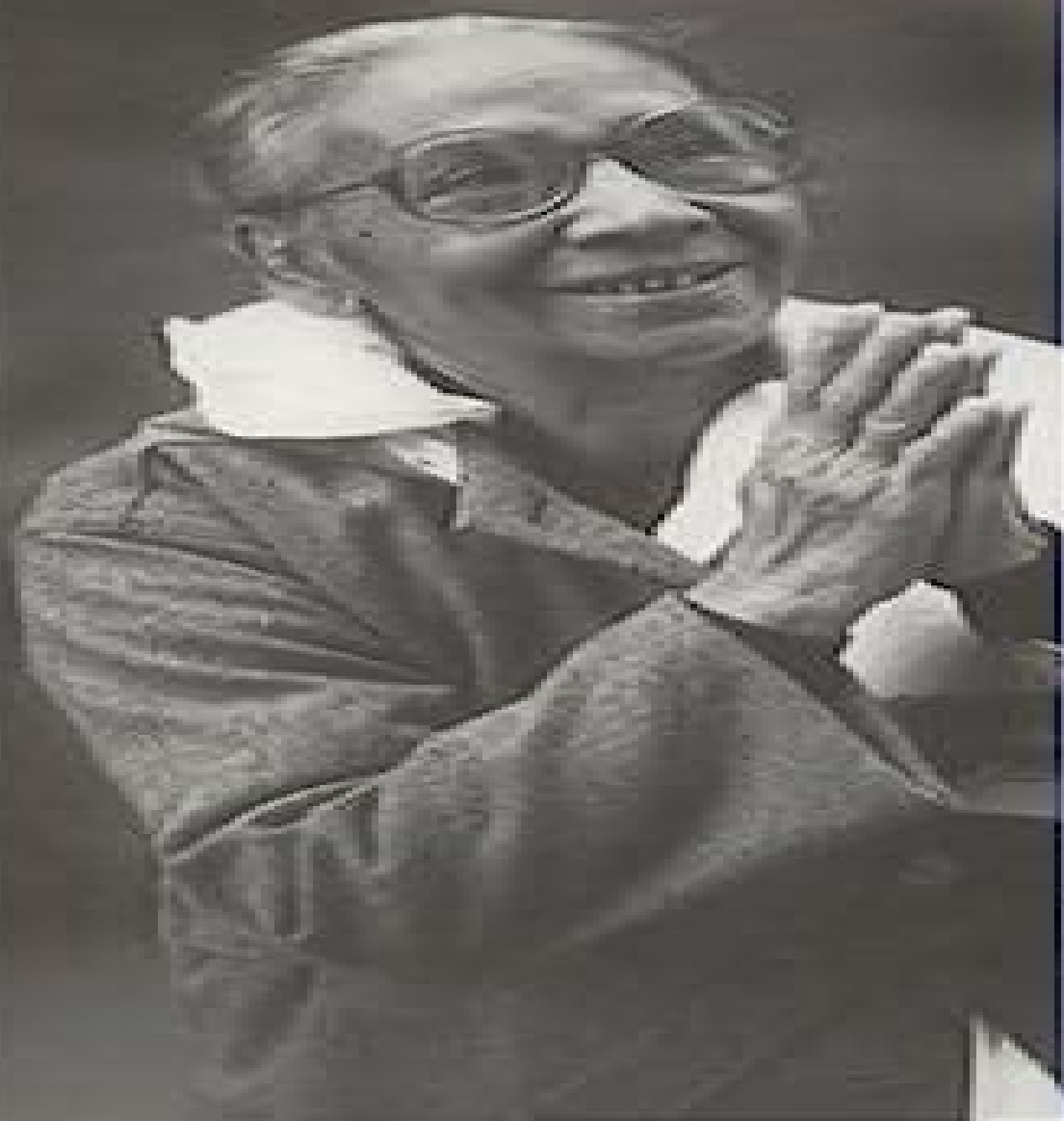


KNEE DEEP *in* GRACE

The Extraordinary
Life and Teaching
of Dipa Ma

By Amy Schmidt

with stories from
JACK KORNFIELD,
SHARON SALZBERG,
JOSEPH GOLDSTEIN,
and others



Knee Deep In Grace The Extraordinary Life And Teaching Of Dipa Ma

Sara Wiseman



Knee Deep In Grace The Extraordinary Life And Teaching Of Dipa Ma:

Knee Deep in Grace Amy Schmidt, 2002-11 A tiny Indian woman leading an inconspicuous life in Calcutta profoundly influenced the evolution and teaching of Buddhist meditation practice in America Knee Deep in Grace presents the life story of Dipa Ma Barua along with the essential spiritual teachings that make her a towering figure in contemporary Buddhism While she experienced fame in her lifetime and had a following of many Burmese Indian and American students she was like the women saints of the Vedas remarkable women from the dawn of history who achieved realization while cleaning their homes and raising their children Daughters of the Goddess Women Saints of India Dipa Ma was a primary teacher of Sharon Salzberg Jack Kornfield and Joseph Goldstein who have been among the most influential importers of Buddhism to America Through the centers they founded and the teachers trained in them the author among them the example and teaching of Dipa Ma reach multitudes Jack Kornfield described the power of Ma s influence Without anything said or done just the impact of meeting a person so developed can be enough to change one s whole way of life Knee Deep in Grace is filled with intimate stories collected over a period of ten years not only from prominent meditation teachers in the West but from Dipa Ma s daughter and grandson and her Calcutta students Dipa Ma addressed her teaching to ordinary people in her apartment complex and her extended family and her iconoclastic style of daily life immersion practice brought many of her students to awakening

Living a Metaphysical Life: A Mother's Legacy for Her Family Marsha Moore, 2015-08-19 Part memoir part love letter part journey into metaphysics I did not set out to live a metaphysical life All I wanted was to lead a normal life Because of all the unusual circumstances surrounding my childhood I wanted normalcy more than anything But sometime during my young life I began to have dreams and precognitions These experiences changed my reality forever gave me the courage to journey to my soul and led me on a voyage through metaphysics in an attempt to understand my psychic life This book records my journey including life events contemplations psychic dreams and religious experiences I lived part time with a Baptist family early in life followed by years of Catholic school education from grade school through high school Studying metaphysics in my twenties exposed me to Eastern philosophy Ultimately I was able to reconcile my psychic experiences and Eastern perspectives with my Catholic beliefs

The Buddha Is Still Teaching Jack Kornfield, 2011-08-30 When the Buddha set in motion the wheel of Dharma he knew that the teaching he gave was inexhaustible that every future generation would find its own skillful ways to convey it to the hearts and minds of those ready to hear The Buddha Is Still Teaching is testimony to the fulfillment of that promise today The selections it contains from today s most highly regarded contemporary Buddhist teachers bring the Dharma eloquently to life for us in our own time place and culture They demonstrate that two and a half millennia have done nothing to diminish the freshness of the Buddhist teachings or their universal applicability to our lives Contributors include Ajahn Chah Charlotte Joko Beck Sylvia Boorstein Tara Brach Pema Chodron the Dalai Lama Ram Dass Mark Epstein Norman Fischer Natalie Goldberg Joseph Goldstein Dilgo Khyentse Jack

Kornfield Noah Levine Stephen Levine Sakyong Mipham Sharon Salzberg Suzuki Roshi Robert Thurman Thich Nhat Hanh and Tulku Thondup To learn more about the author visit his website at www.jackkornfield.org **Dancing in the Dharma** Sandy Boucher,2006-06-01 Ruth Denison was one of the great innovators in the early years of Buddhism in the West In this portrait of her extraordinary life from a youth in Nazi dominated Germany to the center of the counterculture in the sixties and seventies Boucher captures Denison s distinctive voice and the journey of her remarkable spirit *Practicing the Jhanas* Stephen Snyder,Tina Rasmussen,2009-12-01 Two experienced American meditators explain the stages and techniques of concentration meditation as taught by the Buddhist master Pa Auk Sayadaw This is a clear and in depth presentation of the traditional Theravadin concentration meditation known as jh na practice from two authors who have practiced the jh nas in retreat under the guidance of one of the great living meditation masters Pa Auk Sayadaw The authors describe the techniques and their results based on their own experience *Zen Women* Grace Schireson,2009-10-27 This landmark presentation at last makes heard the centuries of Zen s female voices Through exploring the teachings and history of Zen s female ancestors from the time of the Buddha to ancient and modern female masters in China Korea and Japan Grace Schireson offers us a view of a more balanced Dharma practice one that is especially applicable to our complex lives embedded as they are in webs of family relations and responsibilities and the challenges of love and work Part I of this book describes female practitioners as they are portrayed in the classic literature of Patriarchs Zen often as tea ladies bit players in the drama of male students enlightenments as iron maidens tough as nails women always jousting with their male counterparts or women who themselves become macho masters teaching the same Patriarchs Zen as the men do Part II of this book presents a different view a view of how women Zen masters entered Zen practice and how they embodied and taught Zen uniquely as women This section examines many urgent and illuminating questions about our Zen grandmothers How did it affect them to be taught by men What did they feel as they trying to fit into this male practice environment and how did their Zen training help them with their feelings How did their lives and relationships differ from that of their male teachers How did they express the Dharma in their own way for other female students How was their teaching consistently different from that of male ancestors And then part III explores how women s practice provides flexible and pragmatic solutions to issues arising in contemporary Western Zen centers *Kindness for All Creatures* Sarah C. Beasley,2019-08-20 A heartfelt guide to compassionate care for animals from a Buddhist perspective with practical advice for mindfully raising pets and honoring animals Are you doing all you can for the well being of your beloved pet Is your outlook toward wildlife consistent with your loyalty to cats and dogs Structured around the Six Perfections of Buddhism this book explores these questions and more providing heartfelt guidance on how to apply compassion in action to our relationships with animals In addition to being a practical resource it encourages advocacy challenging us to think more profoundly about caring for the creatures both domestic and wild with whom we share our world **Chasing Peace** Tom Rosshirt,2025-01-21 Chasing

