

CONTENTS

Introduction <i>by</i> Margot Neuman	1
Acknowledgments	10
I. Being a Warrior	
1. Warrior's Battleground	14
2. Natural Being	25
3. Taking the Warrior's Seat	31
4. Sitting Practice	39
5. Walking Practice	53
II. The Good Sword: Synchronizing Body and Mind	
6. Making Friends with Yourself	58
7. Emerging from the Cocoon	67
8. Mindfulness in Action	82
9. Sensory Mindfulness Practices	95
III. Transforming Conflicting Emotions	
10. Why Are Emotions Disturbing?	100
11. Working with Emotion	105
12. A Further Exploration of Anger	117
13. From Fear to Fearlessness	124
IV. Soldier's Heart	
14. The Deeper Journey	134

15. Breathe, Ground, Settle: Quick Methods for Countering Mental Distress	143
16. Minding the Triggers	145
17. The Charnel Ground	152
18. Finding the Soldier's Heart	166
19. Heart Center Mindfulness Practice	183

V. Tools for Healing

20. Examining Hardened Beliefs	186
21. Grief and Compassion	195
22. Talking with the Dead	202
23. Facing Nightmares	206
24. Healing Mind through Body	215

VI. Engaging the World

25. Caring for Your World	228
26. Serving Others	239
27. The Energy of Confidence and Delight	245

Appendix

A. An Account from Prison of Sitting Practice, War, and PTS <i>by</i> PFC A.B. Derevo	257
B. More Methods for Calming PTS Episodes	264
C. Whole-Body Breathing	266
D. Some Helpful Books for Vets	271