



Mind Clearing: The Key to Mindfulness Mastery

Alice Whieldon

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Mind Clearing (MC) builds on mindfulness approaches, with the ultimate aim of reducing suffering caused by mental, emotional, relationship and spiritual distress, through clearing the mind. This book offers a fresh approach for mental and physical health practitioners wishing to expand their practice and for individuals wanting to improve health and happiness at a fundamental level.

The first book to explore Mind Clearing within the context of modern practice, this book looks at its origins, key principles and interpretations to aid understanding of the approach. With examples from practice and clear guidelines on the 'Do's and Don'ts' of Mind Clearing, practitioners and individuals will feel confident in carrying out the approach, and will learn to communicate effectively by dissolving the mind and the projections and fixed attitudes that it represents.

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