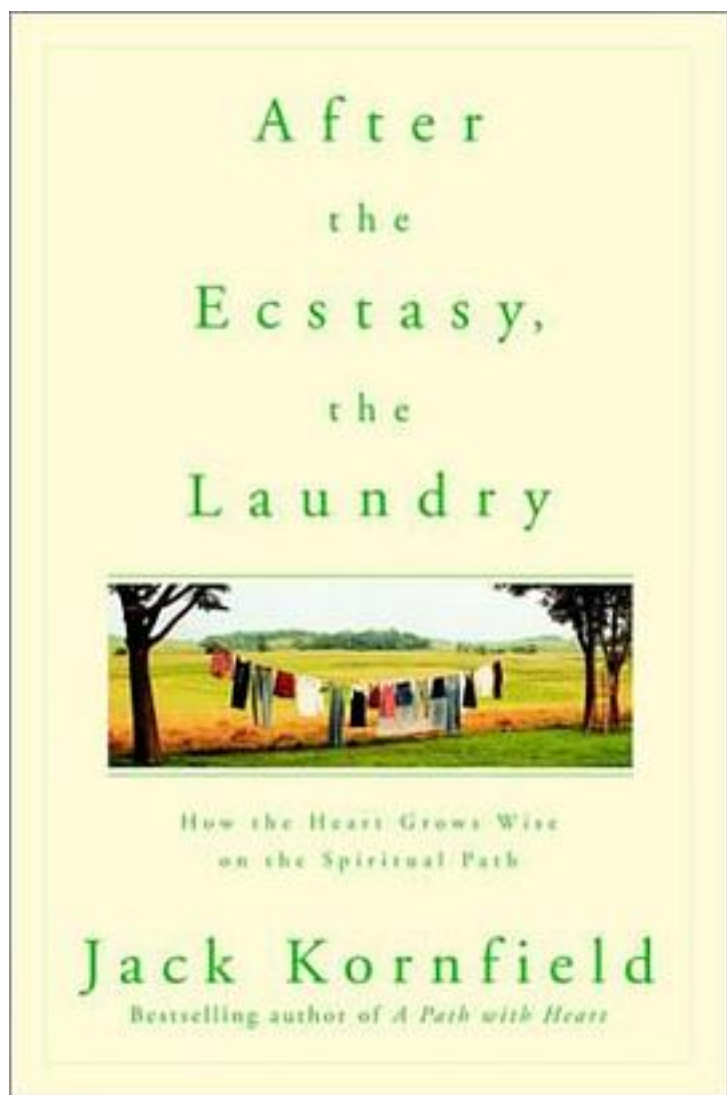


After the Ecstasy, the Laundry



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著者:Jack Kornfield

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“Enlightenment does exist,” internationally renowned author and meditation master Jack Kornfield assures us. “Unbounded freedom and joy, oneness with the divine ... these experiences are more common than you know, and not far away.”

But even after achieving such realization — after the ecstasy — we are faced with the day-to-day task of translating that freedom into our imperfect lives. We are faced with the laundry.

Drawing on the experiences and insights of leaders and practitioners within the Buddhist, Christian, Jewish, Hindu, and Sufi traditions, this book offers a uniquely intimate and honest understanding of how the modern spiritual journey unfolds — and how we can prepare our hearts for awakening.

Through moving personal stories and traditional tales, we learn how the enlightened heart navigates the real world of family relationships, emotional pain, earning a living, sickness, loss, and death.

Filled with “the laughter of the wise,” alive with compassion, *After the Ecstasy, the Laundry* is a gift to anyone who is seeking peace, wholeness, and inner happiness. It is sure to take its place next to *A Path with Heart* as a spiritual classic for our time.

作者介绍:

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标签

西方修行

灵修

佛教

访谈

美国

正念

哲学

冥想

评论

这本书总的来说，还是值得一读。我们可以从一个道行高尚的西方修行人的角度，通过他的个人经历，眼光，和他所访谈的英语世界宗教各门派，包括泰国佛教，印度教，藏传佛教，犹太教，基督教等门派修行人的修行体会，了解到他们修行各个环节上的收获与困难，同时，也从现实的角度，看到人接近神的世界时，所无法避免的错误和罪恶的纪实，以及产生这些黑暗的原因。从资料上来说，访谈人物众多，资料丰富。从宗教概念上来说，比较浅淡，通俗易懂，但仍然不够深入和明确。另一方面的不足，就是观念的重复比较多，浪费了一些多余的口舌。

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书评

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