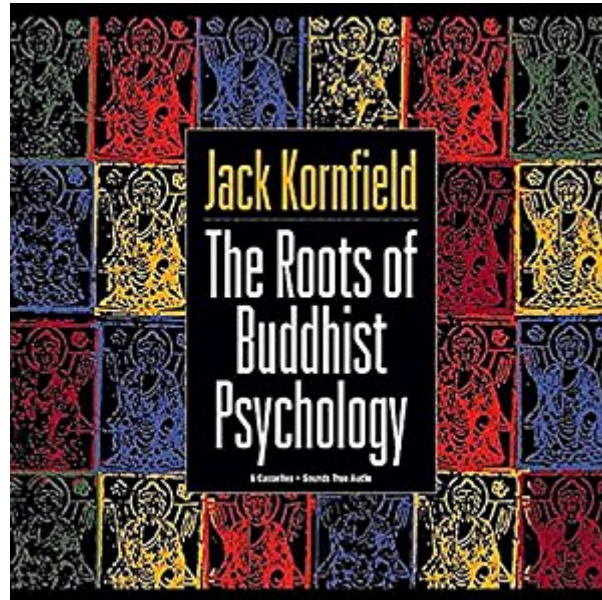




The book was found

# Roots Of Buddhist Psychology



## Synopsis

The Buddha said many times that just as the great oceans have but one taste, so do all the true teachings of the dharma: the taste of freedom. Jack Kornfield's *The Roots of Buddhist Psychology* is an invitation to drink deeply of these teachings &#x96; to taste the wisdom that flows from the heart of Buddhism's most useful ideas on the interior life and what brings awakening, freedom, and happiness. Jack Kornfield opens this eternal view of the mind for all listeners on this six-cassette collection. From *Suffering to Enlightenment* Among the world's great religions, Buddhism has developed a rich psychology based not on metaphysics, but on the human predicament. Through its strategies, you can discover for yourself how to find true freedom from worldly suffering. Buddhism views the mind as a maze of feelings, perceptions, and emotional states. Unhappiness is rooted in unskillful responses to our world: grasping when things are pleasant, aversion when they are unpleasant, and delusion/confusion when they are neutral. Through awareness training, Kornfield teaches, you can transform these responses into real skills that are the path to awakening and freedom. Like no other teaching course, *The Roots of Buddhist Psychology* gives you these immediate strategies for living in the present: 12 profound lectures &#x96; each one a gem of intelligent wisdom &#x96; on Buddhism's central teachings about the psyche and sacred attention. Here are nine hours of specific instruction, taught in the classic tradition and enlivened with many parables, worldly stories, and thoughts from artists, philosophers, and writers who have helped us see how to live true, useful lives. Join Jack Kornfield on *The Roots of Buddhist Psychology* and discover for yourself that what you seek is already here. --This text refers to an out of print or unavailable edition of this title.

## Book Information

Audible Audio Edition

Listening Length: 8 hours and 39 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: June 7, 2007

Language: English

ASIN: B000RWCC8Y

Best Sellers Rank: #148 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #300 in Books > Audible Audiobooks > Nonfiction > Philosophy #768

## Customer Reviews

meditation

I enjoyed this. Good information. A history of Buddhism. Not all "new age" weird. The names of places and individuals were hard to keep track of, like the Old Testament. I went on Wikipedia and got a list/cheat sheet.

As a Buddhist student/practitioner for over 40 years, I was a bit surprised to read such a scathing review from an intelligent, eloquent reviewer, Howard Burchfield. I can only make a guess as to why the reviewer had what would be characterized as an "aversive" response. I know Jack Kornfield's work quite well and I believe that his teaching embodies the essence of Buddhism as I understand it. I am not an enlightened being so my response is limited by my less than perfect understanding, so please take this in to account. Dr. Kornfield does not spend a great deal of time focusing on the cultural trappings or ritualistic aspects. Instead he provides a clear description of the spiritual, as opposed to religious essence of the Dharma. The scholars in the audience may wince at his liberal inclusion of Sufi, Christian, Jewish, Hindu, Taoist, (etc.) wisdom, but I cherish it. I think that truth transcends borders/language/culture and that at the core of Buddhism there are universal truths that can be found in all aspects of the human experience. To denigrate this as "New Age spirituality" or Californian Buddhism" is, in my opinion, a misreading of the Buddha's teaching. Certainly, he had a fondness for organization ( lists, rules, nomenclature, and so forth) but this was only to serve the greater purpose of awakening. This is what I hear in this audio series; a desire for all being to awaken to the ultimate nature of reality. If you are considering exploring Buddhism, I highly recommend these recordings as a wonderful introduction.

This is the first book about Buddhist psychology IÃ¢Â™ve read, and I enjoyed it. His voice is pretty monotone and put my boyfriend to sleep, but I enjoyed listening to it during a long drive. I took it as a good sign when he quoted so many writers I love (Rumi, Viktor Frankl, Langston Hughes) in the first few chapters. The ideas were well conveyed (definitely geared towards beginners) and interesting.

Admittedly, this is entitled "The Roots..." so it's pretty basic--mostly Theravada per Kornfield's

training/master but including some Mahayana. He's very calm & soft voiced, which strangely I found annoying. It seems very "Feeler" oriented from a Myers-Briggs/Jungian perspective. There isn't much new or profound but it might be good as a starter--on the other hand his very fine book "A Path with Heart" is much better. I'd also recommend the works of Bhikshuni Thubten Chodron such as "Taming the Mind" & "Working with Anger."

Great useful

Jack Kornfield is an excellent teacher of metaphysics. He weaves the reader through the teachings of Buddhist Psychology like an artist uncovering an image that cannot be seen apart from an inner vision revealing itself. He illuminates these teachings in practical ways that are easily used in daily life. -- Samuel Oliver, author of, WHAT THE DYING TEACH US: LESSONS ON LIVING.

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