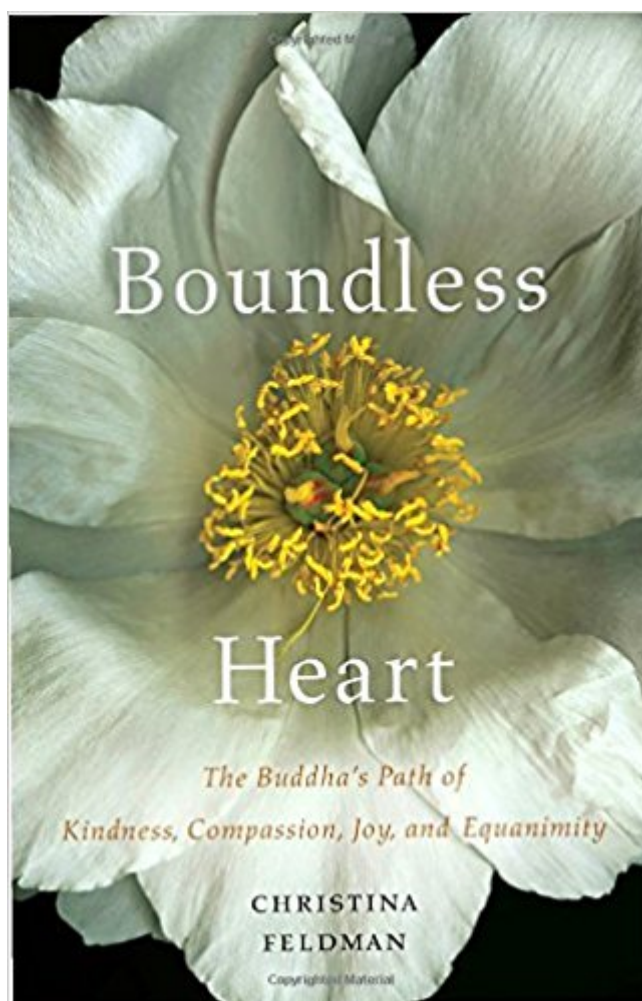


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Boundless Heart: The Buddha's Path Of Kindness, Compassion, Joy, And Equanimity



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.

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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 they interweave with one another as they open the door to the highest freedom. This book is a dharma treasure." -- 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 Happiness* and co-founding teacher Spirit Rock Meditation Center

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 of *The Quest of the Warrior Woman*, *Principles of Meditation*, *Heart of Wisdom*, *Mind of Calm*, and, with Jack Kornfield, *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,

“home” can be seen as being more verb than noun
a dynamic refuge of intentional engagement with the world, as opposed to a static refuge that shelters from the world. Under Feldman’s 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: it’s 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 | but up until Feldman’s, the brahma viharas meditations that I’ve 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!

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