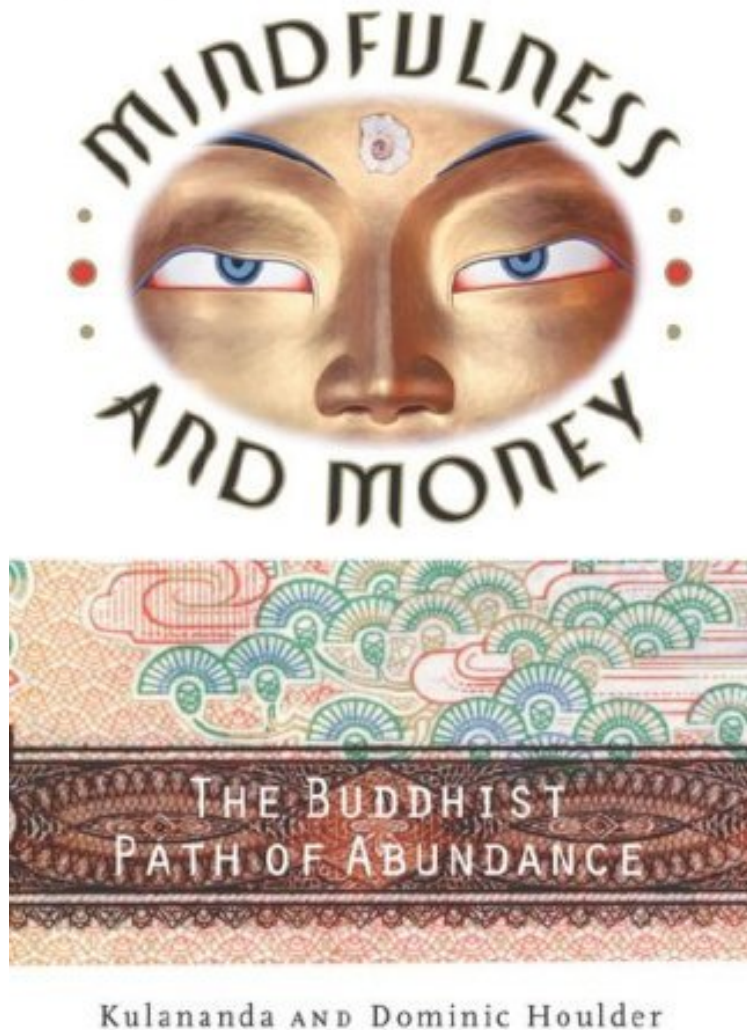


(Mobile ebook) Mindfulness and Money: The Buddhist Path of Abundance

Mindfulness and Money: The Buddhist Path of Abundance

Dominic J. Houlder, Kulananda Houlder
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"A fresh antidote to consumerism and guilt and a sharply realistic tool." —Publishers Weekly (starred review)



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Dominic J. Houlder, Kulananda Houlder : Mindfulness and Money: The Buddhist Path of Abundance before purchasing it in order to gage whether or not it would be worth my time, and all praised Mindfulness and Money: The Buddhist Path of Abundance:

0 of 0 people found the following review helpful. Great title, but...By Richard McknightI got something very valuable from the first part of the book (though I'm not sure I agree with it): money is the best invention of mankind. The authors claim that, without money, there is no spirituality because money frees us to be spiritual. Whether true or not

(highly debatable!), it provokes thought. I doubt that the Buddha, who chose poverty, would agree. The second part of the book is tedious, based on a very complicated and esoteric model. Won't someone else please write the book this one should have been? (The book is also set in very small, thin type and is exceptionally difficult to read.)

0 of 0 people found the following review helpful. Don't let the title fool you

By kathryn snyder

Now this is one of my favorite books studying Buddhism. This one has one of the best explanations of the Wheel for Westerners I've found.

5 of 5 people found the following review helpful. Great Introduction to Buddhist Views on Money

By David J.P. Fisher

Mindfulness and Money is written from a Buddhist perspective on the financial world. It's not the only Buddhist perspective, but it looks at personal finance through the lens of the traditions that have grown around the Buddha and his teachings. It does a great job of trying to bridge the gap between Buddhist thinking and the Western societies in which we live.

Questions, Ideas, and Implications

I think the most important sentence is the one that starts off the book: "Money is humanity's greatest invention" (pg 1). In Western culture, with its Judeo-Christian roots, money is often seen as bad or troublesome. The idea of money as something that is good is powerful and I find it rather liberating. It's challenging enough finding ways to operate as an economic entity without feelings of guilt or worry.

