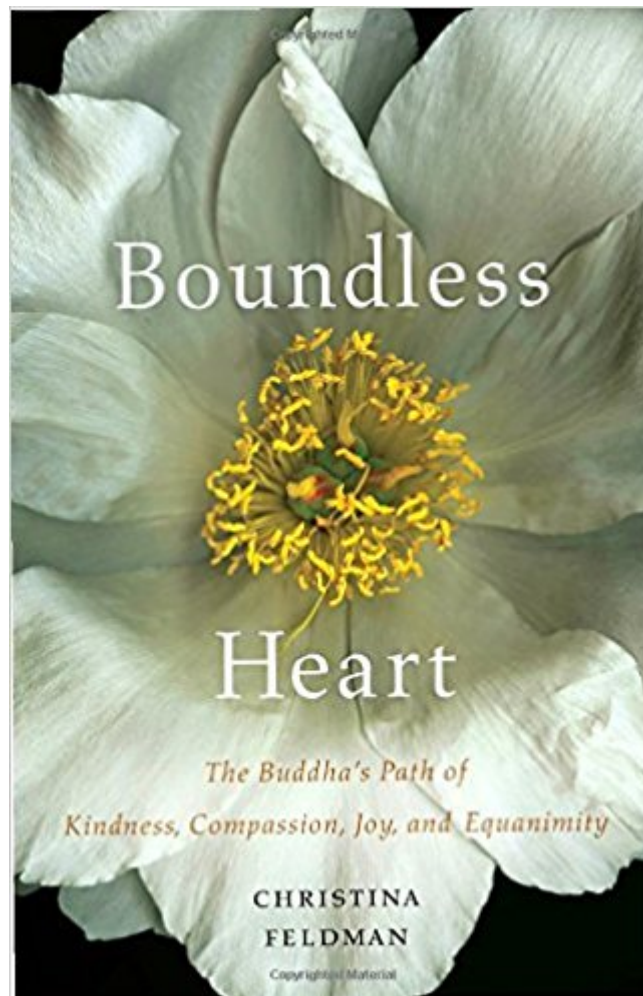




**Ebook Directory**  
the best source of ebook

The book was found

# Boundless Heart: The Buddha's Path Of Kindness, Compassion, Joy, And Equanimity



## Synopsis

A course in the Buddhist practice of the *brahma viharas*, or "heavenly abodes." Detailed instructions from the Buddhist tradition in cultivating mindfulness presented by a prominent Insight Meditation teacher. Compassion, kindness, equanimity, and joy are not only the fruits of the awakened life but also the path to it: attitudes of mind that can be cultivated by anyone willing to set the intention for doing so. Christina Feldman shows how these ennobling qualities—known in Buddhism as the *brahma viharas* (sublime abodes) or the Four Immeasurables—are far more than simply the "feel-good" states they are sometimes mistaken for. If we pursue them sincerely as spiritual practice, they work together, complementing and enhancing each other, to lead us to the kind of awakening that we are compelled to share with others. Thus through the practice of the *brahma viharas* we can become participants in the healing and liberation of our world.

## Book Information

Paperback: 160 pages

Publisher: Shambhala (March 7, 2017)

Language: English

ISBN-10: 161180373X

ISBN-13: 978-1611803730

Product Dimensions: 5.5 x 0.5 x 8.5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 9 customer reviews

Best Sellers Rank: #245,980 in Books (See Top 100 in Books) #88 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Theravada #1660 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #8285 in Books > Religion & Spirituality > New Age & Spirituality

## Customer Reviews

"Thanks to Christina Feldman for this important contribution on practices to develop kindness. *Boundless Heart* helps locate these ancient and essential practices in modern life. Anyone who wishes to know the sense of freedom kindness can bring will treasure this book." -- Sharon Salzberg, author of *Lovingkindness*

In *Boundless Heart*, Christina Feldman explores the four immeasurable, beautiful qualities of our human existence: friendliness, compassion, joy and equanimity. With her characteristic clarity and wisdom, she expands our understanding of each of

these ennobling qualities and how theyÃ Å interweave with one another as they open the door to the highest freedom. This book is a dharma treasure." --Ã Å Joseph Goldstein, author of Mindfulness: A Practical Guide to Awakening" One of the most respected voices in contemporary Buddhism, Christina Feldman has written an extraordinarily clear and important guidebook to opening the heart. These profound teachings and practices help us to deeply connect with life and make this a better world. As Buddhists say after a particularly skillful action: 'Sadhu--Well done!'" --James Baraz, co-author of Awakening Joy: 10 Steps to HappinessÃ Å and co-founding teacher Spirit Rock Meditation CenterÃ Å Ã Å

CHRISTINA FELDMAN is a prominent teacher in the Insight Meditation world in the US and the UK. She is one of the Guiding Teachers of the Insight Meditation Society, Barre, MA, where she frequently leads retreats. She is also cofounder of Gaia House in the UK. She teaches extensively throughout America and Europe. She is the author ofÃ Å The Quest of the Warrior Woman,Ã Å Principles of Meditation,Ã Å Heart of Wisdom,Ã Å Mind of Calm, and, with Jack Kornfield,Ã Å Stories of the Spirit, Stories of the Heart.

