

"Sharon Salzberg has offered a gift of peace
to the world." —ALICE WALKER

LOVING~ KINDNESS

THE REVOLUTIONARY
ART OF HAPPINESS



Sharon Salzberg

Foreword by JON KABAT-ZINN

author of WHEREVER YOU GO THERE YOU ARE

Sharon Salzberg

Loving-Kindness: The Revolutionary Art of Happiness



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Explains the way the Buddhist path can help individuals discover the inner joy within themselves, and shares basic Buddhist teachings and ideas for meditation



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Wonderful reserve containing invaluable exercises that make you feel good Sharon Salzberg has practiced Buddhist meditation for several years, therefore the book provides much information about Buddhism. It also absolutely exudes lovingkindness, that is a main element attracting me to a book, though I had not been previously familiar with the term. Though reading the reserve requires focus and concentration, I came across it to be enlightening and inspiring. Lovingkindness is a translation of the Pali term "metta", that is the first of the brahma-viharas, or the "heavenly abodes". Others - compassion, sympathetic pleasure, and equanimity - "develop out of metta, which supports and extends these says". The writer is open about her own shortcomings and episodes that have contributed to her development, and provides us with many personal stories that enhance the book's readability. May all beings be content. A mind involved with lovingkindness can't be overcome by fear. Lovingkindness overcomes the illusion of separateness and all its accompanying states - "dread, alienation, loneliness, and despair - all of the emotions of fragmentation". THEREFORE I am happy I read it. Great guides for meditations

As someone just learning about Buddhism and meditation, I came across this reserve helpful. Metta begins with loving ourselves. We ourselves deserve our love and affection. We must focus on the goodness in others, and will thus forge a connection to them. The pressure of metta "we can cohere, to come together within ourselves and with all beings". Led me to have more goodwill, compassion, sympathetic pleasure, and equanimity I rated this in line with the results and not really based on just how much we enjoyed the publication. The first exercise advises us to call to brain kind or good actions we've done, or characteristics we value about ourselves. Five Stars Love this publication, it's awesome! May you end up being happy May you be peaceful May you get rid fear and pain May your home is life easily. I liked its emphasis on self love before loving others. ""CAN I have physical pleasure."" May I have ease of well-being. Why was I therefore numb and baffled on a regular basis? ""CAN I fulfill my entire life purpose. To Metta Found the book informative. ""CAN I be blissful. A life-changing practice I initially experienced the practice of Loving-Kindness at a retreat in Insight Meditation Culture, the meditation/teaching middle in Barre, MA that Sharon Salzberg, Joseph Goldstein and Jack Kornfield co-founded many years ago. Then we do it again the four phrases we've chosen, again and again. After doing this exercise I feel really good. If you're a Christian, I would tell you that this book teaches charity much better than the bible does. You can find chapters on areas of lovingkindness, hindrances to lovingkindness, dealing with anger and aversion, developing the compassionate heart, the power of generosity, etc, etc. (Glean useful workout on compassion for those who cause pain.) I came across this to become a most wonderful reserve, which I will need to re-read many times. We cannot recommend this practice more highly, and if you don't have a Metta instructor available to you, this book is the greatest place to get started. I will be shopping for various other books by this writer. Provides insight into metta in a straightforward and instructive form. Some abusive treatment and also medical mistakes at the many hospitals where I was treated still left me blasted, detached, tentative, anxious, and with the sensation that I no more understood the world or what my place in it might be. Every chapter is usually written therefore beautifully with such clearness about practising metta. That which was this globe I was living in? How would I understand myself as a completely disabled person?" I personally have got chosen the phrases: "May I be healed, completely healed. After almost a year of advice and searching, someone suggested Metta meditation to help me reconnect to myself and the world, also to help me feel safer. They suggested I buy this publication, because Metta classes are difficult to find. Even just using the instruction in this reserve, and also lacking any actual teacher to guide me, I could get a practice going that made me feel better almost immediately.

