

The Enlightened Heart

Stephen Mitchell

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Taking Flight Anthony De Mello 2012-08-01 "Both what you run from -- and what you yearn for -- are within you." -- Anthony de Mello, S.J. In the tradition of his bestselling *Song of the Bird*, de Mello has written these story meditations as stepping

stones toward a spiritual life based on self-knowledge and understanding. This book contains over 250 stories, grouped under the themes of Prayer, Awareness, Religion, Grace, "Saints," Self, Love, and Truth. Although derived from a variety of sources,

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cultures, these tales share the spiritual heritage and popular humor of the entire human race. As he does so skillfully in his other books, de Mello uses the medium of the story to enable his readers to work through their problems and arrive at essential Truth. With each seemingly simple anecdote comes a lesson powerful enough to break down barriers that limit self-understanding -- which in turn fosters a better understanding of others, in all situations in life. "Even if you read the stories in this book only for the entertainment," he warns, "there is no guarantee that an occasional story will not slip through your defenses and explode when you least expect it to." Taking Flight offers a joyful, transcendental experience. De Mello pilots a spiritual journey with the skill of a true master.

The Magic of Conflict

the-enlightened-heart-stephen-mitchell

Thomas F. Crum
1998-02-01 This set of simple techniques, including meditation, breathing exercises, openness, and play--Aiki--leads gently to a reordered state of mind. From overcoming apathy to understanding how conflict doesn't have to mean contest, Aiki turns mind-body integration principles into powerful tools.

The Second Book of the Tao Stephen Mitchell
2009-02-19 Enhanced by Stephen Mitchell's illuminating commentary, the next volume of the classic manual on the art of living The most widely translated book in world literature after the Bible, Lao-tzu's Tao Te Ching, or Book of the Way, is the classic manual on the art of living. Following the phenomenal success of his own version of the Tao Te Ching, renowned scholar and translator Stephen Mitchell has composed the innovative The Second Book of the Tao. Drawn from the work of Lao-tzu's disciple

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Chuang-tzu and Confucius's grandson Tzussu, *The Second Book of the Tao* offers Western readers a path into reality that has nothing to do with Taoism or Buddhism or old or new alone, but everything to do with truth. Mitchell has selected the freshest, clearest teachings from these two great students of the Tao and adapted them into versions that reveal the poetry, depth, and humor of the original texts with a thrilling new power. Alongside each adaptation, Mitchell includes his own commentary, at once explicating and complementing the text. This book is a twenty-first-century form of ancient wisdom, bringing a new, homemade sequel to the *Tao Te Ching* into the modern world. Mitchell's renditions are radiantly lucid; they dig out the vision that's hiding beneath the words; they grab the text by the scruff of the neck—by its heart, really—and let its

the-enlightened-heart-stephen-mitchell

essential meanings fall out. The book introduces us to a cast of vivid characters, most of them humble artisans or servants, who show us what it means to be in harmony with the way things are. Its wisdom provides a psychological and moral acuity as deep as the *Tao Te Ching* itself. *The Second Book of the Tao* is a gift to contemporary readers, granting us access to our own fundamental wisdom. Mitchell's meditations and risky reimagining of the original texts are brilliant and liberating, not least because they keep catching us off-guard, opening up the heavens where before we saw a roof. He makes the ancient teachings at once modern, relevant, and timeless. Listen to a special podcast with Stephen Mitchell:

Japanese Death Poems

1998-04-15 "A wonderful introduction the Japanese tradition of jisei, this volume is crammed with exquisite, spontaneous verse and

