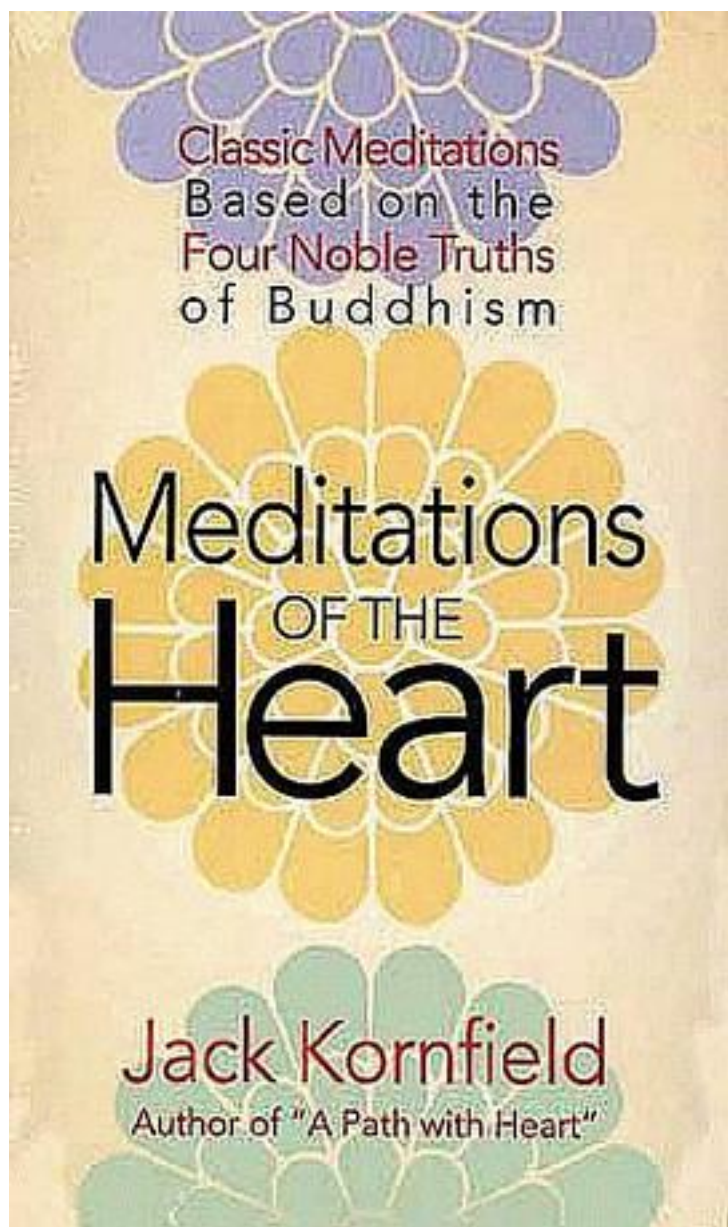


# Meditations of the Heart



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著者:Jack Kornfield

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For spiritual seekers of all faiths, a valuable introduction to the art of Buddhist meditation with the bestselling author of A Path with Heart. To experience this 2,500-year-old tradition is to find a means of awakening available to every one of us: a way to overcome fear and attachment, and live truly in the present. A clinical psychologist who learned meditation as a monk in Thailand, Jack Kornfield offers four useful meditations, casting light on Buddhism's cornerstones: the Four Noble Truths. These easy-to-do meditations take less than ten minutes each to practice, yet will take you to the heart of essential Buddhist teachings on opening to the truth, forgiveness, fearlessness, and more.

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