Just two short Metta periods per day centered on Ms. Learning to love ourselves first, before we are able to love another flies in the face of what most of us are trained by our lifestyle. Just allowing your mind to rest on those words is sufficient. I significantly recommend this well-written and absolutely inspiring publication to all or any those who wish to develop a loving heart. In the event that you suffer from some kind of trauma, feeling of unreality or inability to connect with others and the world around you, or some kind of severe emotional pain, this is the method to go. I think that for ordinary lifestyle stresses or spiritual development, insight meditation or Zen or various other kind like that might be fine, but if something really nasty has happened for you, or if something actually unpleasing happened for you previously that's eroding your capability to live a standard, happy lifestyle, Metta meditation may be the method to go. Thanks to its clear, basic explanations and easy-to-keep in mind mantra, this book is the place to proceed if you want to be healed. There are four phrases generally used: "May I get rid of danger.... The Buddha presented the metta meditation as an antidote to fear...." We start by reflecting on the good within us or our desire to be happy. Following the retreat and the experience of this practice, I bought this book and have shared it with many friends through the years. Salzberg's instructions (which was all the period I possibly could physically spend sitting down), was enough to restore my feeling of myself, help to make me feel much more attached to the world, also to feel powerful despite my disabilities. If we don't love ourselves first, how else can we provide to bear, also to share, all the love that people are? Sharon offers unselfishly shown us what self-love truly means by bringing the Buddha's practice of Loving Kindness to the West. With gratitude, and at the risk of using a cliché, I can only say that this practice, and this publication, have transformed my entire life. What I most appreciated in the book was the many exercises. Simply being honest when I say that plenty of the language simply did not resonate with me. I recognize the author likely made an effort to keep carefully the flowery chat to the very least but for a sort A guy with an aversion to touchy-feely language some of it was really difficult for me to obtain through. That being said, I do believe it nurtured the brahmaviharas in my own practice. Whenever we feel love, we can allow ourselves to be completely aware of the entirety of lifestyle - both pleasures and pains. The best book on teaching someone to love oneself and others. This book taught meditation phrases that help one to love oneself and love others (though I like to change phrases like "CAN I be happy" with "I would like to be happy"). I really like this book's teachings on what guilt can be self-serving and selfish sometimes and that remorse over past mistakes is best. "CAN I have mental pleasure. In afterwards exercises we repeat the chosen phrases directed towards others - a benefactor, a neutral person, a hard person, difficult aspects of oneself, most beings, all females, almost all males, almost all enlightened beings, all those in ignorance, etc, etc. 4 Star Okayyyyyyyyyy! Perfect Great book Excellent Thank you so much, Sharon because of this great book! I must admit initially I was skeptical about scanning this book since I have this preconceived proven fact that spiritual books are very best compiled by monastics. I am still halfway through the book. Various useful trauma therapies and emotional assistance left me feeling better, but still extremely unattached, confused, bamboozled, and out of sorts. I especially like the encouragement that she provides- it really is ok if one doesn't feel anything initially. Once this practice I want to reconnect with my normally loving and optimistic spirit, it unfolded rapidly that I experienced deeply soothed and more secure every minute of each day. Beautiful Book I really like this book... How incorrect I am. Still attempting to digest gradually the prosperity of wisdom. It's among those books that deserves reading over and over. May all beings accomplish nirvana. Sadhu sadhu sadhu! It's the intention that matters. Everytime I read it I get more from it. Sharon Salzberg is a wonderful

writer. "Like can uproot fear or anger or guilt, since it is a larger power". Simple intro.""May I be loving. Saved My Sanity and Soul After a terrible freak accident that still left me personally with a near-death experience, four days in a coma, weekly in intensive care, a month in a rehab hospital after that, and then five months' bed relax in the home, punctuated only by five unpleasant and grueling hours of physical therapy each day and two supervised walks, I was in an awful state spiritually and psychologically. Good introductory book. Useful as a beginner person of meditation Loving kindness helps me be a better me. I'm not Buddhist or spiritual and yet seek spiritual assistance and internal in addition to external peace in my life. In the next exercise we practice befriending ourselves by repeating phrases relating to what we want ourselves. Long story short, it worked.



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