Of the many meditations available on mindfulness and the brahma viharas, this one has been the most helpful to me in understanding and applying Buddhist wisdom. Throughout, Feldman makes it clear that kindness, compassion, joy, and equanimity are not feelings to be left to chance, nor even simply feelings to be cultivated. Kindness, compassion, joy, and equanimity are choices we make about the fundamental basis for action; and mindfulness gives us the space to return home to these choices moment by moment in a difficult world. In this sense,

ÃfÂçÃ â ¬Ã Å "homeÃfÂçÃ â ¬Ã Å can be seen as being more verb than noun  
ÃfÂçÃ â ¬Ã â œ a dynamic refuge of intentional engagement with the world, as opposed to a static refuge that shelters from the world. Under FeldmanÃfÂçÃ â ¬Ã â„çs perspective, one does not shelter in a feeling of kindness; rather, one intends to engage the world with kindness in every moment whether one feels it or not. The distinction may be subtle, but I think it is an important one when it comes to an understanding of what it means to cultivate kindness: itÃfÂçÃ â ¬Ã â„çs one thing to attempt to cultivate the feeling of kindness; but quite another to cultivate the intent to be kind. Maybe this has always been obvious to everyone but me ÃfÂçÃ â ¬Ã Å| but up until FeldmanÃfÂçÃ â ¬Ã â„çs, the brahma viharas meditations that IÃfÂçÃ â ¬Ã â„çve encountered could easily be mistaken to imply the former just as much (if not more so) than the latter. Thank you, Ms. Feldman :-)

Beautiful and intelligent book about the practice of compassion, by a well known Buddhist meditation teacher.

Superbly written. I have read nearly 200 books on Buddhism in the East and West. This is one of the top 5 I have read. It will speak to you if you are struggling with matters of the heart. Christina masterfully directs the reader through the four brahama viharas - kindness, compassion, joy and equanimity. Excellent book. I've read it 3 times.

A luxurious contribution to the development of the Self.

Great book filled with wisdom, Christina Feldman is a treasure not to be missed, deep appreciation to her for taking the time to share her knowledge of the dharma.

Great book!

well written, easily relatable book on Buddhism's Divine Homes

Great book... good medicine for the long haul!

[Download to continue reading...](#)

Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy, and Equanimity The Buddha's Apprentice at Bedtime: Tales of Compassion and Kindness for You to Read with Your Child - to Delight and Inspire Tattoos on the Heart: The Power of Boundless Compassion Buddha's Belly : Recipes For An Enlightened Mind: Mindful and Healthy Eating Based on Buddha's Diet Philosophy. Asian Vegetarian Cookbook Meals to Connect ... Your Inner Soul (Buddha's Belly Series 1) Kindness Counts: A Story for Teaching Random Acts of Kindness (Without Limits) 12 Steps on Buddha's Path: Bill, Buddha, and We When Kindness and Compassion Take a Form: A Glimpse of the Transcendental Life & Teachings of Sri Srimad Bhaktivedanta Vamana Gosvami Maharaja The Self-Compassion Diet: Guided Practices to Lose Weight with Loving-Kindness The Book of Equanimity: Illuminating Classic Zen Koans Splashes Of Joy In The Cesspools Of Life [1992 PAPERBACK] Barbara Johnson (Author) Splashes Of Joy In The Cesspools Of Life [1992 Paperback] Barbara Johnson (Author) Splashes Of Joy In The Cesspools Of Life Buddha Heart, Buddha Mind: Living the Four Noble Truths Impossible Compassion: Use The Compassion Key to

Un-Create Disease, Save the Environment, Transform Relationships... and Do All Sorts of Other Good Things for Ourselves and Everyone Else Impossible Compassion: Using The Compassion Key to Un-Create Disease, Save the Environment, Transform Relationships – and Do All Sorts of Other Good Things for Ourselves and Everyone Else The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens) Lion Heart & Alessio Book 2: Mission, Peace, Patience, Kindness (Lion Heart & Alessio the Victory Ride) The Heart of the Buddha's Teaching: Transforming Suffering into Peace, Joy, and Liberation The Great Path of Awakening: The Classic Guide to Lojong, a Tibetan Buddhist Practice for Cultivating the Heart of Compassion (Shambhala Classics) Hometown Tales: Recollections of Kindness, Peace, and Joy The Calm Buddha at Bedtime: Tales of Wisdom, Compassion and Mindfulness to Read with Your Child The Wisdom of No Escape and the Path of Loving-Kindness

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)