



A Lamp in the Darkness: Illuminating the Path Through Difficult Times

Jack Kornfield

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When the path ahead is dark, how can we keep from stumbling? How do we make our way with courage and dignity? "Inside each of us is an eternal light that I call 'the One Who Knows,' writes Jack Kornfeld. "Awakening to this wisdom can help us find our way through pain and suffering with grace and tenderness." For anyone seeking answers during a trying time, he offers *A Lamp in the Darkness*, a program filled with spiritual and psychological insights, hope-giving stories, and advice for skillfully navigating life's inevitable storms.

NOTE: The ebook does not contain the audio component included in the original printed edition.

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Excerpt

Every life is filled with change and insecurity, and every life includes loss and suffering and difficulties that arise regularly. We are all nomads in this ever-changing world, and we need ways to ground ourselves and remain centered no matter what happens.

When we encounter difficult times in our lives, it is not just the outer changes, but often our own state of mind that causes us the most difficulty. Grief and anxiety, fear and loss, and other turbulent emotions that we carry with us—and the stories



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