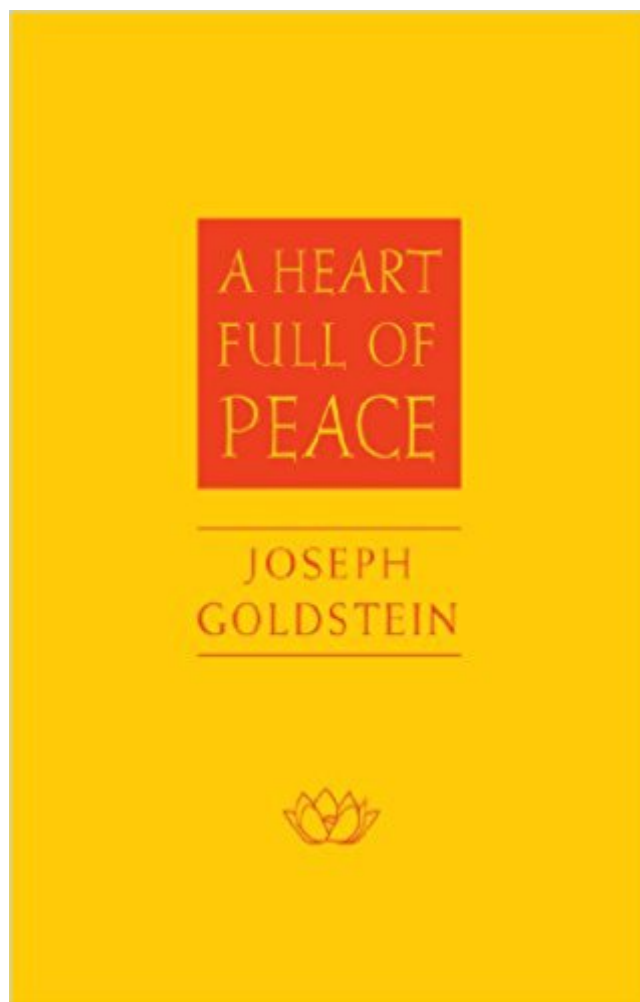


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# A Heart Full Of Peace



## Synopsis

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 of 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.

## Book Information

Hardcover: 110 pages

Publisher: Wisdom Publications; New Ed edition (December 22, 2007)

Language: English

ISBN-10: 086171542X

ISBN-13: 978-0861715428

Product Dimensions: 4.5 x 0.5 x 6.5 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (12 customer reviews)

Best Sellers Rank: #161,489 in Books (See Top 100 in Books) #32 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Dalai Lama](#) #1099 in [Books > Religion & Spirituality > Worship & Devotion > Inspirational](#) #3851 in [Books > Self-Help > Personal Transformation](#)

## Customer Reviews

First, a disclaimer. Joseph Goldstein has been my meditation teacher since 1992. If he wasn't any good, I still wouldn't be practicing. I am. This book is a revision of the Witt lectures which Joseph gave at Harvard, originally entitled "Transforming the Mind, Healing the World". The book is not just a reprint. There are some changes. The book is reorganized around some key concepts which are useful for a discursive reflection about one's own practice. These concepts are radical and wholly transformative. The revisions are towards the end of recognizing the importance of the key

concepts. The most important of these concepts is peace. Rather than speak of Enlightenment, Joseph raises the bottom line of our practice and our current world situation-- the absence of peace. Peace is an active moral category in which the tension of a mind out of control, or mostly out of control, is healed. Peace is the ground in which healing arises and the ground or the clearing in which Enlightenment occurs. Peace speaks both to an internal state and a social state. Peace is the practical goal of a mature practice and the measure of its "success." Joseph argues that it is not possible to sincerely and accurately help others without peace. The age-old inner and outer dialectic of "reality" is addressed by saying that peace is worked on concurrently in both realms, i.e. inner and outer, and it is expressed through deeds which are genuinely reflective of lovingkindness. Several well known teachers are quoted in bold face type to underline the points made in these lectures. There are two kinds of "Dharma" books: those which speak to how to practice meditation and those which speak to the values which inform that practice. In that sense this book is a book about what others are calling the "core" values of daily practice. It is a book which is literally a portable Dharma talk and will serve one's practice well. I recommend it without reservation.

This 110-page little book fits in a man's back pocket, but provides insight of much larger books. Goldstein writes in a very readable style. The book tackles subjects including love, compassion, peace, kindness, happiness, selflessness, mindfulness, and meditation. It's a light read full of wisdom and interesting quotes from a variety of sources. My favorites are "compassion is a verb" and "some of the worse things in my life never happened." I recommend this book to people who are interested in practicing spirituality and doing rather than just knowing. This is a great little book to spark interest into deeper thought processes. Buy it. You'll like it.

This small book offers a process for making Buddhist practices a part of your life. You can easily take it with you and dip into it regularly. Clearly written, it offers what the title suggests: a heart full of peace.

This book was my introduction to the writing of Joseph Goldstein. I have since purchased about five copies to give to friends. It is very inspiring, accessible and helpful- anyone seeking a clear and direct window into spiritual teachings would do well to look, if not start here. The foreword is written by Tenzin Gyatso, the 14th Dalai Lama- that alone should clue you in that this is a highly regarded book. It's also a very quick read.

Once again Joseph cuts straight to the chase, pointing directly to the qualities that meditation practice aims to reveal: loving kindness, compassion, and unconditional peace. Then he succinctly describes the three core practices that serve as direct enablers of that revelation: the practice of non harming, the practice of present-moment attention, and the practice of serenity based on the observation of impermanence and non self. Along the way, he suggests strategies for developing a stable and continuous practice. A wonderful read, i recommend to all practitioners of mindfulness meditation, no matter where they are on the path.

This book, written for the western reader and yet faithful to the Eastern Buddhist tradition, introduces the benefits of meditation and presents clear steps to work on the art of developing a loving and kind heart. A great read for beginner and advanced meditators!

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