The Awakened Heart: Discovering Great Joy and Love

A Transformational Journey with Jack Kornfield

Section 1: The Qualities of the Awakened Heart

Chapter 1: Navigating the World from an Awakened Heart

In this opening chapter, welcoming students into the Awakened Heart course, Jack introduces the Brahmaviharas, or the Divine Abodes, the Four Qualities of the Awakened Heart—loving kindness, compassion, joy, and peace. Laying the groundwork from this transformational journey, he outlines how we can build a more resilient relationship with suffering so we can begin to apply our practice to navigate our life in this world.

- An introduction of the Four Divine Qualities of the Awakened Heart: Loving Kindness, Compassion, Joy, and Peace
- Applying our spiritual practices to navigate from the heart this world of politics, racism, warfare, climate change, and disparity
- Building a more resilient relationship with suffering in this life
- How deep and moving poetry speaks to the heart and soul
- Meditation not as a grim duty, but as an act of care
- How the moving story of monks chanting/singing in San Quentin prison highlight that we are all in this together

“Something has to speak to the heart and soul for us to actually be wise, loving, and caring human beings. That’s really what these practices invite. They are the dimensions of the heart that are natural and awaken as we pay attention.” – Jack Kornfield

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Chapter 2: Guided Meditation Practice: An Invitation for Becoming Present

In the second chapter, Jack leads a deep and resounding guided meditation practice focused around the first step in the practices of the Awakened Heart: the art of becoming present. It is through this presence that he invites us to experience our whole range of being from body, to mind, to heart, from the loving awareness of consciousness itself.

- The first step in the practices of the Awakened Heart: becoming present
- How the earth and life are actually breathing you
- Finding calm, ease, and trust amidst it all

- Experiencing with loving awareness and gratitude the body's, mind's and heart's tensions, hopes, fears, and emotions
- Turning our attention back to consciousness itself

"Albert Einstein said, 'If you can drive safely while kissing a girl, you're simply not giving the kiss the attention it deserves.' So the first step in the practices of the Awakened Heart is to pause and become intimate with the reality of the present in an attentive, respectful, and tender way." – Jack Kornfield

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Chapter 3: Reflections: An Invitation for Becoming Present

In chapter 3, following Jack's powerful guided meditation around presence, Jack opens the floor to students for reflections and questions. In this lively session, they dive into how being present allows us to feel and synthesize our emotions, and how we are always in a resonant connection with the world around us. To close, Jack invites in some light stretching as he shares wisdom of the Buddha.

- The power of presence for allowing emotions to be felt and alchemized
- How we are always in resonance with one another and the world around us
- Taking your seat like the Buddha under the Bodhi Tree
- The way true presence opens us to freedom of the heart

"When you put a violin on the table and then you play another violin nearby, the strings of the violin on the table resonate with that. And we're always in resonance with one another, with the trees, and with the world." – Jack Kornfield

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Chapter 4: The Divine Abode of Loving Kindness: Seeing with the Eyes of Love

In this next chapter, Jack opens the door to the first of the Brahmaviharas, known as the Divine Abode of Loving Kindness. Exploring metta (loving kindness) through this lens, he unveils how we can meet our lives with loving awareness to help shift from the 'fatigue of despair' to the 'buoyancy of hope,' as shared by Dr. Martin Luther King jr. Then, highlighting love as the connection between all things and the antidote to fear, Jack lays the groundwork for next chapter's guided metta practice.

- Metta (loving kindness) as seeing the world without judgment; instead seeing the world with the eyes of love
- What Jack and Trudy learned from Ram Dass and his loving awareness

- How Jack uses metta practice to help overcome his impatience in the moment
- Shifting from the ‘fatigue of despair’ to the ‘buoyancy of hope’
- Gary Snyder, climate change, and saving the world because you love it
- Love as the connection between all things, and the antidote to fear
- How to offer metta to difficult and frustrating people.

“We long to love and to be loved, so one of the beautiful things about these trainings and practices is that they can invite, evoke, and open us to these truly natural loving states of mind.” – Jack Kornfield

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Chapter 5: Guided Meditation Practice: Opening to Loving Kindness

In chapter 5, Jack leads a guided meditation practice focused around the quality of the Awakened Heart known as Loving Kindness, or metta. Sharing techniques for how to go inward and offer blessings and affirmations to ourselves and those around us, Jack takes us on a true journey of the compassionate, loving heart.

- The inner-practice of offering metta, compassion, love to someone you love very easily, to yourself, to difficult people, and to all sentient beings and the world
- Imbibing warm transformative phrases of affirmation and blessing
- Opening and allowing yourself to feel love from yourself and others
- Offering metta “on the fly” during real world experiences
- What to do in metta practice when we can’t ‘feel the love’?

“May you be filled with loving kindness, may you be safe and protected, may you be strong and well, may your heart be peaceful and at ease.” – Jack Kornfield

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Chapter 6: Reflections: Cultivating Metta and Self-Love

In this next chapter, returning from a metta-focused walking meditation, Jack opens the floor for student reflections on the practices of loving kindness and self-love. From here, he offers three journal prompts for reflection: What have you learned that fosters metta in your life? When do you lose it? How do you regain it? From here, he dives in with the students on the topics of impermanence and forgiveness.

- How you can begin to open to receive love and feel self-worth
- Metta journal prompts: What have you learned that fosters metta in your life? When do you lose it? How do you regain it?

- The healing power of forgiveness

“Metta is the quality of seeing someone in all their tainted glory and loving them as they are.” – Jack Kornfield

“Instead of prisons, we need temples of forgiveness.” – Jack Kornfield

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Chapter 7: The Divine Abode of Compassion: The Caring Heart

In chapter 7, Jack unveils the next dimension of the Qualities of the Awakened Heart: Compassion. Exploring mercy, pity, kindness, nobility, and taking action, Jack tells a story of his teacher Maha Ghosananda showcasing his trauma-focused compassionate wisdom, “Hatred never ceases by hatred, but by love alone is healed. This is the ancient and eternal law.” From here, Jack outlines how Buddhism helps us open our hearts in a systematic way.

- Compassion and mercy as the next dimension of the Awakened Heart
- How we can drop self-pity and pity for others
- What does it mean to be kind for everyone?
- Making sure our compassion is not simply passive
- Maha Ghosananda and his trauma-focused wisdom of, “Hatred never ceases by hatred, but by love alone is healed. This is the ancient and eternal law.”
- How Buddhism helps us open our heart in a systematic way

“When love meets pain and suffering, it turns into the quality of compassion. Compassion is said to be the quivering of the heart when it’s touched by the pain of oneself or someone else.” – Jack Kornfield

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Chapter 8: Guided Compassion Practice: A Kind Heart Amidst It All

In this next chapter, Jack offers a relaxing and powerful guided meditation helping us cultivate the natural spirit of compassion within our beings. Leading us through topics like self-compassion, receiving compassion, and compassion’s near-enemy, pity; he teaches us how to shine our great heart of compassion across the globe like a beacon or lighthouse.

- Tuning into those you care about, feeling their suffering, and wishing deep and true compassion for them

- Opening to, accepting, and receiving compassion from others
- Cultivating self-compassion, kindness, and inner-freedom
- Awakening the great heart of compassion within you and shining it like a beacon to those in need
- Genuine compassion versus it's near enemy, pity

"Let the great heart of compassion awaken in you like a beacon or lighthouse and let it shine across this wonderful world of 10,000 joys and 10,000 sorrows." – