

# Listening to the Heart

*A Contemplative Journey  
to Engaged Buddhism*

**Kittisaro and Thanissara**

*"Among the most thoughtful, heartfelt, and wise teachers of Dharma in the West." —JACK KORNFIELD, author of A Path with Heart*

# Listening To The Heart A Contemplative Journey To Engaged Buddhism

**Barrett Williams, ChatGPT**



## **Listening To The Heart A Contemplative Journey To Engaged Buddhism:**

**Listening to the Heart** Kittisaro, Thanissara, 2014-11-04 A husband and wife share stories of struggle and triumph along the path of the Buddha distilling his most essential teachings in this guide that is luminous in clarity and depth Tara Brach author of *Radical Acceptance* Husband and wife Kittisaro and Thanissara take turns co authoring chapters in this deeply personal dharma book exploring the inner practice of meditation in support of awakening Within the context of the lives of the authors both monastics in their youth awakening unfolds as a multifaceted process following the archetypal journey of the heroine Traveling from innocence to disillusionment through the fields of trials and despair that lead to maturity and ultimately to inspiration and a blessed life *Listening to the Heart* tells the story of two unconventional individuals who have together embraced spirituality as the keystone of their lives At the heart of the book through teachings on the nondual nature of reality we enter the intimacy with all things as revealed in core Buddhist texts Without ending at the goal of personal freedom Thanissara and Kittisaro encourage us to go beyond the experience of inner peace to embodying wisdom in acts of service within the world With a realistic appraisal of our current global crisis in which sustainability is threatened by catastrophic climate change the authors encourage a preparedness that enables a mindful balance of equanimity and passionate engagement whatever the outcome of our global evolutionary journey The guiding refuge for this journey is the Buddha the historical teacher and most profoundly that immediate and direct pure awareness which we all can access The book also draws on teachings and stories of Buddhist masters who are fearless funny and challenging Eventually we are led into the Mary like presence of the goddess of mercy Kuan Yin who as a great archetype within Buddhist cosmology reveals the deepest mystery of our own hearts and our capacity for merciful and compassionate response As the inner process of awakening unfolds it transforms seekers and their lives as modeled by the authors It both heals the personal self in its journey through its wounds and shadows and yet at the same time dissolves identification with the self The book then ends by returning to the simplicity of the authors primary teacher Ajahn Chah with his encouragement to Be the Dharma **A**

**Bigger Sky** Pamela Weiss, 2020-07-14 Reimagining Buddhism through a feminine lens A powerful memoir of healing strength and spiritual awakening Written by the first and only layperson to receive full dharma transmission in the Suzuki Roshi Soto Zen lineage *A Bigger Sky* explores what it means to traverse the gaps of a Buddhism created by and for men navigate the seemingly contradictory domains of secular and spiritual life and walk a path through the heart of the world Blending memoir Buddhist practice and cultural observation Weiss reorients Buddhism through a wider and more inclusive feminine lens Her personal and spiritual journey speaks to the bits of brokenness in us all shining a light on the different pathways we can walk to become whole Through beautifully crafted prose Weiss shares what it means to be an ordinary Bodhisattva describing how the Buddha's profound vision of freedom can be lived outside of institutions and rule bound practice to support us in deepening our connection with ourselves each other and the planet *A Bigger Sky* illuminates how integrating a more

feminine approach to Buddhist teachings can be applied in spiritual practice community relationships and day to day life

**Wisdom of Our Elders** Karen E. Simms Tolson, 2024-05-23 A collection of essays that reflect explore and expand on wisdom and sustainable truth each chapter in Wisdom of Our Elders focuses on an aspect of a wisdom tradition with an application for modern knowledge The chapters are based on relevant and relatable lessons and concepts using experiences poetry scripture and sacred text The content represents a mosaic of several cultural and religious experiences wisdom traditions and many vibrant voices

**Healing Justice** Loretta Pyles, 2018-03-15 In the context of multiple forms of global economic social and cultural oppression along with intergenerational trauma burnout and public services retrenchment this book offers a framework and set of inquiries and practices for social workers activists community organizers counselors and other helping professionals Healing justice a term that has emerged in social movements in the last decade is taught as a practice of connecting to the whole self what many are conditioned to ignore the body mind heart spirit community and natural world Drawing from the East West modalities of mindfulness yoga and Ayurveda the author introduces six capabilities mindfulness and compassion critical thinking and curiosity and effort and equanimity which can guide practitioners on a transformative and empowering journey that can ultimately make them and their colleagues more effective in their work Using case studies critical analysis and skill sharing self care is presented as an act of resistance to disconnection marginalization and internalized oppression Healing justice is a trauma informed practice that empowers social practitioners to cultivate the conditions that might allow them to feel more connected to themselves their clients colleagues and communities The book also engages critically with self care practices including investigation into the science of mindfulness cultural appropriation and the commodification of self care The message is clear that mindfulness based practices are not a panacea for personal inter personal or political problems But they can put practitioners in a more authentic and powerful place to work from which is particularly important in a world where there is more connection to technology ideologies and people who share one's beliefs and less connection to the natural world people who are different and the parts of oneself that one tends to reject The book also offers suggestions for how to share self care practices with community members who have less access to wellness

