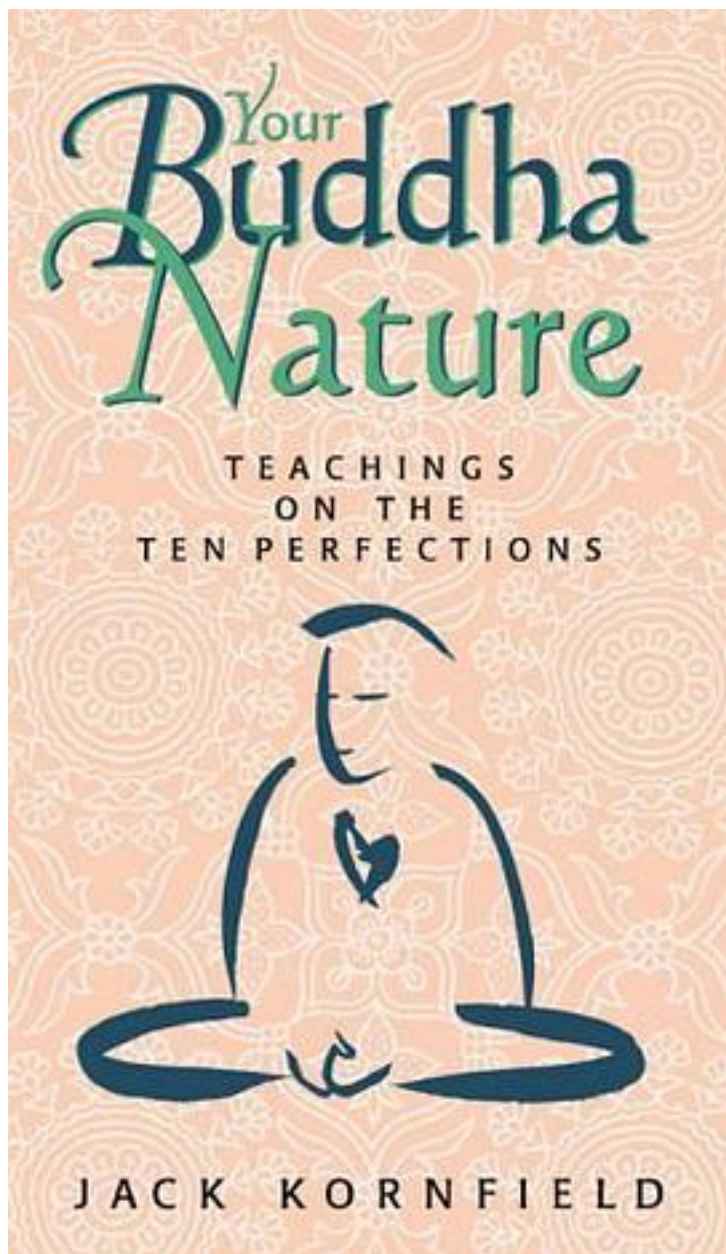


Your Buddha Nature



[Your Buddha Nature_ 下载链接1](#)

著者:Jack Kornfield

出版者:Sounds True

出版时间:1999-11

装帧:Audio Cassette

isbn:9781564557322

At a time when Americas interest in Buddhism is at an all-time high, the need for clear, accessible instruction in its daily practice has never been greater. Jack Kornfield, whose modern classic *A Path with Heart* (over 200,000 copies in print) helped pave the way for American Buddhism, meets this need with *Your Buddha Nature*. In 12 absorbing sessions, Kornfield introduces listeners to Buddhisms most basic foundation for mindful living: the Ten Perfections. These perfections which include such universal virtues as truthfulness, simplicity, and lovingkindness offer immediate answers to the challenges we face each day of our lives. In simple language, Kornfield offers meditations and mindfulness techniques to help us open to the higher qualities already rooted deeply in our own hearts. Richly textured with ideas, poetry, and teaching parables, *Your Buddha Nature* invites all listeners to experience the truth of life, through one of Buddhisms original and most treasured practices.

Jack Kornfield

... is a therapist, author, and meditation instructor. A cofounder of the Insight Meditation Society, he holds a Ph. D. in clinical psychology. His books include *Seeking the Heart of Wisdom*; *A Path with Heart*; and *Stories of the Spirit*.

作者介绍:

目录:

[Your Buddha Nature_ 下载链接1](#)

标签

佛教

评论

[Your Buddha Nature_ 下载链接1](#)

书评

[Your Buddha Nature_下载链接1](#)