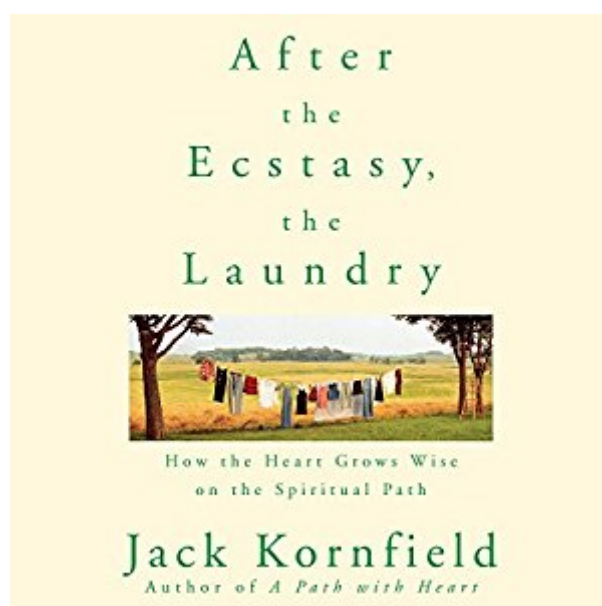


The book was found

# After The Ecstasy, The Laundry: How The Heart Grows Wise On The Spiritual Path



## Synopsis

When does enlightenment come? At the end of the spiritual journey? Or the beginning? In *After the Ecstasy, the Laundry*, Jack Kornfield - author of the modern classic on American Buddhism, *A Path with Heart* - brings into focus the truth about satori, the awakened state of consciousness, and enlightenment practices today. The result is this extraordinary look at the hard work we all must do - the laundry - no matter how often we experience ecstatic states of consciousness through meditation and other disciplines. Sweeping in scope, and warmly told by one of American Buddhism's most trusted voices, *After the Ecstasy, the Laundry* is a work of both deep inspiration and daily instruction that cuts through the confusion about what enlightenment really is, who it comes to, and how it continues to inform and guide our spiritual lives. An original audio adaptation of Jack Kornfield's book, *After the Ecstasy, the Laundry*.

## Book Information

Audible Audio Edition

Listening Length: 9 hours and 52 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Sounds True

Audible.com Release Date: October 6, 2015

Language: English

ASIN: B0167DE84C

Best Sellers Rank: #35 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #67 in Books > Audible Audiobooks > Nonfiction > Philosophy #102 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult

## Customer Reviews

One of the stories relayed in this book is that of a spiritual seeker who goes to find a master who lives on the mountain. He tracks down this master while he is carrying a heavy burden to his home higher on the mountain. The seeker asks "What is the way of Enlightenment?" and the master puts his burden down. The seeker instantly understands, and thanks the master asking "Now what?" and the master picks up his burden and continues walking up the mountain. Life is not easy. I don't think entering a spiritual practice will make it any easier. Work will still be work, family will still be family, and bills will still be bills. What we can hope to change is the constant chatter of our minds, and the worry of what tomorrow will bring. I always thought that a spiritual life meant escaping the world and

living in a monastery, or a small mountain community where I would meditate and live simply. I thought it meant giving up all of my earthly wants and desires. Now I'm faced with the odd realization that my life is perfect just the way it is. That I need only to slow down and appreciate what is around me. I also thought a spiritual life would end suffering for me - the anxiety, and the avoidance of discomfort. That life would become stress free because I would be unattached to everything. That I would have no neurosis, and that I would be able to let everything slide off my back. Now I realize that that too isn't the purpose of spiritual practice. Spiritual practice doesn't help you escape your life, but helps you face it head on. The analogy I've begun to use is that enlightenment is like living with a great insult. The refusal to run away from that which is painful or cling to that which is comforting is what spirituality has become for me.

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

After the Ecstasy, the Laundry: How the Heart Grows Wise on the Spiritual Path Healing Wise (Wise Woman Herbal) Breast Cancer? Breast Health!: The Wise Woman Way (Wise Woman Herbal) Wordly Wise 3000 Book 2 (Wordly Wise 3000: 3rd Edition) Wordly Wise 3000 Grade K - 2nd Edition (Wordly Wise 3000 2nd Edition) Warriors: Ravenpaw's Path #3: The Heart of a Warrior (Warriors Manga - Ravenpaw's Path) The Subtle Power of Spiritual Abuse: Recognizing and Escaping Spiritual Manipulation and False Spiritual Authority Within the Church The Seven Sacred Rites of Menopause: The Spiritual Journey to the Wise-Woman Years Healing a Parent's Grieving Heart: 100 Practical Ideas After Your Child Dies (Healing a Grieving Heart series) Laundry Basket Quilt Calendar 2015 Laundry Basket Quilts 2014 Calendar Edyta Sitar for Laundry Basket Quilts Calendar Laundry Basket Quilt 2012 Calendar The French Laundry Cookbook Homemade Cleaners: Quick-and-Easy, Toxin-Free Recipes to Replace Your Kitchen Cleaner, Bathroom Disinfectant, Laundry Detergent, Bleach, Bug Killer, Air Freshener, and more The Nightmare Stacks (A Laundry Files Novel) The Fuller Memorandum (A Laundry Files Novel) Do Your Laundry or You'll Die Alone: Advice Your Mom Would Give if She Thought You Were Listening Glenn Gould: The Ecstasy and Tragedy of Genius The Agony and the Ecstasy: A Biographical Novel of Michelangelo

[Dmca](#)