Peace is a guide for turning emotional breakdowns into breakthroughs with the insights of modern neuroscience It s the story of a lifelong seeker who suffered years of escalating depression and anxiety then discovered that the latest practices from brain science offered a path to the peace he longed for AN OPEN FIELD PUBLICATION FROM MARIA SHRIVER Tom Rosshirt like millions of people chasing peace put his faith in the scripture of our culture we find peace by becoming who we want to be So Tom aimed high worked hard and excelled But instead of peace he experienced debilitating anxiety depression and discouraging bouts of brain fog that forced him out of his life He was one of a rising number of people now getting sidelined by conditions doctors can t cure Many sufferers never find their way back but Tom got lucky After another dead end session with a psychiatrist Tom heard about self directed neuroplasticity a daily practice of retraining the brain based on the discovery that pain and illness often start in the brain s neural circuits and what the brain learns the brain can unlearn After months of using this approach Tom began to see an alignment between neuroplasticity and the principles of spiritual practice Reversing the patterns that made him ill did more than make him well it opened the path from stress to peace from striving to be who we want to be to becoming who we are Brimming with hope Chasing Peace is for anyone who is sick of chasing peace but might be willing to read one more book *Alcohol Recovery: The Mindful Way* Catherine

Lucas,2017-01-19 Mindfulness lends itself particularly well to recovery partly because it is a potent tool for self management but principally because it can be approached both as a secular or spiritual practice The Twelve Step approach of Alcoholics Anonymous AA and Narcotics Anonymous NA is unquestionably spiritual with its emphasis on a Higher Power and has been hugely successful Some consider spiritual transformation essential for lasting sobriety Not everyone however wants to pursue this path The mindfulness practices can then be used in their own right in a more secular context and still be beneficial My stance will however be mainly transpersonal As Christina Grof author of The Thirst for Wholeness Attachment Addiction and the Spiritual Path says The success of Alcoholics Anonymous AA and the many Twelve Step fellowships that have modelled themselves after its program attests to the power and importance of the spiritual dimension in the understanding and treatment of addiction **Advice Not Given** Mark Epstein, M.D.,2019-01-15 Most people will never find a great psychiatrist or a great Buddhist teacher but Mark Epstein is both and the wisdom he imparts in Advice Not Given is an act of generosity and compassion The book is a tonic for the ailments of our time Ann Patchett New York Times bestselling author of Commonwealth Our ego and its accompanying sense of nagging self doubt as we work to be bigger better smarter and more in control is one affliction we all share But while our ego is at once our biggest obstacle it can also be our greatest hope We can be at its mercy or we can learn to work with it With great insight and in a deeply personal style renowned psychiatrist and author Dr Mark Epstein offers a how to guide that refuses a quick fix In Advice Not Given he reveals how Buddhism and Western psychotherapy two traditions that developed in entirely different times and places both identify the ego as the limiting factor in our well being and both come to the same conclusion When we give the ego free rein we suffer

but when it learns to let go we are free **Advice Not Given** Dr. Epstein, 2018-01-16 Most people will never find a great psychiatrist or a great Buddhist teacher but Mark Epstein is both and the wisdom he imparts in Advice Not Given is an act of generosity and compassion The book is a tonic for the ailments of our time Ann Patchett New York Times bestselling author of Commonwealth Our ego and its accompanying sense of self doubt is one affliction we all share And while our ego claims to have our best interests at heart in its never ending pursuit of attention and power it sabotages the very goals it sets to achieve In Advice Not Given renowned psychiatrist and author Dr Mark Epstein reveals how Buddhism and Western psychotherapy both identify the ego as the limiting factor in our wellbeing and both come to the same conclusion when we give the ego free rein we suffer but when it learns to let go we are free Our ego is at once our biggest obstacle and our greatest hope We can be at its mercy or we can learn to mould it Completely unique and practical Epstein s advice can be used by all and will provide wise counsel in a confusing world **Living a Life of Gratitude** Sara Wiseman, 2013 Sharing uplifting stories that travel from the beginnings of life to the end Living a Life of Gratitude shows you how to open your heart to a journey of reflection that will help you slow down and appreciate life for what it is Whether you use it as a source for discovering inspiration or for strength in times of struggle this book is a guide to finding light and love even when you least expect it Publisher s description **Shambhala Sun** , 2002 [Seeds of Peace](#) , 2003 *Tricycle* , 2004 ￼￼￼￼ ￼￼ ￼￼ ￼￼ ￼￼, 2024-11-01 **Forthcoming Books** Rose Army, 2002-02

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