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pithy, often hilarious, descriptions of the eccentric and committed monastics who wrote the poems." —Tricycle: The Buddhist Review Although the consciousness of death is, in most cultures, very much a part of life, this is perhaps nowhere more true than in Japan, where the approach of death has given rise to a centuries-old tradition of writing jisei, or the "death poem." Such a poem is often written in the very last moments of the poet's life. Hundreds of Japanese death poems, many with a commentary describing the circumstances of the poet's death, have been translated into English here, the vast majority of them for the first time. Yoel Hoffmann explores the attitudes and customs surrounding death in historical and present-day Japan and gives examples of how these have been reflected in the nation's literature in general. The development of writing jisei is then

examined—from the longing poems of the early nobility and the more "masculine" verses of the samurai to the satirical death poems of later centuries. Zen Buddhist ideas about death are also described as a preface to the collection of Chinese death poems by Zen monks that are also included. Finally, the last section contains three hundred twenty haiku, some of which have never been assembled before, in English translation and romanized in Japanese.

The Dharma of Poetry

John Brehm 2021-01-26

Discover how to engage with poetry to support your spiritual practice, leading to more mindfulness, equanimity, and joy. In *The Dharma of Poetry*, John Brehm shows how poems can open up new ways of thinking, feeling, and being in the world. Brehm demonstrates the practice of mindfully entering a poem, with an alertness, curiosity, and open-hearted responsiveness.

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like the attention we cultivate in meditation. Complete with poetry-related meditations and writing prompts, this collection of lively, elegantly written essays can be read as a standalone book, or as a companion to the author's acclaimed anthology, *The Poetry of Impermanence, Mindfulness, and Joy*.

Into The Garden: A Wedding Anthology Robert Hass 1994-04-08 For brides and grooms who want to give their weddings new depth and meaning, two acclaimed poet-translators have gathered a stunning collection of poems and prose that will add a unique and personal dimension to the ceremony.

Ahead of All Parting Rainer Maria Rilke 2015-01-21 The reputation of Rainer Maria Rilke has grown steadily since his death in 1926; today he is widely considered to be the greatest poet of the twentieth century. This Modern Library edition presents Stephen

Mitchell's acclaimed translations of Rilke, which have won praise for their re-creation of the poet's rich formal music and depth of thought. "If Rilke had written in English," Denis Donoghue wrote in *The New York Times Book Review*, "he would have written in this English." *Ahead of All Parting* is an abundant selection of Rilke's lifework. It contains representative poems from his early collections *The Book of Hours* and *The Book of Pictures*; many selections from the revolutionary *New Poems*, which drew inspiration from Rodin and Cezanne; the hitherto little-known "Requiem for a Friend"; and a generous selection of the late uncollected poems, which constitute some of his finest work. Included too are passages from Rilke's influential novel, *The Notebooks of Malte Laurids Brigge*, and nine of his brilliant uncollected prose pieces. Finally, the book presents the

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poet's two greatest masterpieces in their entirety: the Duino Elegies and The Sonnets to Orpheus. "Rilke's voice, with its extraordinary combination of formality, power, speed and lightness, can be heard in Mr. Mitchell's versions more clearly than in any others," said W. S. Merwin. "His work is masterful."

Emptiness Dancing

Adyashanti 2006-05-01

There is something about you brighter than the sun and more mysterious than the night sky. Who are you when you are not thinking yourself into existence? What is ultimately behind the set of eyes reading these words? In Emptiness Dancing, Adyashanti invites you to wake up to the essence of what you are, through the natural and spontaneous opening of the mind, heart, and body that holds the secret to happiness and liberation. From the first stages of realization to its evolutionary

implications, Adyashanti shares a treasure trove of insights into the challenges of the inner life, offering lucid, down-to-earth advice on topics ranging from the ego, illusion, and spiritual addiction to compassion, letting go, the eternal now, and more. Whether you read each chapter in succession or begin on any page you feel inspired to turn to, you will find in

Adyashanti's wisdom an understanding and ever-ready guide to the full wonder of your infinite self-nature. Excerpt The aim of my teaching is enlightenment—awakening from the dream state of separateness to the reality of the One. In short, my teaching is focused on realizing what you are. You may find other elements in my teaching that simply arise as a response to people's particular needs of the moment, but fundamentally I'm only interested in you waking up. Enlightenment means waking up to what you truly are and then being

