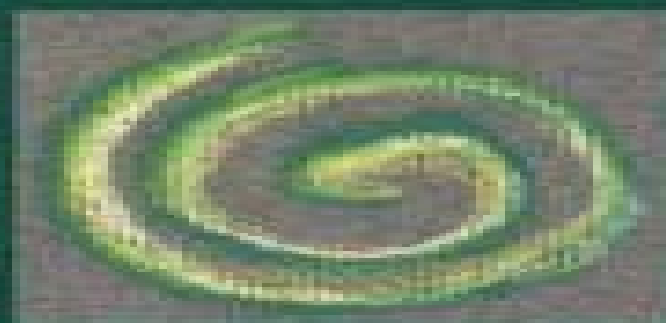


# Meditation without Gurus

A Guide to the  
Heart of Practice



Clark Strand  
*author of Seeds from a Birch Tree*

**Meditation Without Gurus By Strand Clark 2003**  
**Paperback**

**Arthur Versluis**



## **Meditation Without Gurus By Strand Clark 2003 Paperback:**

Meditation Without Gurus Clark Strand, 2003 Begin to meditate or renew your practice with this straightforward guide that is free from pretension and complication      **American Gurus** Arthur Versluis, 2014-04-01 By the early twenty first century a phenomenon that once was inconceivable had become nearly commonplace in American society the public spiritual teacher who neither belongs to nor is authorized by a major religious tradition From the Oprah Winfrey endorsed Eckhart Tolle to figures like Gangaji and Adhyashanti there are now countless spiritual teachers who claim and teach variants of instant or immediate enlightenment American Gurus tells the story of how this phenomenon emerged Through an examination of the broader literary and religious context of the subject Arthur Versluis shows that a characteristic feature of the Western esoteric tradition is the claim that every person can achieve spontaneous direct unmediated spiritual insight This claim was articulated with special clarity by the New England Transcendentalists Bronson Alcott and Ralph Waldo Emerson Versluis explores Transcendentalism Walt Whitman the Beat movement Timothy Leary and the New Age movement to shed light on the emergence of the contemporary American guru This insightful study is the first to show how Asian religions and Western mysticism converged to produce the phenomenon of spontaneously enlightened American gurus

**Gratwanderung** Joan Halifax, 2019-02-26 Die Zen Meisterin und gro e Friedensaktivistin Joan Halifax hat die f nf Kerneigenschaften erforscht die echte Charakterst rke und gelebte Spiritualit t verk rpern Altruismus Empathie Integrit t Respekt und Engagement Doch werden diese Qualit ten falsch verstanden oder bertrieben k nnen sie auch die Ursache f r pers nliches und soziales Leiden sein Deswegen ist ihre Entwicklung immer auch eine Gratwanderung Es gilt die Balance zu finden zwischen unserem eigenen Wohl und dem der anderen Ein einf hlsames Praxisbuch das uns verstehen l sst wie unsere gr ten Herausforderungen zur wertvollsten Quelle unserer Weisheit werden k nnen Joan Halifax hat durch ihre Arbeit als soziale Aktivistin Anthropologin und buddhistische Lehrerin unz hlige Leben auf der ganzen Welt bereichert ber viele Jahrzehnte hinweg hat sie auch mit Neurowissenschaftlern Klinikern und Psychologen zusammengearbeitet um zu verstehen wie kontemplative Praxis ein Mittel zur pers nlichen und sozialen Transformation sein kann Ein kraftvoller Leitfaden wie wir die Freiheit finden k nnen die wir f r andere und f r uns selbst suchen      Standing at the Edge Joan Halifax, 2018-05-01 Joan Halifax is a clearheaded and fearless traveler and in this book she offers us a map of how to travel courageously and fruitfully for our own benefit and the benefit of all beings From the foreword by Rebecca Solnit Standing at the Edge is an evocative examination of how we can respond to suffering live our fullest lives and remain open to the full spectrum of our human experience Joan Halifax has enriched thousands of lives around the world through her work as a humanitarian a social activist an anthropologist and as a Buddhist teacher Over many decades she has also collaborated with neuroscientists clinicians and psychologists to understand how contemplative practice can be a vehicle for social transformation Through her unusual background she developed an understanding of how our greatest challenges can become the most valuable source of

our wisdom and how we can transform our experience of suffering into the power of compassion for the benefit of others Halifax has identified five psychological territories she calls Edge States altruism empathy integrity respect and engagement that epitomize strength of character Yet each of these states can also be the cause of personal and social suffering In this way these five psychological experiences form edges and it is only when we stand at these edges that we become open to the full range of our human experience and discover who we really are Recounting the experiences of caregivers activists humanitarians politicians parents and teachers incorporating the wisdom of Zen traditions and mindfulness practices and rooted in Halifax s groundbreaking research on compassion Standing at the Edge is destined to become a contemporary classic A powerful guide on how to find the freedom we seek for others and ourselves it is a book that will serve us all

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