**Time to Stand Up** Thanissara, 2015-08-18 Time to Stand Up retells the story of the historical Buddha one of the greatest sacred activists of all time as a practical human being whose teachings of freedom from suffering are more relevant than ever in this time of global peril Evolving onward from the patriarchal template of spiritual warriors and their quests former nun Thanissara explores awakening from within a feminine view where the archetypes of lover and nurturer are placed as central and essential for a sustainable world Vital is an investigation into the pinnacle of Buddhist practice the realization of the liberated heart Thanissara questions the narrative of transcendence and invites us into the lived reality of our deepest heart as it guides our journey of healing reclamation and redemption As the book unfolds the author examines traditional Buddhism often fraught with gender discrimination and asks

the important question Can Buddhist schools overly attached to hierarchal power structures and often divorced from the radical and free inquiry exemplified by the Buddha truly offer the ground for maturing awakening without undertaking a fundamental review of their own shadows Chapter by chapter the book relates Siddhartha Gautama's awakening to the sea change occurring on Earth in present time as we as a civilization become aware of the ethical bankruptcy of the nuclear and fossil fuel industry and the psychopathic corporate and military abuse of power currently terrorizing our planet Thanissara relates the Buddha's story to real life individuals who are living through these transitional times such as Iraq war veterans First Nation People and the Dalai Lama Time to Stand Up gives examples of the Buddha's activism such as challenging a racist caste system and violence against animals stopping war transforming a serial killer and laying down a nonhierarchical structure of community governance actions that would seem radical even today Thanissara explores ways forward deepening our understanding of meditation and mindfulness probing its use to pacify ourselves as the cogs in the corporate world by helping people be more functional in a dysfunctional systems and shows how these core Buddhist practices can inspire a wake up call for action for our sick and suffering planet Earth About the Sacred Activism series When the joy of compassionate service is combined with the pragmatic drive to transform all existing economic social and political institutions a radical divine force is born Sacred Activism The Sacred Activism Series published by North Atlantic Books presents leading voices that embody the tenets of Sacred Activism compassion service and sacred consciousness while addressing the crucial issues of our time and inspiring radical action

#### **The First Free Women** Matty

Weingast,2020-02-11 An Ancient Collection Reimagined Composed around the Buddha's lifetime the Therigatha Verses of the Elder Nuns contains the poems of the first Buddhist women princesses and courtesans tired wives of arranged marriages and the desperately in love those born into limitless wealth and those born with nothing at all The original authors of the Therigatha were women from every kind of background but they all shared a deep seated desire for awakening and liberation In The First Free Women Matty Weingast has reimagined this ancient collection and created a contemporary and radical adaptation that takes the essence of each poem and highlights the struggles and doubts as well as the strength perseverance and profound compassion embodied by these courageous women

#### **Follow Your Tao** Stephanie Nosco,2024-09-26 In

Follow Your Tao the teachings of Taoism and the healing system of TCM describe the interconnection between your health and everything you consume physically mentally and spiritually Through a clear pathway that links key emotions and feelings to certain organs known as wu shen or the five spirits the book describes the five major organ groups or spirits of the body how to identify when they are out of balance and ways to rebalance them A chapter is devoted to each spirit which begins with a narrative story that serves as a metaphor or touchstone for the subject A list of the organs associations and attributes as well as a description of the organ's physical emotional and spiritual properties and functions follows Each chapter ends with a problems and solutions section with step by step soul work exercises to bring you back into balance Contents