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that. Realize and be,
realize and be.
Realization alone is not
enough. The completion
of Self-realization is
to be, act, do, and
express what you
realize. This is a very
deep matter, a whole new
way of life—living in
and as reality instead
of living out the
programmed ideas,
beliefs, and impulses of
your dreaming mind. The
trust is that you
already are what you are
seeking. You are looking
for God with his eyes.
This truth is so simple
and shocking, so radical
and taboo that it is
easy to miss among your
flurry of seeking. You
may have heard what I am
saying in the past and
you may even believe it,
but my question is, have
you realized it with
your whole being? Are
you living it? My
speaking is meant to
shake you awake, not to
tell you how to dream
better. You know how to
dream better. Depending
on what your mental and
emotional state at the
time is, I may be very
gentle and soft with

you, or not so gentle
and soft. You may feel
better after talking
with me, but that is
incidental to awakening.
Wake up! You are all
living Buddhas. You are
the divine emptiness,
the infinite nothing.
This I know because I am
what you are, and you
are what I am. Let go of
all ideas and images in
your mind, they come and
go and aren't even
generated by you. So why
pay so much attention to
your imagination when
reality is for the
realizing right now?

The Essence of Wisdom
Stephen Mitchell
1999-10-19 A renowned
writer and translator
presents an anthology of
essential quotations
from the masters of
spiritual wisdom. The
most powerful messages
are the simplest ones.
With that in mind,
Stephen Mitchell has
selected one hundred
illuminating sayings
from the great Eastern
and Western literary and
spiritual traditions.
Ranging in length from
one sentence to a dozen
lines, the brief

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passages in "The Essence of Wisdom convey the life-transforming insights of the Buddha, Lao-tzu, Heraclitus, the Zen and Sufi masters, Spinoza, Blake, Emerson, Rilke, and other sages. The book is arranged to follow the course of the inner life from its beginning to the fullest embodiment of wisdom. Each quotation stands alone on the page. Each is a meditation in itself, meant not only to be read, but to be absorbed and reflected upon. This remarkable book gathers the words of the world's deepest thinkers and spiritual teachers, and speaks to us in the clear voice of enlightenment. "From the Hardcover edition.

In Praise of Mortality

2019-01-30 In Praise of Mortality is an artfully curated selection of poems that investigate the emotional and psychological impact of the industrial revolution, and meditate on themes of impermanence and the steady passage of time. Rainer Maria Rilke's

work stands as a thoughtful, rare combination of insight, beauty, and accessibility to the modern world.

Gilgamesh Stephen Mitchell 2014-02-27 Vivid, enjoyable and comprehensible, the poet and pre-eminent translator Stephen Mitchell makes the oldest epic poem in the world accessible for the first time. Gilgamesh is a born leader, but in an attempt to control his growing arrogance, the Gods create Enkidu, a wild man, his equal in strength and courage. Enkidu is trapped by a temple prostitute, civilised through sexual experience and brought to Gilgamesh. They become best friends and battle evil together. After Enkidu's death the distraught Gilgamesh sets out on a journey to find Utnapishtim, the survivor of the Great Flood, made immortal by the Gods to ask him the secret of life and death. Gilgamesh is the first and remains one of the most important

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of world literature. Written in ancient Mesopotamia in the second millennium B.C., it predates the Iliad by roughly 1,000 years.

Gilgamesh is extraordinarily modern in its emotional power but also provides an insight into the values of an ancient culture and civilisation.

The Wishing Bone and Other Poems Stephen Mitchell 2003 A collection of poems discusses having tea with a white rhinoceros, talking rats in Central Park, and tigers who like to pose for pictures.

