

# David Bingham Effortless Being

Jianjun Gao

*Effortless Being* David Bingham, 2024

*Rx for Resilience* Dr. Saroj Dubey, 2024-03-26 Driven by a poignant incident that shattered the author's world, *Rx for Resilience* uncovers the extraordinary power of embracing life's darkest moments as catalysts for profound growth. In the heart of despair, the author finds an unshakeable source of resilience and joy. Through thirteen illuminating chapters, the author guides the reader to accept life's uncertainties, stay in the present moment, navigate turbulent times, and tap into the magic of mindfulness and meditation. Immerse yourself in the exploration of emotions as pathways to serenity, and discover the key to your authentic self, a vast expanse that beckons beyond the confines of the self. Unravel the complexity of your thoughts, allowing your mind to flow freely and creatively. Enriched with practical exercises, this book serves as a guiding light for those seeking solace and yearning to live with more vibrancy and purpose. Whether you're facing unexpected challenges or treading the demanding corridors of high-pressure careers, *Rx for Resilience* offers a roadmap to joy, fortitude, self-discovery, and the gift of presence.

*Effortless Being* Robert Rugg, 2025-03-26 Are you ready to stop striving and start flowing? Most people live in a cycle of effort, stress, and overthinking, constantly chasing happiness, success, or even spiritual awakening. But what if everything you desire is already here—waiting for you to let go and allow life to unfold effortlessly? In *Effortless Being: The Art of Letting Go and Living in Flow*, you'll discover how to release struggle, dissolve resistance, and align with the natural ease of existence. Inspired by the teachings of David Bingham, this book offers a clear, practical path to living in flow, free from the limitations of the mind. What You'll Learn: □ The Nature of Awareness - How to recognize your infinite self beyond thoughts and emotions. □ Letting Go of Struggle - Why success, creativity, and happiness arise naturally when you stop forcing. □ The Dark Night of the Soul - How to see suffering as an invitation rather than a personal crisis. □ The Power of Frequency - Why maintaining neutrality and peace transforms your reality. □ Unity Consciousness - How awakening is not personal but a shared, collective experience. □ Effortless Living - How to allow life to bring you exactly what you need—without stress or overplanning. If you've ever felt stuck in your mind, exhausted from striving, or disconnected from life's natural flow, this book is your invitation to relax, trust, and step into the effortless current of being. □ It's time to stop struggling and start flowing. □

**From House of Lords to Supreme Court** James Lee, 2011-01-06 2009 saw the centenary of the Society of Legal Scholars and the transition from the House of Lords to the new Supreme Court. The papers presented in this volume arise from a seminar organised jointly by the Society of Legal Scholars and the University of Birmingham to celebrate and consider these historic events. The papers examine judicial reasoning and the interaction between judges, academics and the professions in their shared task of interpretative development of the law. The volume gathers leading authorities on the House of Lords in its judicial capacity together with academics whose specialisms lie in particular fields of law, including tort, human rights, restitution, European law and private international law. The relationship between judge and jurist is, therefore, investigated from a variety of perspectives and with reference to different jurisdictions. The aim of the volume is to reflect upon the jurisprudence of the House of Lords and to consider the prospects for judging in the new Supreme Court.

