



Listening to the Heart: A Contemplative Journey to Engaged Buddhism

Kittisaro And Thanissara

Download now

[Click here](#) if your download doesn't start automatically

Listening to the Heart: A Contemplative Journey to Engaged Buddhism

Kittisaro And Thanissara

Listening to the Heart: A Contemplative Journey to Engaged Buddhism Kittisaro And Thanissara

Husband and wife Kittisaro and Thanissara take turns coauthoring chapters in this deeply personal dharma book exploring the inner practice of meditation in support of awakening. Within the context of the lives of the authors, both monastics in their youth, awakening unfolds as a multifaceted process following the archetypal journey of the hero(ine). Traveling from innocence to disillusionment through the fields of trials and despair that lead to maturity, and ultimately to inspiration and a blessed life, *Listening to the Heart* tells the story of two unconventional individuals who have together embraced spirituality as the keystone of their lives.

At the heart of the book, through teachings on the nondual nature of reality, we enter the "intimacy with all things" as revealed in core Buddhist texts. Without ending at the goal of personal freedom, Thanissara and Kittisaro encourage us to go beyond the experience of inner peace to embodying wisdom in acts of service within the world. With a realistic appraisal of our current global crisis in which sustainability is threatened by catastrophic climate change, the authors encourage a preparedness that enables a mindful balance of equanimity and passionate engagement whatever the outcome of our global evolutionary journey.

The guiding refuge for this journey is the Buddha, the historical teacher and—most profoundly—that immediate and direct pure awareness, which we all can access. The book also draws on teachings and stories of Buddhist masters who are fearless, funny, and challenging. Eventually we are led into the Mary-like presence of the goddess of mercy, Kuan Yin who, as a great archetype within Buddhist cosmology, reveals the deepest mystery of our own hearts and our capacity for merciful and compassionate response. As the inner process of awakening unfolds, it transforms seekers and their lives, as modeled by the authors. It both heals the personal self in its journey through its wounds and shadows, and yet at the same time dissolves identification with the self. The book then ends by returning to the simplicity of the authors' primary teacher, Ajahn Chah, with his encouragement to "Be the Dharma."

From the Trade Paperback edition.



[Download Listening to the Heart: A Contemplative Journey to Enga ...pdf](#)



[Read Online Listening to the Heart: A Contemplative Journey to En ...pdf](#)

Download and Read Free Online Listening to the Heart: A Contemplative Journey to Engaged Buddhism Kittisaro And Thanissara

Download and Read Free Online Listening to the Heart: A Contemplative Journey to Engaged Buddhism Kittisaro And Thanissara

From reader reviews:

Ricky Copeland:

Now a day individuals who Living in the era where everything reachable by talk with the internet and the resources within it can be true or not demand people to be aware of each data they get. How individuals to be smart in getting any information nowadays? Of course the correct answer is reading a book. Examining a book can help people out of this uncertainty Information especially this Listening to the Heart: A Contemplative Journey to Engaged Buddhism book because book offers you rich facts and knowledge. Of course the info in this book hundred per cent guarantees there is no doubt in it you probably know this.

Lorraine Paisley:

This Listening to the Heart: A Contemplative Journey to Engaged Buddhism tend to be reliable for you who want to be a successful person, why. The reason of this Listening to the Heart: A Contemplative Journey to Engaged Buddhism can be among the great books you must have is definitely giving you more than just simple examining food but feed an individual with information that perhaps will shock your prior knowledge. This book will be handy, you can bring it everywhere you go and whenever your conditions in e-book and printed kinds. Beside that this Listening to the Heart: A Contemplative Journey to Engaged Buddhism forcing you to have an enormous of experience including rich vocabulary, giving you trial run of critical thinking that could it useful in your day task. So , let's have it and enjoy reading.

Regina Hash:

Exactly why? Because this Listening to the Heart: A Contemplative Journey to Engaged Buddhism is an unordinary book that the inside of the publication waiting for you to snap this but latter it will jolt you with the secret the idea inside. Reading this book next to it was fantastic author who have write the book in such wonderful way makes the content interior easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of gains than the other book have got such as help improving your talent and your critical thinking way. So , still want to hold off having that book? If I had been you I will go to the e-book store hurriedly.

Teresa Randall:

Some individuals said that they feel bored when they reading a e-book. They are directly felt the idea when they get a half regions of the book. You can choose the particular book Listening to the Heart: A Contemplative Journey to Engaged Buddhism to make your own personal reading is interesting. Your own skill of reading ability is developing when you similar to reading. Try to choose basic book to make you enjoy to study it and mingle the impression about book and reading through especially. It is to be initially opinion for you to like to available a book and go through it. Beside that the e-book Listening to the Heart: A Contemplative Journey to Engaged Buddhism can to be a newly purchased friend when you're sense alone

and confuse in doing what must you're doing of that time.

**Download and Read Online Listening to the Heart: A
Contemplative Journey to Engaged Buddhism Kittisaro And
Thanissara #75XD0GEZTWO**

Read Listening to the Heart: A Contemplative Journey to Engaged Buddhism by Kittisaro And Thanissara for online ebook

Listening to the Heart: A Contemplative Journey to Engaged Buddhism by Kittisaro And Thanissara Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Listening to the Heart: A Contemplative Journey to Engaged Buddhism by Kittisaro And Thanissara books to read online.

Online Listening to the Heart: A Contemplative Journey to Engaged Buddhism by Kittisaro And Thanissara ebook PDF download

Listening to the Heart: A Contemplative Journey to Engaged Buddhism by Kittisaro And Thanissara Doc

Listening to the Heart: A Contemplative Journey to Engaged Buddhism by Kittisaro And Thanissara Mobipocket

Listening to the Heart: A Contemplative Journey to Engaged Buddhism by Kittisaro And Thanissara EPub