



Ian Gawler
 Audio
 Books CD
 - Medtation
 Mindfulness
 Cancer
 Eating



Dr Ian Gawler OAM is one of Australia's most experienced and respected authorities on mind/body medicine and meditation. Also, Ian is well known as an advocate of self-help techniques and a healthy lifestyle. A long-term cancer survivor, he was diagnosed with bone cancer and his right leg was amputated in 1975.

AudioBooks

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Relaxation For Everyone - Ian Gawler Audio Book CD



Relaxation For Everyone by Ian Gawler - Audio Book CD relaxing the body Other Ian Gawler Audio Book CDs Click here Relaxation For Everyone Ian Gawler Audio Book CD Brand New (1 CD): A wonderful set of meditations to use for both adults and children. Safe and reliable. Ian Gawler is one of Australia's most experienced and respected teachers of meditation. On this CD he leads four exercises designed to help you to physically relax deeply to calm the mind and to flow into deeper stillness of meditaion. Includes Booklet " How to meditate" inside. About the Author Ian Gawler: Dr Ian Gawler OAM is one of Australia's most experienced and respected authorities on mind/body medicine [more details.....](#)

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What to do when someone you love
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■ .! Meditation

Relaxation, Meditation and Imagery - Ian Gawler Audio book NEW CD Meditation



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Effective Pain Management - Ian Gawler Audio Book CD



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■ .! NEW Program Gawler Audio

The Gawler Cancer Program - Ian Gawler Audio book NEW CD



The Gawler Cancer Program by Ian Gawler - Audio Book CD How to use the Principles and techniques that offer real hope for healing cancer Other Ian Gawler Audio Book CDs Click here Gawler Cancer Program by Ian Gawler Audio Book CD Brand New (1 CD): Ian has been conducting cancer self-help programs since 1981. Based upon this experience Ian presents a practical and heartfelt guide to anyone affected by cancer - What to do at first diagnosis; how to cope initially then how to become a long term survivor. This CD presents an extraordinary and detailed summary of science's current understanding of how cancer develops. Ian then explains how this understanding informs the Self-Help Program that he [more.....](#)

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Meditation - A Complete Guide - Ian Gawler Audio Book CD



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Meditation Pure and Simple Ian Gawler Audio book NEW CD



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■ .1 Book Body Audio Gawler Medicine Ian

Mind-Body Medicine - Ian Gawler Audio Book CD



Mind-Body Medicine by Ian Gawler - Audio Book CD transformative imagery meditations Other Ian Gawler Audio Book CDs Click here Mind-Body Medicine - Ian Gawler Audio Book CD Brand New (1 CD): Transformative Imagery Meditations Imagery speaks directly to the depths of our psyche - the place from which transformation becomes possible. Here Ian Gawler introduces and leads two imagery exercises that have helped thousands of people to experience vibrant good health profound healing and a deep sense of spiritual connectedness. Track 1 - Introduction 2'08 Track 2 - Healing Journey 28'51 Featuring the ethereal harp of Peter Roberts. Track 3 - the White Light Imagery exercise 31'34 Booklet "How [more here.....](#)

Dr Ian Gawler OAM is one of Australia's most experienced and respected authorities on mind/body medicine and meditation. Also, Ian is well known as an advocate of self-help techniques and a healthy lifestyle. A long-term cancer survivor, he was diagnosed with bone cancer and his right leg was amputated in 1975. However, the disease recurred later that year. Drawing upon a truly integrated approach, Ian was fortunate to experience a remarkable recovery. Now his story offers hope and inspiration to people across the country and around the world. The self help techniques that he developed have helped many to convert hope into sustained health and peace of mind. A pioneer in mind/body medicine, Dr Gawler is known for his clarity and good humour. With a gift for translating ancient wisdom into a modern context, and having appeared widely in the media, Ian has played a major part in popularising meditation and other mind/body medicine techniques in the western world. What Dr Gawler has to offer is the benefit of his own experience and research, as well as the accumulated experience and wisdom of the many thousands of people he has worked with. Since 1981 when he began to conduct active, solution-based support groups for other people affected by cancer, his work has expanded into a dual role. One aspect is the focus on healing, the other on disease prevention, health and wellbeing. Also, Ian has helped many people in their quest for peace of mind and spiritual fulfilment. Dr Gawler is the author of four bestselling books on self-help techniques and has edited another seven books on mind/body medicine. He has produced a series of tapes and CDs to support his writings. He is the Founder and Therapeutic Director of The Gawler Foundation and conducts groups in Melbourne and residential programs amidst the peace and tranquillity of the Yarra Valley. He also lectures around the world. Ian holds a degree in Veterinary Science and a Masters in Counselling. In 1987 he was awarded the Order of Australia Medal for his services to the community. He is on the Advisory Board for the Australasian Integrative Medical

Association.

Buddhists hold that over 2500 years ago, Buddha provided guidance on establishing mindfulness. Right mindfulness (often termed Right meditation) involves bringing one's awareness into the present moment (from the past, the future, or some disconnected train of thought). By residing more frequently in the present moment, practitioners begin to see both inner and outer aspects of reality. Internally, one sees that the mind is continually chattering with commentary or judgement. By noticing that the mind is continually making commentary, one has the ability to carefully observe those thoughts, seeing them for what they are without aversion or judgment. Those practicing mindfulness realize that "thoughts are just thoughts." One is free to release a thought ("let it go") when one realizes that the thought may not be concrete reality or absolute truth. Thus, one is free to observe life without getting caught in the commentary. Many "voices" or messages may speak to one within the "vocal" (discursive) mind. It is important to be aware that the messages one hears during "thinking" may not be accurate or helpful, but rather may be translations of, or departures from truth.

As one more closely observes inner reality, one finds that happiness is not exclusively a quality brought about by a change in outer circumstances, but rather that realizing happiness often starts with loosening and releasing attachment to thoughts, predispositions, and "scripts"; thereby releasing "automatic" reactions toward pleasant and unpleasant situations or feelings.

However, mindfulness does not have to be constrained to a formal meditation session. Mindfulness is an activity that can be done at any time; it does not require sitting, or even focusing on the breath, but rather is done by bringing the mind to focus on what is happening in the present moment, while simply noticing the mind's usual "commentary". One can be mindful of the sensations in one's feet while walking, of the sound of the wind in the trees, or the feeling of soapy water while doing dishes. One can also be mindful of the mind's commentary: "I wish I didn't have to walk any further, I like the sound of the leaves rustling, I wish washing dishes weren't so boring and the soap weren't drying out my skin", etc. Once we have noticed the mind's running commentary, we have the freedom to cease identification with those judgments/perceptions: "washing dishes: boring" may become "The warm water is in unison with the detergent and is currently washing away the plate's grime, the sun is shining through the window and casting an ever greater shadow on the dish's white ceramics." In this example, one may see that washing does not have to be judged "boring"; washing dishes is only a process of coordinating dishes with soap and water. Any activity done mindfully is a form of meditation, and mindfulness is possible practically all the time.