

Lovingkindness The Revolutionary Art Of Happiness Sharon Salzberg

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Lovingkindness The Revolutionary Art Of

This practice of lovingkindness is revolutionary because it has the power to radically change our lives, helping us cultivate true happiness in ourselves and genuine compassion for others. The Buddha described the nature of such a spiritual path as "the liberation of the heart, which is love."

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Lovingkindness. Sharon Salzberg July 14, 2014. The Revolutionary Art of Happiness. Buy on Amazon. Throughout our lives we long to love ourselves more deeply and find a greater sense of connection with others. Our fear of intimacy—both with others and with ourselves—creates feelings of pain and longing. But these feelings can awaken in us the desire for freedom and the willingness to take up the spiritual path.

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Lovingkindness : the revolutionary art of happiness Sharon Salzberg, Jon Kabat-Zinn Throughout our lives we long to love ourselves more deeply and find a greater sense of connection with others. Our fear of intimacy—both with others and with ourselves—creates feelings of pain and longing.

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If things are going well and we are happy, we are not defensively trying to deny the possibility of suffering. This unity, this integration, comes from deeply accepting darkness and light, and therefore being able to be in both simultaneously.". — Sharon Salzberg, *Lovingkindness: The Revolutionary Art of Happiness*.

Lovingkindness Quotes by Sharon Salzberg

Lovingkindness: The Revolutionary Art of Happiness (Shambhala Classics) Revised edition [Sharon Salzberg] on *FREE* shipping on qualifying. A profound, yet simple book on practicing "metta," or lovingkindness by Sharon Salzberg, the founder of Insight Meditation Society.

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