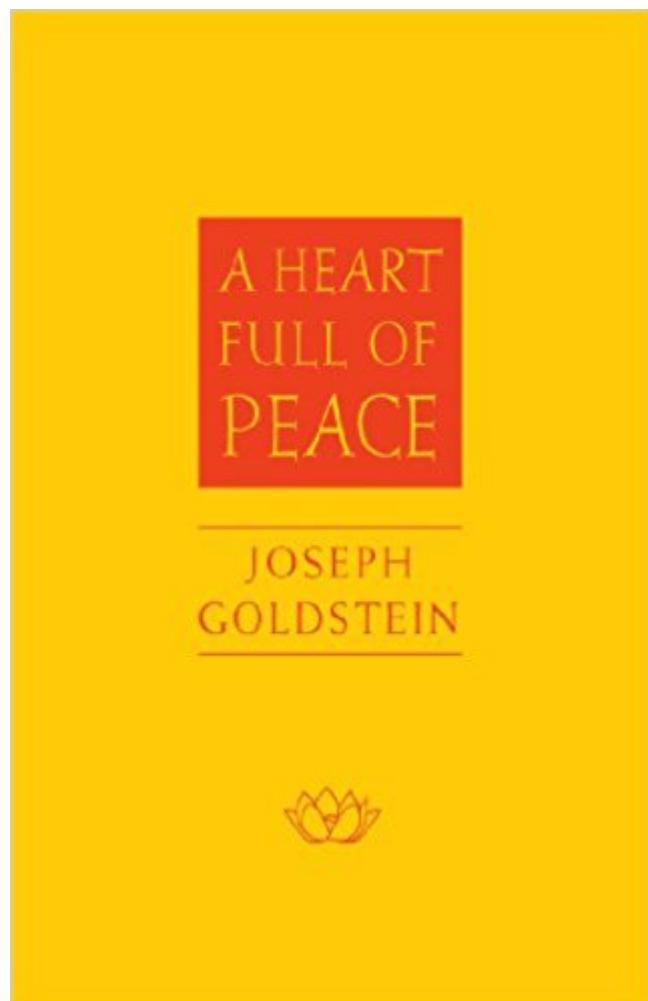


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# A Heart Full Of Peace



## **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 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**

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## **Customer Reviews**

"This small book conveys with clarity and concision some of the spiritual teachings and practices we urgently need to help balance the materialism of our age--compassion, love, kindness, a skillful mind, and a peaceful heart." (from the foreword by His Holiness the Dalai Lama)"This small book reveals the need to combine faith with practice, freedom with responsibility, and action with contemplation...Grounded in the basic trainings of body, speech, and mind, this little text is illuminated by the kind of humor and personal insights that inspire even seasoned practitioners,

while pithy practice guidelines keep the journey on track." (Eastern Horizon)"In this short but substantive volume, Joseph Goldstein, who lectures and leads retreats around the world, presents his thoughts on the practice of compassion, love, kindness, restraint, a skillful mind, and a peaceful heart as an antidote to the materialism of our age." (Spirituality and Practice)"In this new book, one can 'hear' Joseph Goldstein's characteristic voice--down-to-earth, good-humored, keenly interested in the play of mind." (Inquiring Mind)"The absence of peace, says vipassana (insight) meditation teacher Joseph Goldstein, is why our minds and our world can spin out of control. Peace, he says in this very readable book, is the foundation for healing. Without it, he says, we cannot be of real help to others. Goldstein's writing, the poetry, haiku and passages by other teachers--the Dalai Lama, St. Francis of Assisi, Thich Nhat Hanh and others--are a fertile ground to inspire peace and gauge progress." (Arkansas Democrat Gazette)

Joseph Goldstein has been leading insight and loving-kindness meditation retreats worldwide since 1974. He is a cofounder of the Insight Meditation Society (IMS) in Massachusetts, where he continues as one of the resident guiding teachers. In 1989, together with several other teachers and students, he established the Barre Center for Buddhist Studies and, later, The Forest Refuge. A seminal figure in the emergence of Buddhism in the West, Joseph is the author of numerous books including *One Dharma*. He lives in Barre, Massachusetts.Tenzin Gyatso, the Fourteenth Dalai Lama, is the spiritual leader of the Tibetan people. He frequently describes himself as a simple Buddhist monk. Born in northeastern Tibet in 1935, he was as a toddler recognized as the incarnation of the Thirteenth Dalai Lama and brought to Tibet's capital, Lhasa. In 1950, Mao Zedong's Communist forces made their first incursions into eastern Tibet, shortly after which the young Dalai Lama assumed the political leadership of his country. He passed his scholastic examinations with honors at the Great Prayer Festival in Lhasa in 1959, the same year Chinese forces occupied the city, forcing His Holiness to escape to India. There he set up the Tibetan government-in-exile in Dharamsala, working to secure the welfare of the more than 100,000 Tibetan exiles and prevent the destruction of Tibetan culture. In his capacity as a spiritual and political leader, he has traveled to more than sixty-two countries on six continents and met with presidents, popes, and leading scientists to foster dialogue and create a better world. In recognition of his tireless work for the nonviolent liberation of Tibet, the Dalai Lama was awarded the Nobel Peace Prize in 1989. In 2012, he relinquished political authority in his exile government and turned it over to democratically elected representatives.His Holiness frequently states that his life is guided by three major commitments: the promotion of basic human values or secular ethics in the interest of

human happiness, the fostering of interreligious harmony, and securing the welfare of the Tibetan people, focusing on the survival of their identity, culture, and religion. As a superior scholar trained in the classical texts of the Nalanda tradition of Indian Buddhism, he is able to distill the central tenets of Buddhist philosophy in clear and inspiring language, his gift for pedagogy imbued with his infectious joy. Connecting scientists with Buddhist scholars, he helps unite contemplative and modern modes of investigation, bringing ancient tools and insights to bear on the acute problems facing the contemporary world. His efforts to foster dialogue among leaders of the world's faiths envision a future where people of different beliefs can share the planet in harmony. Wisdom Publications is proud to be the premier publisher of the Dalai Lama's more serious and in-depth works.

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 ageold 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 is the first book in many years that I could not put down. From the first sentence I knew I was meant to read this book.

This small book holds so much wisdom! Goldstein's writing is simple and to the point. After reading it several times, I still carry it with me everywhere!

Joseph Goldstein writes in clear, concise prose about a subject that is as enormous and complex - and simple - as the universe.

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.

The messages are not new to me but I am enjoying the stories and examples for Applying meta practice.

Very good little book. We are using it in my Mindful Meditation class.

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