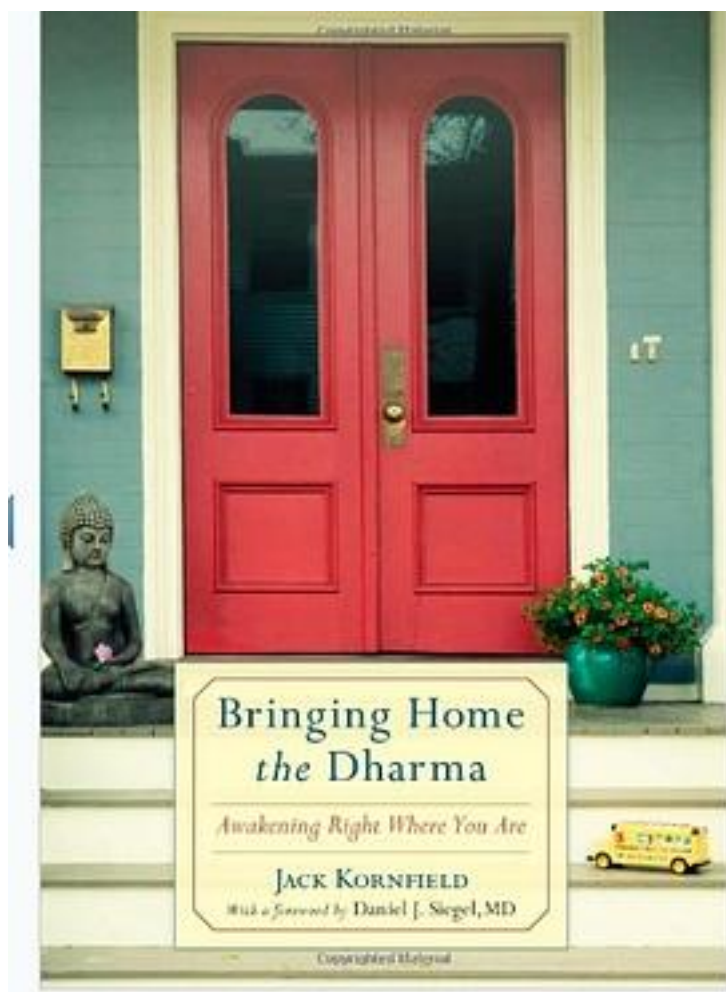


Bringing Home the Dharma



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著者:Jack Kornfield

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If you want to find inner peace and wisdom, you don't need to move to an ashram or monastery. Your life, just as it is, is the perfect place to be. Jack Kornfield, one of

America's most respected Buddhist teachers, shares this and other key lessons gleaned from more than forty years of committed study and practice.

Topics include:

- How to cultivate loving-kindness, compassion, joy, and equanimity
- Conscious parenting
- Spirituality and sexuality
- The way of forgiveness
- Committing ourselves to healing the suffering in the world

Bringing Home the Dharma includes simple meditation practices for awakening our buddha nature—our wise and understanding heart—amid the ups and downs of our ordinary daily lives.

Review

“One of the greatest spiritual teachers of our time.” —Alice Walker

“Jack Kornfield is a wonderful storyteller and a great teacher.” —Thich Nhat Hanh

“One of Western Buddhism’s wise elders, Jack Kornfield harvests a lifetime of experiences to create a masterful, clear, and moving picture of the human mind and heart.” —Norman Fischer

“Jack Kornfield brings to life a way to understand and cultivate mindfulness, compassion, lovingkindness, and true wisdom that penetrates to the core of what liberation is all about.” —Jon Kabat-Zinn

“Jack is helping to pave the path for American Buddhism, bringing essential basics into our crazy modern lives.” —Natalie Goldberg

“[Kornfield’s] eloquence and accuracy here demonstrate his own mastery of many everyday and ethereal insights.” —New York Journal of Books

“Kornfield has filled his latest book with jewels of Buddhist insight, wisdom, metaphor, and anecdotes, as well as practical instructions for meditation practice and living a meaningful life.” —Yoga International

“Ever wish your life had an owner’s manual? Jack Kornfield has written it for you in Bringing Home the Dharma.” —Portland Book Review

作者介绍:

Jack Kornfield trained as a Buddhist monk in the monasteries of Thailand, India, and Burma. He is a founding teacher of the Insight Meditation Society in Barre, Massachusetts, and Spirit Rock Meditation Center in Woodacre, California, and has taught meditation internationally since 1974. His books include *After the Ecstasy, the Laundry*; *The Art of Forgiveness, Lovingkindness, and Peace*; *Meditation for Beginners*;

and The Wise Heart.

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评论

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书评

灵性的成熟 (Spiritual Maturity) 杰克·康菲尔德/文
水果成熟时，自然会从树上落下。在灵性生活中，时候到了，心就会像水果一样开始成熟、变甜。我们的修行会从青涩、艰难的成长期（寻找、发展、改善自己），转变成在奥秘中安住，从信赖外在形式转变为安住于内心。曾有位年...

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