

Dhammapada The Sayings Of The Buddha Shambhala Pocket Classics

Shambhala pocket classics The Pocket Dalai Lama The Pocket Emily Dickinson The Pocket Dalai Lama The Pocket Ken Wilber The Pocket Rumi The Pocket Tibetan Buddhism Reader Shambhala Sun Walden, Or, Life in the Woods Freedom, Love, and Action The Three Principles of the Path Heal Your Brain The Pocket Pema Chodron Thoughts of a Tribal Elder The Pocket Rumi Reader Buddha Copper The Pocket Chögyam Trungpa The Courageous Path to Healing How Zen Became Zen Where Faith Meets Culture Mary Craig Emily Dickinson H.H. the Fourteenth Dalai Lama Ken Wilber Mevlana Jalaluddin Rumi Reginald A. Ray Ralph Waldo Emerson Jiddu Krishnamurti Gelek Rimpoche Clare E. Steffen Ed.D. BCC Pema Chödrön Roger Goodman Jalāl al-Dīn Rūmī (Maulana) Bradley Bates Chögyam Trungpa Jennifer Kreatsoulas Morten Schlutter Sharon Gallagher

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inspirational teachings and wisdom of the leading buddhist teacher of our time one of the most influential buddhist leaders of our time his holiness the fourteenth dalai lama is a nobel peace laureate and the exiled spiritual head of the tibetan people a tireless teacher and writer he is the author of dozens of widely acclaimed works including the book of joy the art of happiness and the heart of meditation and this compact collection brings together a selection of inspiring short teachings from many of his popular books addressing a broad range of subjects such as nonviolence impermanence religion politics and human rights these wise words show the power of goodness even in the most uncertain of times this book is part of the shambhala pocket library series the shambhala pocket library is a collection of short

portable teachings from notable figures across religious traditions and classic texts the covers in this series are rendered by colorado artist robert spellman the books in this collection distill the wisdom and heart of the work shambhala publications has published over 50 years into a compact format that is collectible reader friendly and applicable to everyday life

emily dickinson is widely considered to be one of the greatest of american poets the aphoristic style and wit of much of her verse its irregular rhymes directness of expression and startling imagery have had a profound effect on twentieth century literature over a hundred of dickinson s best poems are collected here these unique and gemlike lyrics are pure distillations of profound feeling and great intellect they contain a world of imagination observation and precisely articulated spiritual and emotional experience as editor brenda hillman says this small and succinct collection can serve as a guidebook to readers who are exploring the highs and lows of the human experience

this collection of wisdom on a wide range of topics is a pocket sized inspirational companion for anyone and the perfect short introduction to the dalai lama for the beginner it includes short gems from many of his teachings made popular in such books as the art of happiness and ethics for the new millennium as well as on subjects such as religion politics peacework and human rights

ken wilber the author of over twenty books of philosophy and psychology is a pioneering thinker who has developed an integral theory of everything that embraces the truths of both eastern spirituality and western science the pocket ken wilber highlights the personal wisdom of this popular author with short selections of inspirational and mystical passages drawn from his publications these heartfelt writings include poetic passages of contemplative insights and reflections as well as inspired descriptions of spirit nondual awareness the witness one taste and other topics

a collection of rumi s best most beloved poetry presented in one pocket sized volume for on the go inspiration the renowned persian sufi mystic mevlâna jalâluddin rumi 1207 1273 is one of the most widely read poets in the world today his compassionate insight into the nature of human existence his joyful humor his deep wisdom and his ecstatic songs of divine union have endeared him to readers for more than seven hundred years selected from his most loved works this book contains the very best of rumi s poetry in superb translation by turns soaring inspiring lyrical entertaining and always full of profound guidance rumi s transcendent words penetrate to the very depths of one s heart offering eloquent expression for what lies there the shambhala pocket library is a collection of short portable teachings

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this pocket sized reader will be cherished by students of tibetan buddhism as well as the many readers of such popular books as the art of happiness when things fall apart the tibetan book of living and dying and awakening the buddha within the unique collection features pithy quotations from many legendary tibetan masters including milarepa the dalai lama sogyal rinpoche patrul rinpoche chogyam trungpa and others topics include cultivating compassion letting go of ego and developing a clear perception of our own true nature

in freedom love and action krishnamurti points to a state of total awareness beyond mental processes with his characteristic engaging candid approach krishnamurti discusses such topics as the importance of setting the mind free from its own conditioning the possibility of finding enlightenment in everyday activities the inseparability of freedom love and action and why it is best to love without attachment

the three principles of the path was written by je tsongkhapa 1357 1419 one of the greatest lamas in the history of tibet in fourteen stanzas the entire path to enlightenment is explained summarized in three main features i e the need for a determination to be free the need to develop altruism and insight in the true nature of reality gelek rinpoche s commentary is both practical and modern revealing the deeper layers of this poetic text together with tips on how to meditate on its meaning

offering a holistic approach to brain health dr clare steffen provides a blend of widely accepted and evidence based approaches in conjunction with her own tested techniques in heal your brain ninety day devotional she suggests an array of ideas to keep your brain healthy along with ways to repair and maintain brain health dedicating 90 days to prayerful reflection will assist you in developing a sense of well being if you re struggling with family issues trauma grief or loss add adhd substance use recovery shame or some other condition you can learn to manage and regulate your brain health steffen details methods she s cultivated and developed after working thirty years as a psychologist naturopath counselor educator addiction counselor life wellness business and brain coach steffen underscores the importance of brain health from prevention to maintenance recovery and beyond the practices detailed in heal your brain provide an important part of the healing process and give you a jump start in rewiring your brain to live an integrative sustainable life it asks you to make a commitment to yourself to be well and to establish