Introduction 1 Heart Small Intestine The Shen Setting Boundaries Decision Making 2 Liver Gallbladder The Hun Creating Your Dreams Planning 3 Spleen Stomach The Yi Setting Intentions Moving Forward 4 Lungs Large Intestine The Po Survival and Determination 5 Bladder Kidneys The Zhi Trust and Faith Bibliography Index Acknowledgements      **The Routledge Handbook of Religion, Spirituality and Social Work** Beth R. Crisp, 2017-04-07 This international volume provides a comprehensive account of contemporary research new perspectives and cutting edge issues surrounding religion and spirituality in social work The introduction introduces key themes and conceptual issues such as understandings of religion and spirituality as well as definitions of social work which can vary between countries The main body of the book is divided up into sections on regional perspectives religious and spiritual traditions faith based service provision religion and spirituality across the lifespan and social work practice The final chapter identifies key challenges and opportunities for developing both social work scholarship and practice in this area Including a wide range of international perspectives from Australia Canada Hong Kong India Ireland Israel Malta New Zealand South Africa Sweden the UK and the USA this Handbook succeeds in extending the dominant paradigms and comprises a mix of authors including major names significant contributors and emerging scholars in the field as well as leading contributors in other fields of social work who have an interest in religion and spirituality The Routledge Handbook of Religion Spirituality and Social Work is an authoritative and comprehensive reference for academics and researchers as well as for organisations and practitioners committed to exploring why and how religion and spirituality should be integral to social work practice      Complexities of Spiritual Care in Plural Societies Anne Hege Grung, 2022-11-07 This volume contributes to an emerging field that could be referred to as plural spiritual care and chaplaincy It s innovative approach brings together contributions from a broad range of contexts and religious traditions and includes empirical work and conceptual explorations It helps to fill the gap between practices and developments related to plural spiritual care and chaplaincy in the scholarly discourse      **Time to Stand Up** Thanissara, 2015-08-18 Time to Stand Up retells the story of the historical Buddha one of the greatest sacred activists of all time as a practical human being whose teachings of freedom from suffering are more relevant than ever in this time of global peril Evolving onward from the patriarchal template of spiritual warriors and their quests former nun Thanissara explores awakening from within a feminine view where the archetypes of lover and nurturer are placed as central and essential for a sustainable world Vital is an investigation into the pinnacle of Buddhist practice the realization of the liberated heart Thanissara questions the narrative of transcendence and invites us into the lived reality of our deepest heart as it guides our journey of healing reclamation and redemption As the book unfolds the author examines traditional Buddhism often fraught with gender discrimination and asks the important question Can Buddhist schools overly attached to hierarchal power structures and often divorced from the radical and free inquiry exemplified by the Buddha truly offer the ground for maturing awakening without undertaking a fundamental review of their own shadows Chapter by chapter the book relates Siddhartha

Gautama's awakening to the sea change occurring on Earth in present time as we as a civilization become aware of the ethical bankruptcy of the nuclear and fossil fuel industry and the psychopathic corporate and military abuse of power currently terrorizing our planet. Thanissara relates the Buddha's story to real life individuals who are living through these transitional times such as Iraq war veterans, First Nation People and the Dalai Lama. Time to Stand Up gives examples of the Buddha's activism such as challenging a racist caste system and violence against animals, stopping war, transforming a serial killer and laying down a nonhierarchical structure of community governance actions that would seem radical even today. Thanissara explores ways forward, deepening our understanding of meditation and mindfulness, probing its use to pacify ourselves as the cogs in the corporate world by helping people be more functional in a dysfunctional system and shows how these core Buddhist practices can inspire a wake up call for action for our sick and suffering planet Earth.

About the Sacred Activism series: When the joy of compassionate service is combined with the pragmatic drive to transform all existing economic, social and political institutions, a radical divine force is born: Sacred Activism. The Sacred Activism Series published by North Atlantic Books presents leading voices that embody the tenets of Sacred Activism: compassion, service and sacred consciousness while addressing the crucial issues of our time and inspiring radical action.

*De interpretatiecrisis bij ongeneeslijke kanker* Egbert van Dalen, Met een contingentie ervaring bedoelt men de ervaring van een onverwachte gebeurtenis die niet in iemands leven lijkt te passen. Vaak leidt dit tot een interpretatiecrisis. Deze religiewetenschappelijke studie is gebaseerd op interviews met mensen die een vorm van ongeneeslijke kanker kregen. De erkenning van onmacht vormt een kritiek moment in de interpretatie. Men kan door de tragiek verbitterd raken maar ook het andere gewaarworden dat verder reikt dan het verklaarbare. De invloed hiervan werd zowel door religieuze als niet religieuze patiënten gevoeld in bijzondere ervaringen.

*The Mystic Heart* Wayne Teasdale, 2001. Drawing on experience as an interreligious monk, Brother Wayne Teasdale reveals the power of spirituality and its practical elements. He combines a profound Christian faith with an intimate understanding of ancient religious traditions.

