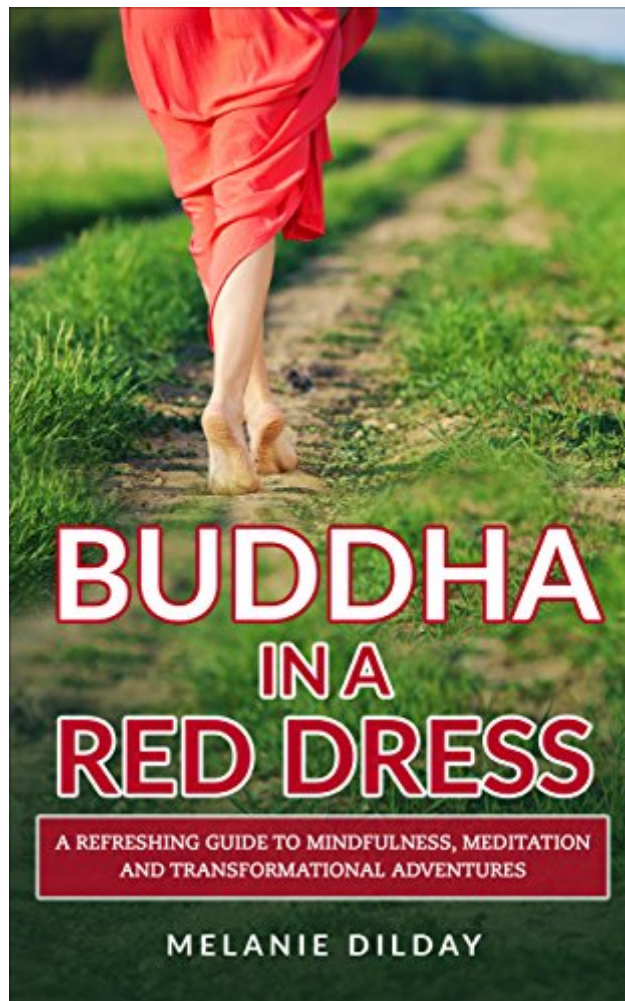


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# Buddha In A Red Dress: A Refreshing Guide To Mindfulness, Meditation And Transformational Adventures



## Synopsis

This is not your usual 'how to be happy' book. It's a raw and real autobiography of one woman's personal and spiritual growth. It comes with cushion stealing monkeys, gurus, the odd swear word, naked dancing and other weird and wondrous stories. It also comes with clear and simple instructions on mindfulness and meditation, grounding and gratitude and many more practices that lead to peace and happiness. Through its chapters, you will discover the secrets to a free and fulfilled life. This book draws from 30 years experience and exploration in personal growth work, spiritual growth, meditation, mindfulness, therapies and transformational workshops. It offers up processes, techniques and insights that you can use to become a happier, more relaxed and aware you! Chapters include the following topics: \*Ask and It Will Be Given\* Trauma Therapy\* Gratitude\* Your Vibe Attracts Your Tribe\* Opting out of Mainstream Media\* Satsang (Meeting in Truth)\* Sisterhood (and Brotherhood)\* Meditation and Mindfulness\* Tuning in to the Body\* Relationships\* Love People are struggling more than ever in today's world to find peace and fulfillment. The fast pace, the poor economy and the relentlessly negative mainstream media lead to ever-growing feelings of isolation in the midst of a crowd. At times it may seem as if the world is coming apart at the seams and bringing many of us along with it. And yet, there are people who remain unaffected by these challenges. They aren't special nor are they always rich or lucky or even particularly intelligent. They're just average people who have decided that there must be more to life than this. They respond rather than react. They keep still at the center. This book delves into the life of one such woman, offering up many of the processes, techniques and insights she's used in order to help those who are ready for change. As you read this description, ask yourself the following questions. Are you tired of feeling anxious, unloved, helpless, depressed, tethered or disenchanted? Have you had the realization that there must be more to life but you don't know how or where to start? Are you already on the path of discovering peace through meditation, personal development or spiritual growth and are hungry to discover more? This book will do its best to provide answers to these questions and more. Melanie draws from 3 decades of experience and exploration in personal growth work, spiritual growth, meditation, mindfulness, therapies and workshops. People from all walks of life who have implemented some of these processes have found a level of freedom, fulfillment and peace that they could not have previously imagined. Relationships improve, stress dissolves, life flows and becomes an adventure again. Penny, small business owner and mother of two children says, "the best thing about this book is that you can read it on a Sunday and by the next Sunday you are already seeing results." If you choose to delve deeply into just one of a dozen different topics in this book, your life will

improve. As you start to feel better, and more aware, relaxed, and empowered, you will want to unpack and explore some of the other topics because you will be able to taste the freedom. Don't be satisfied with a lackluster life. Don't put up with feeling needlessly anxious or unfulfilled. Be the one who takes the next step into freedom beyond your expectations. All you have to do to improve your life is to keep reading. Each chapter will give you new insights as you explore a new way of living in this world. Just go to the top of the page and click buy.