a philosophy for living based on wellness by choice integrate these methods into your approach to daily living and sustain wellness for life

a portable collection of short inspirational readings by one of the world's wisest women the american buddhist teacher and author of when things fall apart o the oprah magazine pema chödrön beloved buddhist nun and best selling author offers this treasury of 108 short selections from her more than four decades of study and writings here she presents teachings on breaking free of destructive patterns developing patience kindness and joy amid our everyday struggles becoming fearless and unlocking our natural warmth intelligence and goodness designed for on the go inspiration this is a perfect guide to buddhist principles and the foundations of meditation and mindfulness the shambhala pocket library is a collection of short portable teachings from notable figures across religious traditions and classic texts the covers in this series are rendered by colorado artist robert spellman the books in this collection distill the wisdom and heart of the work shambhala publications has published over 50 years into a compact format that is collectible reader friendly and applicable to everyday life

this book documents roger's extraordinary life's journey through the sources of his addictions and how they played an integral part in his life experiences these are detailed in his spiritual quest to understand his being in this life his quest takes him through queer history symbols mythology rituals and spiritualities this spiritual quest is further developed through his experiencing aids related illnesses and with returning to life after encounters with the death crone these all unfolded through his recovery from these addictions until where he has today peace and serenity as he never achieved previously

rumi has never been more popular among american readers here is a pocket sized collection of his inspiring poetry small enough to take anywhere the pocket rumi reader contains selections from four previously published books as well as new translations of rumi's short lyric poems kabir and camille helminski and others

a pocket sized treasury of short teachings on living life with courage and compassion from one of the most influential buddhist teachers of our time chögyam trungpa 1940 1987 one of the most influential tibetan meditation masters to practice and teach in the west used to say that wisdom can be taught only in the form of a hint a hint that inclines us to recognize the wisdom in us all along here are 108 marvelous hints from the renowned teacher so supremely skilled at dropping them the pocket chögyam trungpa will serve as a compact introduction to his teachings for those not yet familiar with him and as a wonderful source of daily inspiration for those who are the shambhala pocket library is a collection of short portable teachings from notable figures across religious traditions and classic texts the covers in this series are rendered by colorado artist robert spellman the books in this collection distill the wisdom and heart of the work shambhala publications has published over 50 years

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restore your core essence find emotional freedom thrive join jennifer kreatsoulas phd on her mindful yoga filled road to recovery and use powerful reflection exercises to support your own courageous healing journey providing stories of poignant moments from her struggle with an eating disorder jennifer transforms her experiences into thematic lessons that you can use to overcome challenges in your life the courageous path to healing helps you explore opportunities to show up for yourself and celebrate the progress you make every day each chapter highlights an important step in jennifer s journey and includes yoga inspired practices journaling prompts and deep empowering wisdom written to demonstrate what s possible on the other side of suffering this book encourages you to commit to creating the full life you want and deserve includes a foreword by kristie amadio tedx speaker and founder of recovered living

how zen became zen takes a novel approach to understanding one of the most crucial developments in zen buddhism the dispute over the nature of enlightenment that erupted within the chinese chan zen school in the twelfth century the famous linji rinzai chan master dahui zonggao 1089 1163 railed against heretical silent illumination chan and strongly advocated kanhua koan meditation as an antidote in this fascinating study morten schlütter shows that dahui s target was the caodong soto chan tradition that had been revived and reinvented in the early twelfth century and that silent meditation was an approach to practice and enlightenment that originated within this new chan tradition schlütter has written a refreshingly accessible account of the intricacies of the dispute which is still reverberating through modern zen in both asia and the west dahui and his opponents arguments for their respective positions come across in this book in as earnest and relevant a manner as they must have seemed almost nine hundred years ago although much of the book is devoted to illuminating the doctrinal and soteriological issues behind the enlightenment dispute schlütter makes the case that the dispute must be understood in the context of government policies toward buddhism economic factors and social changes he analyzes the remarkable ascent of chan during the first centuries of the song dynasty when it became the dominant form of elite monastic buddhism and demonstrates that secular educated elites came to control the critical transmission from master to disciple procreation as schlütter terms it in the chan school

where faith meets culture is a radix magazine anthology what does radix usually contain interviews and features reviews of significant books films and cds informed opinions in the last word eye catching graphics mind stretching prose image rich poetry radix assumes that christians live in the real world and takes lay christians seriously as one subscriber wrote radix is a more worldly magazine than one would expect from its deep commitment to christ radix monitors the cultural landscape questions assumptions and introduces new voices remaining deeply rooted in christ sociologist robert bellah wrote in a radix article though social scientists say a lot

about the self they have nothing to say about the soul and as a result the modern view finds the world intrinsically meaningless radix continues to talk about meaning and hope in a culture that has lost its way the articles in this volume reflect the magazine s wide ranging interests literature art music theology psychology technology discipleship and spiritual formation they re written by some of the outstanding authors whose work has graced our pages over the years peggy alter kurt armstrong robert bellah bob buford krista faries david fetcho susan fetcho sharon gallagher david w gill joel b green os guinness virginia hearn walter hearn donald heinz margaret horwitz mark labberton henri nouwen earl palmer susan phillips dan ouellette steve scott and luci shaw

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