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After the Ecstasy, the Laundry: How the Heart Grows Wise on the Spiritual Path

Jack Kornfield

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After the Ecstasy, the Laundry: How the Heart Grows Wise on the Spiritual Path Jack Kornfield When does enlightenment come? At the end of the spiritual journey? Or the beginning? On After the Ecstasy, the Laundry, Jack Kornfield makes sense out of the paradoxes, joys, and failings we inevitably face-even after years of spiritual practice. What is the truth about enlightenment today? To find out, Jack talked to more than 100 Zen masters, rabbis, nuns, lamas, and monks from all walks of life. 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.

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