

Living As A River: Finding Fearlessness In The Face Of Change - Bodhipaksa

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To face reality is to embrace change; to resist change is to suffer. This is the liberating insight that unfolds with Living as a River. A masterful investigation of the nature of self, this eloquent blend of current science and time-honored spiritual insight is meant to free us from the fear of impermanence in a world defined by change. An interesting, lively, and genuinely illuminating teaching of dharma. -Jack Kornfield, author of A Path with Heart "An interesting, lively, and genuinely illuminating teaching of dharma." -Jack Kornfield, author of A Path with Heart: A Guide Through the Perils and Promises of Spiritual Life "At a time when it's increasingly challenging to find clear and honest direction on the spiritual path, Living as a River offers contemporary insight into an ancient practice and wise counsel we can trust. This book is both beautifully written and useful to all serious seekers." -Mariana Caplan, PhD, author of Eyes Wide Open: Cultivating Discernment on the Spiritual Path and Halfway Up the Mountain: The Error of Premature Claims to Enlightenment The primary vehicle for this journey is Buddhism's traditional Six Element Practice, a deconstructive process of deep reflection that helps us let go of the belief in a separate, static self-the root of unhappiness. Bodhipaksa takes readers through a systematic yet poetic analysis of the self that supports the realization of: A sense of spaciousness and expansiveness that transcends the limitations of the physical body Profound gratitude, awe, and a feeling of belonging as we witness the extent of our connectedness with the universe Freedom from the psychological burden caused by clinging to a false identity The relaxed experience of "consciousness, pure and bright" Engrossing and incisive, Living as a River is at once an empowering guide and a meditative practice we can turn to again and again to overcome our fear of change and align joyfully with the natural unfolding of creation. Author: Bodhipaksa, Publisher: Sounds True, Inc Illustration: N Language: ENG Title: Living as a River: Finding Fearlessness in the Face of Change Pages: 00000 (Encrypted EPUB) On Sale: 2010-10-01 SKU-13/ISBN: 9781591799108 Category: Religion : Buddhism - Rituals & Practice

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