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A Heart Full of Peace

Joseph Goldstein

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A Heart Full of Peace

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A Heart Full of Peace Joseph Goldstein
Love, compassion, and peace - these words are at the heart of all spiritual endeavors. Although we intuitively resonate with their meaning and value, for most of us, the challenge is how to embody what we know: how to transform these words into a vibrant, living practice. In these times of conflict and uncertainty, this transformation is far more than an abstract ideal; it is an urgent necessity. Peace in the world begins with us. This wonderfully appealing offering from one the most trusted elders of Buddhism in the West is a warm and engaging exploration of the ways we can cultivate and manifest peace as wise and skillful action in the world.

This charming book is illuminated throughout with lively, joyous, and sometimes even funny citations from a host of contemporary and ancient sources - from the poetry of W.S. Merwin and Galway Kinnell to the haiku of Issa and the great poet-monk Ryokan, from the luminous aspirations of Saint Francis of Assisi to the sage advice of Thich Nhat Hanh and the Dalai Lama.

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