



## Awakening is Real: A Guide to the Deeper Dimensions of the Inner Journey

By Jack Kornfield

SOUNDS TRUE INC, United States, 2012. CD-Audio. Book Condition: New. abridged edition. 170 x 166 mm. Language: English Brand New. An Invitation to Explore the Deeper Dimensions of the Spiritual JourneyIt might happen suddenly, like a flash of lightning. Or gradually, like raindrops filling a jar. Our universal and awakened nature, the Buddha taught, can emerge in calm or in crisis. And then, as our path deepens, we must learn to embody our vision as we navigate the unexpected turns of the mystery. When we asked Jack Kornfield for the most helpful advanced teachings from his audio archives, he chose these eight essential sessions. With Awakening Is Real, here are just a few of the dimensions of the spiritual journey that you will explore in depth: The archetypal stages of awakening common to all transformative paths, and how to overcome its greatest challenges and obstaclesHow the universal virtues of the warrior—such as courage, sacrifice, strength, and impeccability—are as valuable for freeing ourselves as kindness and compassionProfound insights hidden within well-known teaching stories including The Mahaparanirvana (the Buddha's last sermon) and The Journey of Nachiketa The Elephant's Footprint -Why the Buddha considered mindfulness of our own mortality and death to...



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