - Unabridged. Dharmachari Nagaraja (Author), Eloise Over (Narrator), Bolinda Publishing Pty Ltd (Publisher) & 0 more. 4.8 out of 5 stars 62 ratings.

Amazon.com: The Calm Buddha at Bedtime: Tales of Wisdom ...

Captivating bedtime meditations to bring peace, joy, and calm to the end of the day. There are three segments in this audio, each approximately 18 minutes in length. Choose from: By the Sea, An Adventure in Space, and Snowflake. May be used any time for general relaxation as well as bedtime.

The Calm Buddha at Bedtime (Audiobook) by Dharmachari ...

His passion for both Buddhism and storytelling lives on in this, his third book for Watkins in the popular At Bedtime series, all of which benefit from his appealing combination of warmth, wisdom, wit and playfulness.

The Calm Buddha at Bedtime: Tales of Wisdom, Compassion ...

10 Things Buddhism Can Teach Us is written by Dharmachari Nagaraja. He is the author of The Calm Buddha At Bedtime (Watkins) released on 16th November 2017 and is available on Amazon and in all...

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The Calm Buddha at Bedtime: Tales of Wisdom, Compassion ...

The Calm Buddha at Bedtime inspirational children's paperback picturebook by Dharmachari Nagaraja (ISBN: 9781786780805). The ancient wisdom of Buddhism, with its emphasis on peace, mindfulness and compassion, is the ideal basis for helping any child face

Calm Buddha at Bedtime, The - Source of Spirit

The calm Buddha at bedtime : tales of wisdom, compassion and mindfulness to read with your child. [Nagaraja, Dharmachari.; Nagaraja Dharmachari] -- Growing up in the modern world, our children have to cope with ever-increasing amounts of stress, which can hinder their development.

The calm Buddha at bedtime : tales of wisdom, compassion ...

Published on Mar 7, 2018 CJ interviews author Dharmachari Nagaraja about his newest book for children and adults "The Calm Buddha at Bedtime". Nagaraj translates the Jataka Book of Parables told by...

Buddha at Bedtime

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CJ interviews author Dharmachari Nagaraja about his newest book for children and adults "The Calm Buddha at Bedtime". Nagaraj translates the Jataka Book of Parables told by the Buddha into children stories. During the interview, Nagaraja reads the story of "Crystal and Pixie" a tale about how suffering is inevitable.