Question Your Thinking, Change the World Byron Katie 2007-10-01 In this powerful book of quotations, Byron Katie talks about the most essential issues that face us all—love, sex, and relationships; health, sickness, and death; parents and children; work and money; and self-realization. The profound, lighthearted wisdom embodied within is not theoretical; it

is absolutely authentic. Not only will this book help you on many specific issues, but it will point you toward your own wisdom and will encourage you to question your own mind, using the four simple yet incredibly powerful questions of Katie's process of self-inquiry, called The Work. Katie is a living example of the clear, all-embracing love that is our true identity. Because she has thoroughly questioned her own mind, her words shine with the joy of understanding.

"People used to ask me if I was enlightened," she says, "and I would say, 'I don't know anything about that. I'm just someone who knows the difference between what hurts and what doesn't.' I'm someone who wants only what is. To meet as a friend each concept that arose turned out to be my freedom."

The Lives of the Heart

Jane Hirshfield
1997-08-02 A new volume of poems by the award-winning author

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October Palace.
The Enlightened Heart
Stephen Mitchell
2011-01-25 From Stephen
Mitchell comes an
anthology of poetry
chosen from the world's
great religious and
literary traditions--the
perfect companion to
Mitchell's bestselling
translation of Tao Te
Ching • The Upanishads •
The Book of Psalms •
Lao-tzu • The Bhagavad
Gita • Chuang-tzu • The
Odes of Solomon • Seng-
ts'an • Han-shan • Li Po
• Tu Fu • Layman P'ang •
Kukai • Tung-shan •
Symeon the New
Theologian • Izumi
Shikibu • Su Tung-p'o •
Hildegard of Bingen •
Francis of Assisi • Wu-
men • Dōgen • Rumi •
Mechthild of Magdeburg •
Dante • Kabir Mirabai •
William Shakespeare •
George Herbert • Bunan •
Gensei • Angelus
Silesius • Thomas
Traherne • Basho •
William Blake • Ryōkan •
Issa • Ghalib • Bibi
Hayati • Walt Whitman •
Emily Dickinson • Gerard
Manley Hopkins • Uvavnu
• Anonymous Navaho • W.
B. Yeats • Antonio

Machado • Rainer Maria
Rilke • Wallace Stevens
• D.H. Lawrence •
Robinson Jeffers
The Gift Hafiz
1999-08-01 Chosen by
author Elizabeth Gilbert
as one of her ten
favorite books, Daniel
Ladinsky's extraordinary
renderings of 250
unforgettable lyrical
poems by Hafiz, one of
the greatest Sufi poets
of all time More than
any other Persian
poet—even Rumi—Hafiz
expanded the mystical,
healing dimensions of
poetry. Because his
poems were often
ecstatic love songs from
God to his beloved
world, many have called
Hafiz the “Invisible
Tongue.” Indeed, Daniel
Ladinsky has said that
his work with Hafiz is
an attempt to do the
impossible: to render
Light into words—to make
the Luminous Resonance
of God tangible to our
finite senses. I am a
hole in a flute that the
Christ's breath moves
through—listen to this
music! With this
stunning collection of
Hafiz's most incredible

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poems, Ladinsky has succeeded brilliantly in presenting the essence of one of Islam's greatest poetic and religious voices. Each line of *The Gift* imparts the wonderful qualities of this master Sufi poet and spiritual teacher: encouragement, an audacious love that touches lives, profound knowledge, generosity, and a sweet, playful genius unparalleled in world literature.

Speaking of Faith Krista Tippett 2008-01-29 A thought-provoking, original appraisal of the meaning of religion by the host of public radio's *On Being* Krista Tippett, widely becoming known as the Bill Moyers of radio, is one of the country's most intelligent and insightful commentators on religion, ethics, and the human spirit. With this book, she draws on her own life story and her intimate conversations with both ordinary and famous figures, including Elie Wiesel, Karen Armstrong, and Thich Nhat Hanh, to

explore complex subjects like science, love, virtue, and violence within the context of spirituality and everyday life. Her way of speaking about the mysteries of life--and of listening with care to those who endeavor to understand those mysteries--is nothing short of revolutionary. *The Ugly Duckling* 193? *The Enlightened Heart* Stephen Mitchell 1989 An anthology of poems from the Bible, the Bhagavad Gita, Chinese and Japanese Buddhist masters, and Christian poets

