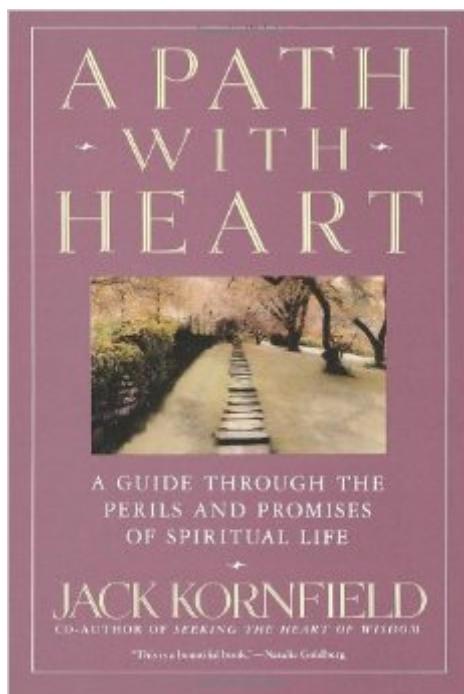


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# A Path With Heart: A Guide Through The Perils And Promises Of Spiritual Life



## Synopsis

A guide to reconciling Buddhist spirituality with the American way of life addresses the challenges of spiritual living in the modern world and offers guidance for bringing a sense of the sacred to everyday experience.

## Book Information

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## Customer Reviews

Twenty years ago, when I was a college student, I got turned on to spirituality largely by reading Ram Dass' "Be Here Now." Kornfield's book could do the same thing for thousands of people today (to the consternation of apologists for other religions!). A Path with Heart is pretty much my favorite book on spirituality. It contains both useful practical advice on living a spiritual life and amazing esoteric descriptions of super-normal states. Numerous pages contain "gems" that speak directly to my personal struggles and experiences. And Kornfield has a great sense of humor with deep compassion. One of the things that attracts me to Buddhism is its relative lack of superstition and dogmatism. The essential teaching is practical, down-to-earth, and perfectly acceptable to a scientifically minded person. Still, many Buddhists believe in reincarnation, and Kornfield describes some pretty far out experiences involving, for example, reincarnation, angelic beings, and psychic powers. Kornfield is a wonderful writer, and I hear that he is such a good teacher that one has to enter a lottery to get the chance to go to one of his retreats. He seems to be a charismatic, highly advanced being (though, who am I to judge?). But he would be the first to warn against starry-eyed adulation of him. An oft-repeated theme throughout the book -- and the topic of one whole chapter --

was the need to beware of unhealthy, exploitative relationships with teachers. Every spiritual seeker has one or more fallings-out with a teacher, he says. These fallings-out can be painful and damaging, but we must learn to learn from such events.

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