The most relevant way the Buddhist perspective can help is as a counter to the materialism that characterizes much of our society. There is an inherent cultural belief right now that buying more stuff will make you happy (just watch TV commercials). There's this idea that if you aren't fantastically wonderful yet, all it will take is a new watch, cologne, car, pair of jeans, etc. There's an unspoken promise that buying things or having things will make you complete; a promise that always disappoints. The Buddhist approach suggests a way to escape that cycle.

I love the assertion that "Craving is something we choose to do" (pg. 50). A lot of times I think we feel controlled by our desires, that we have to go along with them. This reminds me that I have a choice to act or not act upon any desire that comes up.

Another idea that has value is the idea of "skillfully" earning money. The idea of choosing a career based on the good that it will do for you and for the world is a lot more fulfilling than just choosing one based on salary. I have met many people who are unhappy with their career choices, but they continue on because they feel they have to. How can we choose work that is emotionally and financially fulfilling? I think the first step is awareness; simply being aware that there is more to work than money can start the process of finding an authentic career.

In the last year, I've been asking myself questions about how I spend my money, and looking for ways to change my habits. For example, I still have a car, but I drive a lot less - I try to take public transportation or my bike because it's less expensive and better for the environment. I'm realizing that there are a lot of ways that I can make small changes in my life to not need as much as I thought I did.

Should you read this book?

If you are searching for a new way to relate to money in your life, you will definitely find value in Mindfulness and Money. You don't have to be a Buddhist to appreciate the value of its philosophies on how to earn and spend money, and its psychological understanding of how we interact with money is profound.

From two leading instructors in business and Buddhism comes a fresh approach to making peace with your finances and creating true abundance. It may seem contradictory that Buddhist teachers Kulananda and Dominic Houlder have also been highly successful in the business arena, but they have learned that Buddhist teachings do not require a life of poverty, and can indeed go hand-in-hand with wealth and prosperity. Mindfulness and Money brings to light the teachings of Buddha as they apply to the money part of life, and shares the stories of others who have found the Buddhist path to freedom, creativity, and abundance. Using the Buddhist Wheel of Life as a starting point, the authors explore the mechanism by which desire for money and material things is confining, and how mastery of desire can free us to live peacefully with our finances. Kulananda and Houlder offer five precepts for living on the Path of Abundance, including kindness, generosity, contentment, honesty, and awareness. Through prescriptive meditations, reflections, and exercises, we can begin to earn and spend more purposefully; the key to finding financial peace, whatever one's income. An enlightening combination of practical wisdom and spirituality, Mindfulness and Money is a valuable asset for all seekers.

From the Hardcover edition.

"If the Buddha were alive today, what would he have to say about money? The authors bridge the gap between ancient teaching and modern experience, bringing us a wealth of practical stories and spiritual exercises to help us deal with money and all the desires, delusions, difficulties, and opportunities it represents. A valuable resource for anyone who works for a living." -Lewis Richmond, author of *Work As a Spiritual Practice*

From the Hardcover edition.

From the Inside Flap

From two leading instructors in business and Buddhism comes a fresh approach to making peace with your finances and creating true abundance. It may seem contradictory that Buddhist teachers Kulananda and Dominic Houlder have also been highly successful in the business arena, but they have learned that Buddhist teachings do not require a life of poverty, and can indeed go hand-in-hand with wealth and prosperity. "Mindfulness and Money brings to light the teachings of Buddha as they apply to the money part of life, and shares the stories of others who have found the Buddhist path to freedom, creativity, and abundance. Using the Buddhist Wheel of Life as a starting point, the authors explore the mechanism by which desire for money and material things is confining, and how mastery of desire can free us to live peacefully with our finances. Kulananda and Houlder offer five precepts for living on the Path of Abundance, including kindness, generosity, contentment, honesty, and awareness. Through prescriptive

meditations, reflections, and exercises, we can begin to earn and spend more purposefully-the key to finding financial peace, whatever one's income. An enlightening combination of practical wisdom and spirituality, "Mindfulness and Money is a valuable asset for all seekers. "From the Hardcover edition.About the AuthorKulananda (Michael Chaskalon) founded Windhorse, a multibillion-dollar Right Livelihood business. The author of four previous books on Buddhism, he teaches at numerous Buddhist centers. The founder of a successful consulting firm, Dominic Houlder (Mahaprabha) teaches at both the London Business School and the West London Buddhist Center. Both authors live in the United Kingdom.From the Hardcover edition.