I Have Nothing to Say about Fire Marjorie Saiser 2016 Poetry. "When I read Marge Saiser's poetry I feel I am in the presence of someone whose heart beats in rhythm with mine. I recognize the situations, the people, and the world she presents in these poems, but in Saiser's adept hands all things familiar take on the glow of the universal. Marge Saiser is an extraordinary

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wields the power of poetry with grace and thoughtful crafting. Her poems offer a much-needed kindness in a troubled world."--Karen Gettert Shoemaker

The Frog Prince Stephen Mitchell 1999 The classic fairy tale shares a message of the transforming power of love as it follows the story of a contemplative frog who falls in love with a rebellious princess, who, in turn, gradually comes to love him in return and helps him become who he truly is. 75,000 first printing.

Daodejing Laozi 2008-09-11 'Of ways you may speak, but not the Perennial Way; By names you may name, but not the Perennial Name.' The best-loved of all the classical books of China and the most universally popular, the Daodejing or Classic of the Way and Life-Force is a work that defies definition. It encapsulates the main tenets of Daoism, and upholds a way of being as well as a philosophy and a religion. The

dominant image is of the Way, the mysterious path through the whole cosmos modelled on the great Silver River or Milky Way that traverses the heavens. A life-giving stream, the Way gives rise to all things and holds them in her motherly embrace. It enables the individual, and society as a whole, to harmonize the disparate demands of daily life and achieve a more profound level of understanding. This new translation draws on the latest archaeological finds and brings out the word play and poetry of the original. Simple commentary accompanies the text, and the introduction provides further historical and interpretative context. ABOUT THE SERIES: For over 100 years Oxford World's Classics has made available the widest range of literature from around the globe. Each affordable volume reflects Oxford's commitment to scholarship, providing the most accurate

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plus a wealth of other valuable features, including expert introductions by leading authorities, helpful notes to clarify the text, up-to-date bibliographies for further study, and much more.

A Book of Psalms Stephen Mitchell 2009-10-13 From the author of *The Gospel According to Jesus* comes a new adaptation of the psalms. Leading biblical scholar and translator Stephen Mitchell translates fifty of the most powerful and popular bible psalms to create poems that recreate the music of the original Hebrew verse.

The Ink Dark Moon Ono no Komachi 2015-01-21 These translated poems were written by 2 ladies of the Heian court of Japan between the ninth and eleventh centuries A.D. The poems speak intimately of their authors' sexual longing, fulfillment and disillusionment.

Writing Spiritual Books

Hal Zina Bennett
2010-10-06 In Writing

Spiritual Books, Hal Zina Bennett, who has coached such well-known writers as Shakti Gawain, Judith Orloff, and Jerry Jampolsky, shows readers how to focus on their spiritual experience in a way that will enlighten and captivate others.

Including both anecdotal and prescriptive material gleaned from his work as a writing coach, the book contains writing exercises, exploratory questions, and other practical guidance. A useful resource section addresses the too-often-neglected issue of finding an agent and publisher with current lists of both.

Individual chapters include *Choosing a Vehicle for Your Message*, *Where to Begin – Finding Models to Follow and Read Deeply*, and *Getting Published and What Comes Later*.