*The Faces of Buddhism in America* Charles S. Prebish, Kenneth K. Tanaka, 2023-11-15. Buddhism is the fastest growing religion in the United States with adherents estimated in the several millions. But what exactly defines a Buddhist? This has been a much debated question in recent years, particularly in regard to the religion's bifurcation into two camps: the so-called imported or ethnic Buddhism of Asian immigrants and the convert Buddhism of a mostly middle class liberal intellectual elite. In this timely collection, Charles S. Prebish and Kenneth K. Tanaka bring together some of the leading voices in Buddhist studies to examine the debates surrounding contemporary Buddhism's many faces. The contributors investigate newly Americanized Asian traditions such as Tibetan Zen, Nichiren, Jodo Shinshu and Theravada Buddhism and the changes they undergo to meet the expectations of a Western culture desperate for spiritual guidance. Race, feminism, homosexuality, psychology, environmentalism and notions of authority are some of the issues confronting Buddhism for the first time in its three thousand year history and are powerfully addressed here. In recent years

American Buddhism has been featured as a major story on ABC television news National Public Radio and in other national media A strong new Buddhist journalism is emerging in the United States and American Buddhism has made its way onto the Internet The faces of Buddhism in America are diverse active and growing and this book will be a valuable resource for anyone interested in understanding this vital religious movement Buddhism is the fastest growing religion in the United States with adherents estimated in the several millions But what exactly defines a Buddhist This has been a much debated question in recent years particularly in regard to the religion s bifurca **Be Still and Know** Habito, Ruben,2017-04-20

The Power of Stillness Barrett Williams,ChatGPT,2025-08-06 Unlock the transformative power of peace with The Power of Stillness a compelling guide to embracing silent meditation in a busy world This riveting eBook invites you to explore the profound impact of stillness on your mental and emotional well being Begin your journey by uncovering the essence of silence in meditation and its historical roots Discover how distinguishing stillness from passivity can lead to meaningful tranquility Prepare your mind for this journey by setting intentions for peace cultivating a receptive mindset and creating a serene environment Dive deeper into techniques designed to help you enter stillness Whether focusing on your breath enhancing body awareness or utilizing guided silence each method provides a pathway to inner calm Integrate silence into your daily life through small moments of peace mindful routine activities and establishing a regular practice With expertly curated strategies overcome common challenges in silent meditation Tackle persistent thoughts manage restlessness and cultivate patience to enhance your meditation journey Discover how silence fosters emotional balance by listening to emotions and fostering resilience Gain mental clarity by dispelling cluttered thoughts and enhancing concentration Learn how to nurture relationships through silent meditation fostering compassionate communication and resolving conflicts with calm Balance outer activity with inner peace harmonizing work with mindfulness and mastering the art of mindful listening Embark on a spiritual journey through silence connecting with a greater purpose and achieving profound insights Explore advanced techniques from sustained silence retreats to walking meditation and customize your practice to meet your unique needs adapting it through different life stages Revel in success stories that highlight personal transformations and professional achievements fueled by stillness Join the future of silent meditation as it evolves in our modern world utilizing innovative mindful technology and sustaining lifelong peace The Power of Stillness is more than an eBook it s your gateway to a life of clarity peace and profound transformation *Angelic Mistakes* Roger Lipsey,2006 Striking new insights into the life and thoughts of the beloved spiritual writer are presented through his rarely seen visual art produced in the last decade of his life This collection presents 40 of the most telling examples of Merton s art each accompanied by an excerpt from Merton s own writing on art **Joyce in the Belly of the Big Truck; Workbook** Joyce A. Cascio,2005-05 Religion Index One ,2003 *Chanting from the Heart Vol II* Thich Nhat Hanh,2023-11-28 The second volume in the revised edition of Chanting from the Heart by Zen Master Thich Nhat Hanh and the monks and nuns of Plum Village Volume II Ceremonies and



Practices in the Plum Village Tradition Vol II Ceremonies and Practices in the Plum Village Tradition is a collection of Buddhist ceremonies for all occasions and daily practices for meditation sessions as well as practices to accompany daily activities such as gardening and cleaning bringing mindfulness into everyday life Developed by Thich Nhat Hanh and used regularly by the monks nuns and laypeople at the monasteries and retreat centers established by Thich Nhat Hanh as well as by his thousands of lay students worldwide The ceremonies section has been updated to containing only the texts necessary for the occasion at hand This is the first major textual edits made to the material since the 2013 printing There is also a glossary of Buddhist terms

How to Listen Thich Nhat Hanh, 2024-09-10 Listening with compassion can solve our most pressing issues across global politics and interpersonal relationships and within our own hearts and minds In How to Listen Zen Master Thich Nhat Hanh demonstrates how deep listening is a fundamental building block of good communication But perhaps more fundamentally listening is central to our practice a basic ingredient to strengthen our capacity for mindfulness concentration insight and compassion Learning how to listen with equanimity to life itself we generate insight into the true nature of our deep connection to all things And from this place of understanding when we know that we aren't separate our capacity to listen deepens even further With clear and gentle guidance from Thich Nhat Hanh we learn how truly listening to ourselves to each other to Mother Earth and to the many bells of mindfulness that are available to us in each moment is the foundation of our practice an expression of love and a solution to our deepest and most urgent large scale conflicts All Mindfulness Essentials books are illustrated with playful sumi ink drawings by California artist Jason DeAntonis

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