## **Book Information**

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## **Customer Reviews**

This book was written for me! I felt as though I was sitting down having tea with Melanie as she shared her journey and her story. I could experience the vivid colours, smells and sounds of the places she described. I read this book while sitting on my 'ball' chair and was able to practice the grounding and breathing techniques. What a beautiful journey to share, her pain, her sorrow, her awakening moving towards freedom and being authentic. I can totally relate the 'Relationships' in chapter 11. I'm finally there! Everything rang true for me! Gentle, healing, loving, exploring! This is a wonderful book to self discovery!

I enjoyed this book very much, particularly the part about releasing trauma through focusing on and feeling the sensations of your body. I spent twenty years trying to work through PTSD with talk therapy and it accomplished a total of nothing. A year of somatic therapy in my fifties and I'm a different person. Off all drugs. The author refers to Peter Levine's website. I wish his books were mandatory reading given to every vet coming back from war as well as to every adult child who survived trauma. Ms. Dilday's book is pretty wonderful, but it covers quite a few topics and isn't geared solely to resolving trauma. That's just my favorite part. I also loved the gratitude thing. It truly makes a difference and I'm no Pollyanna. Sitting a moment and thinking what brought you joy or contentment each day is transformative. You have to try it to understand. The book is an easy, breezy, inspirational read. Recommended.

I loved it from the monkey story with super hero Monkey Dog! Wonderful writing style, such an easy and natural flow. Felt like we were sitting on a porch having tea while Melanie related personal stories and shared gems of wisdom. Think I want to go to Bali!!!

The title got me. Buddha suggests perhaps a path to liberation, the dress suggests a female perspective, and red - well a bit daring. Soâ |..In 10 short chapters you are introduced to the concepts of grounding yourself, dealing with past traumas, being in the company of truth, personal growth, using gratefulness for gain, getting into a blue room, meditation, connecting with nature, and of course, relationships. It is enlivened by anecdotes and life experiences which are told well and are quite engaging. So you are kept on your path as you search for help. A skeptical reader may question phrases like âœthe intention of Awakening with Presence anchoredâ •. But no worries, just keep going. Many readers will be less skeptical and their curiosity will guide them as they explore and are ultimately rewarded. So I am glad I discovered this gem.

Writing from her heart, Melanie shares her personal awakening experiences and learned techniques for healing the wounded self in such a way that readers with no experience whatsoever on any kind of spiritual path can begin now. Her writing is refreshing and alive and important.

This book is about a journey to freedom of mind and spirit. A beautiful journey the author shares with the reader, with insight into what truly frees us. I especially like the chapters on relationships and love and know I will re-read them over and over. At the same time we get the benefit of the

author's journey and realizations, we read colorful vignettes of her life. The marauding monkeys in Bali who stole her purple pillow, the endless cups of tea for her aging parents, Ms. Dilday is a masterful writer. This well written book is short and insightful, engaging and humorous, filled with deep meaning. It's also filled with practical advice. At one point while reading it I went into my garden and started to do my own version of tai chi, free of the need to do the exercises exactly right, which I have never been able to do, free of the concern that I might look foolish even when no one can see me, I simply enjoyed what I was doing and felt a sense of peace and freedom. The author recommends somatic therapy and body exercises as a healing path, and I wanted to try this. If I could give more than five stars I would, without reservation.

Melanie has delved into joyous and playful stories with Monkey Dog and the king of monkeys Big Balls to share metaphors reflecting her work and journey with personal growth over 30 years. A charming and refreshing reminder of the essence of happiness and search for bliss through unlocking trauma, Gestalt therapy with teddies, meditation for lucid living, breathing techniques to calm and the practice of mindfulness for here and now awareness. This little gem has inspired me to find time for adventure walks in nature, practicing deep breathing for stress relief and to connect with people close to me. Thanks Mel.

Buddha in a Red Dress is a well-written and engaging story of personal transformation. It's also a great guide for anyone who wants to explore mindfulness in an easy yet meaningful way. The author's tone is friendly and warm, which makes the book feel like a conversation. She describes her travels and her own search for a more meaningful life while offering practical and effective techniques that lead to a calmer and more mindful state of mind. I particularly enjoyed the humorous stories about monkey dog. I aspire to be as brave a traveler as this author.

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