The Way of Forgiveness Stephen Mitchell 2019-09-17 “A unique and special kind of masterpiece.” –John Banville Stephen

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Mitchell's gift is to breathe new life into ancient classics. In *Joseph and the Way of Forgiveness*, he offers us his riveting novelistic version of the Biblical tale in which Jacob's favorite son is sold into slavery and eventually becomes viceroy of Egypt. Tolstoy called it the most beautiful story in the world. What's new here is the lyrical, witty, vivid prose, informed by a wisdom that brings fresh insight to this foundational legend of betrayal and all-embracing forgiveness. Mitchell's retelling, which reads like a postmodern novel, interweaves the narrative with brief meditations that, with their Zen surprises, expand the narrative and illuminate its main themes. By stepping inside the minds of Joseph and the other characters, Mitchell reanimates one of the central stories of Western culture. The engrossing tale that he

has created will capture the hearts and minds of modern readers and show them that this ancient story can still challenge, delight, and astonish.

Permission to Mourn Tom Zuba 2014-11 The death of someone we love cracks us open inviting us to become the person we were born to be. This is the book Tom Zuba wishes he had read after his daughter Erin died. And after his wife Trici died. It's the book he wishes he'd been handed following his son Rory's death. But Tom had to live it. First. Before he could write it. For you. In the beginning, Tom did grief the old way. Repressing, denying, pretending, numbing and stuffing every feeling and every emotion that arose. He created pain on top of pain until he began searching for a new way. A new way to do grief. Once he gave himself permission to mourn, healing began. Along the way, Tom discovered that: * Grief is not the enemy. Grief can be

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of our greatest teachers. * It's the stories we tell that determine whether or not we will heal. * We will always have a relationship with the people we love that have died. * We were not born to suffer. We were born to be radiant. There is a new way to do grief. Let Tom Zuba teach you how.

Loving What Is Byron Katie 2002-05-07 Out of nowhere, like a cool breeze in a marketplace crowded with advice, comes Byron Katie and "The Work." In the midst of a normal life, Katie became increasingly depressed, and over a ten-year period sank further into rage, despair, and thoughts of suicide. Then one morning, she woke up in a state of absolute joy, filled with the realization of how her own suffering had ended. The freedom of that realization has never left her, and now in Loving What Is you can discover the same freedom through The Work. The Work is simply

four questions that, when applied to a specific problem, enable you to see what is troubling you in an entirely different light. As Katie says, "It's not the problem that causes our suffering; it's our thinking about the problem." Contrary to popular belief, trying to let go of a painful thought never works; instead, once we have done The Work, the thought lets go of us. At that point, we can truly love what is, just as it is. Loving What Is will show you step-by-step, through clear and vivid examples, exactly how to use this revolutionary process for yourself. You'll see people do The Work with Katie on a broad range of human problems, from a wife ready to leave her husband because he wants more sex, to a Manhattan worker paralyzed by fear of terrorism, to a woman suffering over a death in her family. Many people have discovered The Work's power

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solve problems; in addition, they say that through *The Work* they experience a sense of lasting peace and find the clarity and energy to act, even in situations that had previously seemed impossible. If you continue to do *The Work*, you may discover, as many people have, that the questioning flows into every aspect of your life, effortlessly undoing the stressful thoughts that keep you from experiencing peace. *Loving What Is* offers everything you need to learn and live this remarkable process, and to find happiness as what Katie calls “a lover of reality.”

Bestiary Stephen Mitchell 1996 In *Bestiary*, Stephen Mitchell has collected animal poems from many ages and many cultures. He includes excerpts from ancient masterpieces like “The Hymn to the Sun” by Pharaoh Amen-hotep IV, *The Book of Job*, and *The Book of Psalms*; haiku by Basho, Buson, and Issa;

poems by Milton and Smart, Blake and Burns, Whitman and Emily Dickinson, Hardy and Hopkins... This is a gook of passionate and humorous encounters with the vibrant world of animals.

The Enlightened Mind

Stephen Mitchell
1993-04-16 A magnificent compilation of sacred writings from all traditions and the perfect companion to Stephen Mitchell's poetry collection, *The Enlightened Heart*, and the bestselling *Tao Te Ching*.

