

# A Path With Heart: The Classic Guide Through The Perils And Promises Of Spiritual Life - Jack Kornfield - 2008 - 9781407071664 - 368 pages - Random House, 2008

A Guide through the Perils and Promises of Spiritual Life. Rating : Author(s) Sure to be a classic, A Path with Heart shows us how we can bring our spirituality to flower every day of our lives. It is a wise and gentle guidebook for an odyssey into the soul that enables us to achieve a deeper, more satisfying life in the world. BLURBS #. "This important guidebook shows in detail and with great humor and insight the way to practise the Buddha's universal teachings here in the West. Jack Kornfield is a wonderful storyteller and a great teacher." This unique blend of spiritual teaching, poetry, psychological insight and simple life wisdom is by far the most significant book of American Buddhism." - - Stanislav Grof, author of The Stormy Search for the Self. ,orthinksthatshahas,fora numberofpeopletolistentothesayingisalways The spiritual life - Intuition - Awaken Quiet mind, fearless heart : the Taoist path through stress and spirituality. 254 Pages 2005 3.27 MB 1,240 Downloads. ,. Quiet mind, fearless heart : the Taoist path through stress and spirituality The Power of Now: A Guide to Spiritual Enlightenment. 124 Pages 2006 7.51 MB 262,415 Downloads. The Complete Personalized Promise Bible: Every Promise in the Bible from Genesis to Revelation. Written Just for You (Personalized Promise Bible) (Personalized Promise Bible) (Personalized Promise Bible). 928 Pages 2004 7.24 MB 35,067 Downloads New! is sheparding me through this life, and I live in His strength, not mine. Tags: Teachers (1), Spirituality (1), SnP (1), Healing (1), Health/Wellness (1), Energy (1), Attention (1), Cell Memory (1), Buddhism (1), Insight Meditation (1), Mind (1), Meditation (1). My tags: Add tags. add. Separate tags with commas, spaces are allowed. Use tags to describe a product e.g. for a movie Themes heist, drugs, kidnapping, coming of age Genre drama, parody, sci-fi, comedy Locations paris, submarine, new york. Read. Unread Reading Read. This book helped me so much. Through it, I came to understanding meditation and the spiritual path, not as a way to "fix" our lives or ourselves but as a path toward healing that can help us live with less suffering. It is especially helpful to understand that those whom we might view as gurus or enlightened ones deal with the issues of life, relationships, sorrow, loss, love, anger and hate. This book has helped me change from being less "goal-oriented" about meditation and the spiritual path, and with this change there is less frustration and disappointment when I feel th A Path with Heart book. Read 282 reviews from the world's largest community for readers. A guide to reconciling Buddhist spirituality with the American w... The title of this book emphasizes Kornfield's favorite theme that love is what life is ultimately all about and whatever path one follows in life, one must be sure that it is a "path with heart," one that will lead a person at the end of his/her life to be able to answer positively to the question "Did I love well?" I also have enjoyed some of Korfield's audio CDs such as his six-CD set called Buddhist Meditation for Beginners, a collection of his lectures that emphasize the main tenets of Buddhism--the four noble truths, (suffering, the cause of suffering, letting