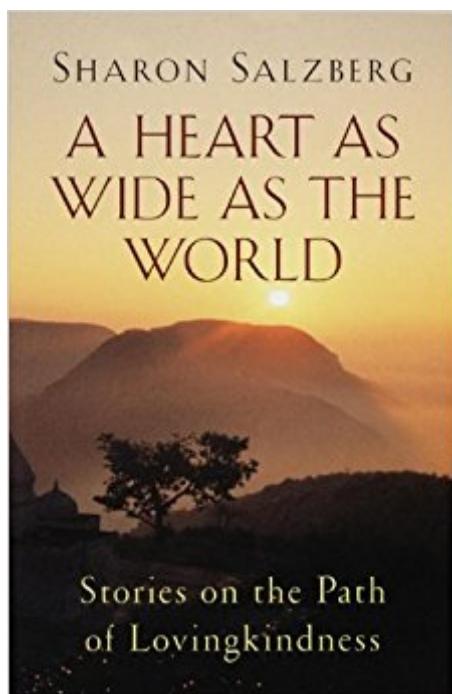


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# A Heart As Wide As The World: Stories On The Path Of Lovingkindness



## **Synopsis**

The Buddhist teachings have the power to transform our lives for the better, says Sharon Salzberg, and all we need to bring about this transformation can be found in the ordinary events of our everyday experiences. Salzberg distills more than twenty-five years of teaching and practicing meditation into a series of short essays, rich with anecdotes and personal revelations, that offer genuine aid and comfort for anyone on the spiritual path. Many chance moments, both small and profound, serve as the basis for Salzberg's teachings: hearing a market stall hawker calling "I have what you need!"; noting hotel guests' reactions to a midnight fire alarm; watching her teacher, Dipa Ma, bless a belligerent dog; seeing the Dalai Lama laughing uproariously at his own mistake. Each passing moment, Salzberg shows, can help us down the path toward "a seamlessness of connection and an unbounded heart."

## **Book Information**

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## **Customer Reviews**

"Sharon Salzberg understands the power of story, skillfully [employing] anecdotes from her own life and others' to enliven Buddhist teachings and to demonstrate their relevance to every aspect of life. Salzberg has written a book brimming with the mindfulness, wisdom, and compassion that she teaches so well." - Publishers Weekly

In *A Heart as Wide as the World*, one of America's most popular Buddhist teachers offers a book of encouragement and inspiration for anyone on the spiritual path. In short sections that include many

stories and anecdotes culled from her twenty-five years as a student and teacher of Buddhist meditation, Sharon Salzberg reveals how our own happiness is found in the capacity to open our hearts to others. And that this capacity is far more vast than we ever thought possible. Through meditation and the practice of lovingkindness, we can discover our intimate connection to those around us and to the world as a whole. This realization acts like a hidden storehouse of strength, allowing us to face whatever the world offers us with wisdom and compassion. In these pages, Sharon Salzberg shows us that our heart can be truly as wide as the world.

I take a long car trip a couple of times a year. I used to check out several books on tape from the library to keep me company. One time, I checked out this book. Since then, this is just about the only book I listen to on my trips--I listen to it once on the trip out and once on the trip back. This book is sort of a primer to life--how to live effectively and happily and in acceptance. You don't need to have a Buddhist practice to find this book meaningful and useful--but if you do, it is the best description of what such a practice is about that I have ever come across. I share sections of it with my class on stress management--there are several sections about how we stress ourselves out and how to stop doing it, and Salzberg makes them come to life with examples from her own experience. She speaks, for example, about how worrying about future pain intensifies current pain, using as an example how she confronted the pain she initially experienced when sitting in meditation. She gives wonderful examples of how judging ourselves for not being perfect keeps us from making progress, speaking of how she struggled with judging herself for having her mind wander during meditation--and how the time she spent judging herself was time when she wasn't practicing staying in the moment. She tells of how Aung San Suu Kyi, the Nobel Peace Prize winner, used the time she was put into prison by the Myanmar government as time to practice lovingkindness and found it a meaningful and useful time in her life as a result (what an inspiration!). For me, this book is priceless. I just wish they'd put it out in c.d.

I love Sharon Salzberg's books about meditation. She's very encouraging to beginners and gives good and clear advice to those of us who are struggling. This book is no exception. It contains lovely stories and essays about the practice and what it can bring to your life. I like to read one or two (they're short) every day.

I liked the short chapters and stories that bring to life different aspects of LovingKindness. There is great power in the simplicity. This book is a good one to pick up from time to time for reminders of

whats important.

I bought this book after enjoying the copy I'd had from library. With short, inspiring stories/essays, it's a keeper.

I love this book! Sharon is a wonderful teacher and her teaching comes though so clearly. I recommend all of Sharon's books. She's very down to earth and real. I've lost track how many times I've bought this book to give as a gift. Study or retreat with her in person if you can!

Like most of Sharon Salzberg's books, is beautifully written and enlightening.

Another good book by Sharon Salzberg.

Sharon's willingness to share her life stories is a great inspiration. I find that her perspective in teaching lovingkindness opens opportunities for me to do a better job on my life goals. Thanks Sharon!

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