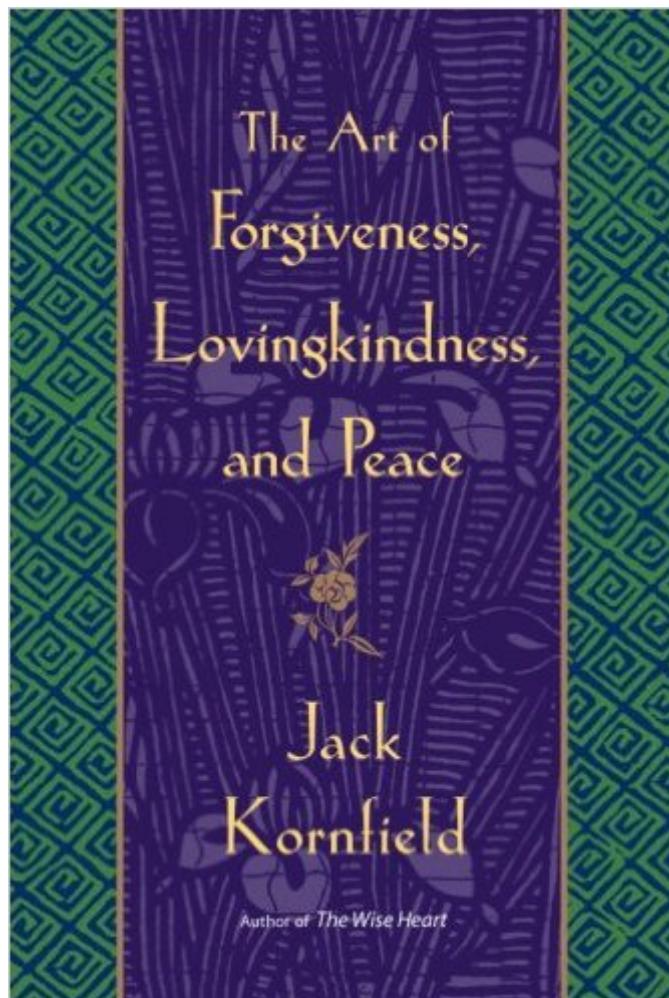


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# The Art Of Forgiveness, Lovingkindness, And Peace



## **Synopsis**

You hold in your hand an invitation:To remember the transforming power of forgiveness and lovingkindness. To remember that no matter where you are and what you face, within your heart peace is possible.In this beautiful and graceful little book, internationally renowned Buddhist teacher and meditation master Jack Kornfield has collected age-old teachings, modern stories, and time-honored practices for bringing healing, peace, and compassion into our daily lives. Just to read these pages offers calm and comfort. The practices contained here offer meditations for you to discover a new way to meet lifeâ™s greatest challenges with acceptance, joy, and hope.From the Hardcover edition.

## **Book Information**

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## **Customer Reviews**

This book is short yet profound. No wasted words. Each phrase is a short lesson to meditate on, full of meaning. There are modern quotes as well as ancient. A favorite was by Ben Franklin: "Whatever is begun in anger ends in shame". I was attracted to this book by its brevity and the resonance of the words.

When I first flipped through it, I thought there was not much to this book - not just because of all the empty space. I have read it several times by now and what I started to like most about this book is just picking it up, at any time, opening it to a random page and to read a few lines. The book might not seem profound, but like focusing on the breath, it has a grounding effect. Plenty of other books

on the shelf to learn about Buddhism - this one shows, very simply, how to live Buddhism. Thanks Jack.

Jack Kornfield has the voice of a deeply aware human being. It is extraordinary because you do not tire of hearing it. He exemplifies kindness. He demonstrates love. His compassion leaps off the page and into your heart. Energy is transmitted from the author to the reader in a very intentional and direct way. The uniqueness of The Art of Forgiveness, Lovingkindness, and Peace is not so much in the message, but more in the artful way that the message is organized and presented. Kornfield is highly selective about his choice of material. He is very deliberate about the slow and mindful pace that it is relayed. And he is masterful at communicating in a cohesive, well honed way. The end result is a powerful and persuasive reading experience. The spiritual reviewer (a/k/a Karen Bentley) gives this book an overall score of 8.5 on a scale of 10, which is very high and designates this book as a "classic." This book is a pleasure to read and a pleasure to recommend.

Jack Kornfield has written a small book that packs a powerful and inspirational punch. Forgiveness, lovingkindness and peace are three attributes that lead to a happy life. The 3 attributes are explained through stories and quotes from people like the Buddha, Benjamin Franklin and Nelson Mandela. And at the conclusion of the writings on each of the attributes are meditations. One comment on peace from Kornfield's book that really hit home with me was, "Peace requires us to surrender our illusions of control. We can love and care for others but we cannot possess our children, lovers, family, or friends. We can assist them, pray for them, and wish them well, yet in the end their happiness and suffering depend on their thoughts and actions, not on our wishes."

Jack Kornfield is one teacher who undeniably lives in my head. I first read this book over twelve hours of flying across country on three planes, and for one of the few times in my life, I looked up when finishing the book and felt disoriented! What? You mean, it's over? I wanted to keep on flying so I could find hidden pages and read some more! I wanted to read it again, front to back! That's how good this book is. One needn't be a Zen student to "get" what Kornfield is talking about. Making nimble use of marvelous quotes and his own unique wit and humor, Kornfield offers beautiful meditations on the cornerstones of any worthwhile spiritual practice. He is an author/mentor who always inspires and provokes me. I hope to meet him one day, but for now I delight in knowing he is among us, keeping the Yak butter lamps burning.--Robert McDowell, The Poetry Mentor [...] is the bestselling author of POETRY AS SPIRITUAL PRACTICE (July, 2008) from Free Press.

I like best the definition of "to forgive" - to let go of hope of a different past.

I originally bought this book about ten years ago when I first heard some of the passages being read aloud in my yoga class. I am not a religious person, but I am spiritual, and this book has become my go-to book when I need a little inspiration or a lift. Jack Kornfield is wise and comforting, and he includes quotes from a wide variety of sources. In this crazy world, it's good to have an "old friend" you can turn to over and over.

This is a spiritual chocolate truffle - you probably won't find profound enlightenment or to learn anything you don't already know, but a great book to pick up when you need a few moments of grounding and reconnection. It includes many wonderful quotes (my personal favorite was Mark Twain's: "My life has been filled with terrible misfortunes, most of which never happened.")

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