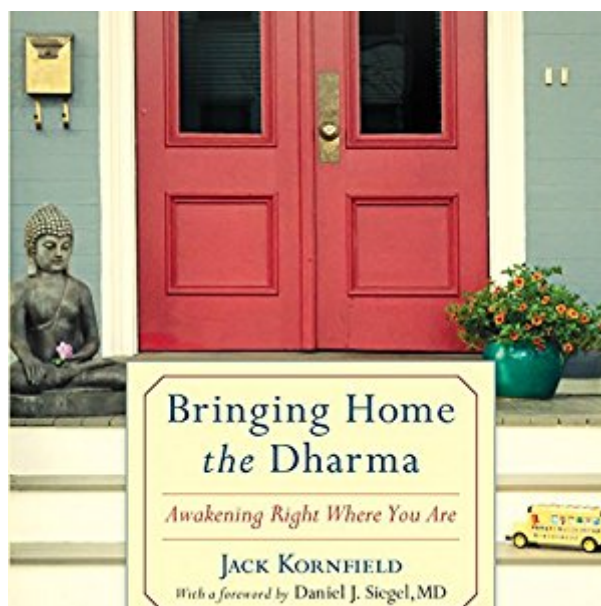


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# Bringing Home The Dharma: Awakening Right Where You Are



## Synopsis

If you want to find inner peace and wisdom, you don't need to move to an ashram or monastery. Your life, just as it is, is the perfect place to be. Jack Kornfield, one of America's most respected Buddhist teachers, shares this and other key lessons gleaned from more than 40 years of committed study and practice. Topics include: How to cultivate loving-kindness, compassion, joy, and equanimity Conscious parenting Spirituality and sexuality The way of forgiveness Committing ourselves to healing the suffering in the world Bringing Home the Dharma includes simple meditation practices for awakening our buddha nature - our wise and understanding heart - amid the ups and downs of our ordinary daily lives.

## Book Information

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## Customer Reviews

First let me address what, given many of the other reviews here, seems to be a common misunderstanding. This book is not, as many allege, simply a rehashing of material from Jack's other books. Rather, it is a collection of previously written material that is drawn from a wide variety of sources, including books edited by other authors, magazines and other periodicals. In fact, by a review of the credits given in the back of the book, clearly at least 17 of the 26 chapters are articles/chapters that were previously published in these other types of publications. These include Shambhala Sun, Inquiring Mind, Buddhadharma, Yoga Journal, Revision, and Tricycle, as well as various books edited by others. So unless you have encountered all of these chapters in their

previous iterations in these other sources, it is unlikely you will experience this book as simply a rehash of what Jack has published previously in his own books. In that regard, there are, indeed, several chapters totaling perhaps a third of the book that were previously published in other of his own books such as *A Path With Heart*. I imagine that these were included to round out the book thematically so that it is somewhat 'stand alone', rather than simply a collection of articles and chapters not previously published in his own books. I actually love the fact that all these articles are now available in one place, and think it is a good idea to do this. Also, some of them (I am not sure how many) have also been updated in some way, which is also good. So please don't skip this book, believing what other reviewers allege that this is simply a redundant presentation of material Jack already published in his own books. If you have previously only read some of Jack's books, you will never have seen two thirds of this material.

My first book of Jack Kornfield, *A Path with a Heart*, I have read in 1995 and only in retrospect I realize how his writings have been of great influence and help to my life. I can reread his books ( like "After the Ecstasy" or "the wise heart" ) again and again and find new insights. Years later I find advice which in the first reading I did not notice since "I wasn't there yet". Jack Kornfield has a wisdom and personal experience, which is very humble and selfless and I find him to be one of the best authors inspiring the very practical aspects of spiritual life. So why only three stars for this book? Two things: Parts of the book is recycled texts from previous publications, which is a bit disappointing. But there is another thing, which I found disturbing: Kornfield has in his previous books very gently and very wisely taken up the issue of betrayal in spiritual communities and the fact that some teachers don't live up to what they promise, often in the areas of sex, power or money. I noticed that Kornfield was over time more open in mentioning this and also had in some books very helpful advice how to deal with such experiences. Now to my surprise, Kornfield has a long chapter containing enormous praise regarding Chögyam Trungpa, describing his amazing qualities on full 16 pages. The uninformed reader is left with the impression that Trungpa was absolutely amazing and almost without any flaw. I am left with the impression, that Kornfield answers an "insider discussion" which only those having more information understand completely. In only one short paragraph he mentions that Trungpa "drank and was a womanizer" -- which seems after all I know quite an understatement.

by Lynn Krown, MFTAs a marriage and family therapist in Encino, CA, I utilize mindfulness training with my patients. For the past 20 years, I have been a student of Buddhist psychology and have had

a mindfulness practice. Jack Kornfield's influence has been transformational. In my field, there is growing emphasis on brain neuroscience: how relationship with our earliest caregiver in the first year of life affects the development of the brain and abilities to securely attach, to love and to self-soothe. Mindfulness, the practice of being present and aware, is a useful tool for anyone, but especially for patients that have difficulty with anxiety and early trauma. It is also a proven tool for therapists, parents, doctors, hospice workers, caregivers, people suffering from chronic illness and the dying. In 2012, I completed two five day silent meditation retreats at Spirit Rock, founded by Jack Kornfield, in Marin County, California. The teachers who led the retreat are trained by Jack in the style and principles of Insight Meditation which Kornfield pioneered. I have read all of his books to date, and listen to his Dharma talks on his website, on Dharmaseed.com, and elsewhere, as part of my mindfulness practice and commitment to Buddhist principles outlined in this book and all writings and teachings on Buddhism for the West. This book is accessible to newcomers and experienced mindfulness students alike. It is filled with stories of everyday people that the reader can identify with, which brings the teachings to life. As I read this book, which I keep with me in my purse so I can center myself during my work day, I imagine Jack's voice speaking directly to me. It is this quality of intimacy that the book offers.

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