The BOOK OF JOB Stephen Mitchell 1992-06-26 The theme of *The Book of Job* is nothing less than human suffering and the transcendence of it: it pulses with moral energy, outrage, and spiritual insight. Now, *The Book of Job* has been rendered into English by the eminent translator and scholar Stephen Mitchell, whose versions of Rilke, Israeli poetry, and the *Tao Te Ching* have been widely praised. This is the first time ever that the

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Hebrew verse of Job has been translated into verse in any language, ancient or modern, and the result is a triumph. *The Longing in Between* Ivan Granger 2014-11 A delightful collection of soul-inspiring poems from the world's great religious and spiritual traditions, accompanied by Ivan M. Granger's meditative thoughts and commentary. Rumi, Whitman, Issa, Teresa of Avila, Dickinson, Blake, Lalla, and many others. These are poems of seeking and awakening... and the longing in between. -----
Praise for *The Longing in Between* "The Longing in Between is a work of sheer beauty. Many of the selected poems are not widely known, and Ivan M. Granger has done a great service, not only by bringing them to public attention, but by opening their deeper meaning with his own rare poetic and mystic sensibility." ROGER HOUSDEN author of the best-selling *Ten Poems to Change Your Life* series "Ivan M.

Granger's new anthology, *The Longing in Between*, gives us a unique collection of profoundly moving poetry. It presents some of the choicest fruit from the flowering of mystics across time, across traditions and from around the world. After each of the poems in this anthology Ivan M. Granger shares his reflections and contemplations, inviting the reader to new and deeper views of the Divine Presence. This is a grace-filled collection which the reader will gladly return to over and over again." LAWRENCE EDWARDS, Ph.D. author of *Awakening Kundalini: The Path to Radical Freedom and Kali's Bazaar* A *Thousand Names for Joy* Byron Katie 2007-02-06 In her first two books, Byron Katie showed how suffering can be ended by questioning the stressful thoughts that create it, through a process of self-inquiry she calls *The Work*. Now, in *A Thousand Names for Joy*, she encourages

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to discover the freedom that lives on the other side of inquiry. Stephen Mitchell—the renowned translator of the Tao Te Ching—selected provocative excerpts from that ancient text as a stimulus for Katie to talk about the most essential issues that face us all: life and death, good and evil, love, work, and fulfillment. The result is a book that allows the timeless insights of the Tao Te Ching to resonate anew for us today, while offering a vivid and illuminating glimpse into the life of someone who for twenty years—ever since she “woke up to reality” one morning in 1986—has been living what Lao-tzu wrote more than 2,500 years ago. Katie’s profound, lighthearted wisdom is not theoretical; it is absolutely authentic. That is what makes this book so compelling. It’s a portrait of a woman who is imperturbably joyous, whether she is dancing with her infant granddaughter or finds

that her house has been emptied out by burglars, whether she stands before a man about to kill her or embarks on the adventure of walking to the kitchen, whether she learns that she is going blind, flunks a “How Good a Lover Are You?” test, or is diagnosed with cancer. With her stories of total ease in all circumstances, Katie does more than describe the awakened mind; she lets you see it, feel it, in action. And she shows you how that mind is yours as well.

The Selected Poetry of Rainer Maria Rilke

Rainer Maria Rilke 1984
"This miracle of a book, perhaps the most beautiful group of poetic translations this century has ever produced," (Chicago Tribune) should stand as the definitive English language version.

Genesis Stephen Mitchell 1996-08-02 In this highly acclaimed translation, Stephen Mitchell conveys in English the simplicity, dignity and power of

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earthiness of the original Hebrew. More than just interpreting it, he also separates stories that were combined by scribes centuries after they were written, explaining their sources and omitting all verses that are recognized as scribal additions. Like removing coat after coat of lacquer from a once-vibrant masterpiece, this allows readers to appreciate the clarity of the original tales. Genesis is an extraordinarily beautiful book that is accessible in a way that no other translation has ever been. It will shed new light on readers' understanding of this seminal work of sacred scripture.

