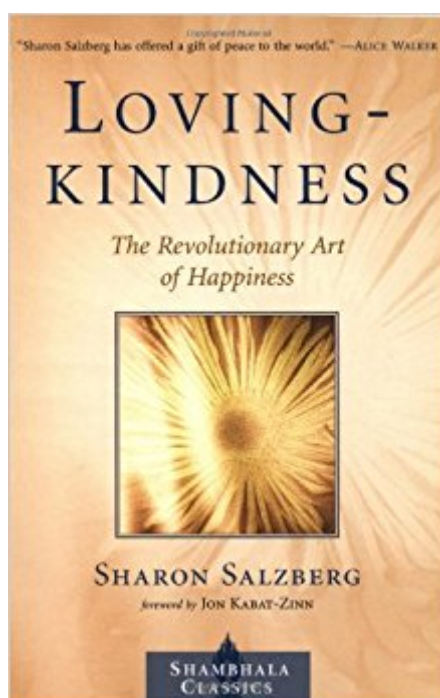


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# Lovingkindness: The Revolutionary Art Of Happiness (Shambhala Classics)



## Synopsis

Throughout our lives we long to love ourselves more deeply and find a greater sense of connection with others. Our fear of intimacy—both with others and with ourselves—creates feelings of pain and longing. But these feelings can also awaken in us the desire for freedom and the willingness to take up the spiritual path. In this inspiring book, Sharon Salzberg, one of America's leading spiritual teachers, shows us how the Buddhist path of lovingkindness can help us discover the radiant, joyful heart within each of us. This practice of lovingkindness is revolutionary because it has the power to radically change our lives, helping us cultivate true happiness in ourselves and genuine compassion for others. The Buddha described the nature of such a spiritual path as "the liberation of the heart, which is love." The author draws on simple Buddhist teachings, wisdom stories from various traditions, guided meditation practices, and her own experience from twenty-five years of practice and teaching to illustrate how each one of us can cultivate love, compassion, joy, and equanimity—the four "heavenly abodes" of traditional Buddhism.

## Book Information

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## Customer Reviews

Sharon Salzberg, a meditation teacher and the founder of the Insight Meditation Society in Massachusetts, focuses on a kind of Buddhist practice that emphasizes feelings of love, happiness, and compassion. Metta, or "lovingkindness," meditation involves four phrases: "May I be free from danger

Another seminal work in the development of American Theravada, this expression of the central thrust of Vipassana and Insight Meditation explores ways to incorporate a caring mindfulness into day-to-day life. Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Such a beautiful book. Easy to read and very meaningful. Explores important topics in a clear and methodical way.

This book is one of the most important books written about lovingkindness meditation. It is a book I will enjoy time and again. I am very excited to be able to attend a workshop with Sharon Salzberg very soon---to be able to learn from her in person after having read this powerful book is a great gift.

One of the most inspiring yet practical books I've read on living your life with loving-kindness, compassion, appreciative joy and equanimity. What could be better?

If more folks followed her suggestions there would be far more peace in the world as well as each reader would find inner peace.

Wonderful book! Ageless message!

A complete overview of the Metta method.

THE classic on loving kindness.

Sharon Salzberg has been one of my teachers in many aspects of Buddhism study through the years - although I have never has the opportunity to sit in her presence. When choosing a focus for this year's practice, another author showed me my path - Karen Armstrong in her book Twelve Steps to a Compassionate Life. What I thought would be a year's practice has morphed into what I believe will be a lifetime endeavor which I welcome. I am afraid that I have bought into the Red State/Blue State mentality and find it corrosive, divisive, and not a place I want to call "Home". This is not the type of person I want to be. I have asked a few of my friends to study this book me and also Armstrong's Twelve Steps to a Compassionate Life and join me on this adventure. We do not

know how the journey will show itself but I believe these are days that beg for Compassion and Lovingkindness, I would recommend many like-minded people to form their own sangha's and release themselves into a gentler and more loving world. It will not be an easy journey for me (I so enjoy my anger and sense of self-righteous rage) and although there are many good books to choose from - these are simply two women whose intelligence and leadership I value,

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