**Final Judgment** Alan Paterson, 2014-07-18 Winner of the Inner Temple book prize 2015 and the Socio-Legal Studies Association Book prize 2014/15 The House of Lords, for over 300 years the UK's highest court, was transformed in 2009 into the UK Supreme Court. This book provides a compelling and unrivalled view into the workings of the Court during its final decade, and into the formative years of the Supreme Court. Drawing on over 100 interviews, including more than 40 with Law Lords and Justices, and uniquely, some of their judicial notebooks, this is a landmark study of appellate judging 'from the inside' by an author whose earlier work on the House of Lords has provided a scholarly benchmark for over 30 years. The book demonstrates that appellate decision-making in the UK's final court remains a social and collective process, primarily because of the dialogues which take place between the judges and the key groups with which they interact when reaching their decisions. As the book shows, the forms of dialogue are now more varied, yet the most significant dialogues continue to be with their fellow Law Lords and Justices, and with counsel. To these, new dialogues have been added, namely those with foreign courts (especially Strasbourg) and with judicial assistants, which have subtly altered the tenor and import of their other dialogues. The research reveals that, unlike the English Court of Appeal, the House of Lords in its last decade was only intermittently collegial since Lord Bingham's philosophy of appellate judging left opinion writing, concurrences and dissents largely to individual preference. In the Supreme Court, however, there has been a marked shift to team working and collective decision-making bringing with it challenges and occasional tensions not seen in the final years of the House of Lords. The work shows that effectiveness in group-decision making in the final court turns in part on the stages when dialogues occur, in part on the geography of the court and in part on the task leadership and social leadership skills of the judges involved in particular cases. The passing of the Human Rights Act and the expansion in judicial review over the last 30 years have dramatically altered the two remaining dialogues - those with Parliament and with the Executive. With the former, the dialogue has grown more distant, with the latter, more problematic, than was the case 40 years ago. The last chapter rehearses where the changing dialogues have left the UK's final court. Ironically, despite the oft applauded commitment of

the new Court to public visibility, the book concludes that even greater transparency in the dialogue with the public may be required. 'The way appellate judges at the highest level behave to each other, to counsel, with other branches of government and with other courts is brought under closer scrutiny in this book than ever before...The remarkable width and depth of his examination...has resulted in a work of real scholarship, which all those who are interested in how appellate courts work all over the common law world will find especially valuable.' From the foreword by Lord Hope of Craighead KT 'Alan Paterson's knowledge and interest in the Supreme Court, coupled with his expertise as a lawyer who understands the legal system and the judicial process, make him a perfect chronicler and assessor of what the Court's role is and what it should be, and how it functions and how it might improve.' Lord Neuberger, President of the Supreme Court

*To Paradise* Hanya Yanagihara, 2022-01-11 #1 NEW YORK TIMES BEST SELLER • From the award-winning, best-selling author of the classic *A Little Life*—a bold, brilliant novel spanning three centuries and three different versions of the American experiment, about lovers, family, loss and the elusive promise of utopia. A BEST BOOK OF THE YEAR: VOGUE • ESQUIRE • NPR • GOODREADS *To Paradise* is a fin de siècle novel of marvelous literary effect, but above all it is a work of emotional genius. The great power of this remarkable novel is driven by Yanagihara's understanding of the aching desire to protect those we love—partners, lovers, children, friends, family, and even our fellow citizens—and the pain that ensues when we cannot. In an alternate version of 1893 America, New York is part of the Free States, where people may live and love whomever they please (or so it seems). The fragile young scion of a distinguished family resists betrothal to a worthy suitor, drawn to a charming music teacher of no means. In a 1993 Manhattan besieged by the AIDS epidemic, a young Hawaiian man lives with his much older, wealthier partner, hiding his troubled childhood and the fate of his father. And in 2093, in a world riven by plagues and governed by totalitarian rule, a powerful scientist's damaged granddaughter tries to navigate life without him—and solve the mystery of her husband's disappearances. These three sections comprise an ingenious symphony, as recurring notes and themes deepen and enrich one another: A townhouse in Washington Square Park in Greenwich Village; illness, and treatments that come at a terrible cost; wealth and squalor; the weak and the strong; race; the definition of family, and of nationhood; the dangerous righteousness of the powerful, and of revolutionaries; the longing to find a place in an earthly paradise, and the gradual realization that it can't exist. What unites not just the characters, but these Americas, are their reckonings with the qualities that make us human: Fear. Love. Shame. Need. Loneliness.

*The New Yorker* Harold Wallace Ross, William Shawn, Tina Brown, David Remnick, Katharine Sergeant Angell White, Rea Irvin, Roger Angell, 2001

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*American Organist* Thomas Scott Buhrman,1963

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