Loving What Is, Revised Edition Byron Katie
2021-12-07 Discover the truth hiding behind troubling thoughts with Byron Katie's self-help classic. In 2003, Byron Katie first introduced the world to The Work with the publication of *Loving What Is*. Nearly twenty years later,

Loving What Is continues to inspire people all over the world to do The Work; to listen to the answers they find inside themselves; and to open their minds to profound, spacious, and life-transforming insights. The Work is simply four questions that, when applied to a specific problem, enable you to see what is troubling you in an entirely different light. *Loving What Is* shows you step by step, through clear and vivid examples, exactly how to use this revolutionary process for yourself. In this revised edition, readers will enjoy seven new dialogues, or real examples of Katie doing The Work with people to discover the root cause of their suffering. You will observe people work their way through a broad range of human problems, learning freedom through the very thoughts that had caused their suffering—thoughts such as “my husband betrayed me” or “my mother doesn't love me enough.” If you

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to do The Work, you may discover that the questioning flows into every aspect of your life, effortlessly undoing the stressful thoughts that keep you from experiencing peace. Loving What Is offers everything you need to learn and live this remarkable process, and to find happiness as what Katie calls "a lover of reality."

Meetings with the Archangel Stephen Mitchell 1999 This text centres on the narrator's spiritual growth. It tells of his quest for enlightenment and his search for the eternal questions - what God is, what love is, how we should live and how we can respond to evil. The book gives a profound and humorous insight into a wide variety of spiritual practices ranging from a broccoli smoking Jewish community through to a formidable tradition of Zen teachers. Tracing its lineage to the reverent irreverence of the Zen masters and the dialogues of Plato, it

meets the reader at the crossroads of humour and profound wisdom.

The Gospel According to Jesus Stephen Mitchell 1993-02-19 A dazzling presentation of the life and teachings of Jesus by the eminent scholar and translator Stephen Mitchell.

Dropping Ashes on the Buddha Stephen Mitchell 2007-12-01 "Somebody comes into the Zen center with a lighted cigarette, walks up to the Buddha statue, blows smoke in its face, and drops ashes on its lap. You are standing there. What can you do?" This is a problem that Zen Master Seung Sahn is fond of posing to his American students who attend his Zen centers. Dropping Ashes on the Buddha is a delightful, irreverent, and often hilariously funny living record of the dialogue between Korean Zen Master Seung Sahn and his American students. Consisting of dialogues, stories, formal Zen interviews, Dharma speeches, and letters using the Zen Master's

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actual words in spontaneous, living interaction with his students, this book is a fresh presentation of the Zen teaching method of "instant dialogue" between Master and student which, through the use of astonishment and paradox, leads to an understanding of ultimate reality.

The First Christmas

Stephen Mitchell
2021-11-09 "I love The First Christmas. What a charming way Stephen Mitchell has found to tell my favorite story of all, the Nativity, character by character (I love the donkey and the ox), with wise and thrilling interludes about God, reality, truth." -Anne Lamott In The First Christmas, Stephen Mitchell brings the Nativity story to vivid life as never before. A narrative that is only sketched out in two Gospels becomes fully realized here with nuanced characters and a setting that reflects the culture of the time.

Mitchell has suffused the birth of Jesus with a sense of beauty that will delight and astonish readers. In this version, we see the world through the eyes of a Whitmanesque ox and a visionary donkey, starry-eyed shepherds and Zen-like wise men, each of them providing a unique perspective on a scene that is, in Western culture, the central symbol for good tidings of great joy. Rather than superimposing later Christian concepts onto the Annunciation and Nativity scenes, he imagines Mary and Joseph experiencing the angelic message as a young Jewish woman and man living in the year 4 bce might have experienced it, with terror, dismay, and ultimate acceptance. In this context, their yes becomes an act of great moral courage. Readers of every background will be enchanted by this startlingly beautiful reimagining of the Christmas tale.

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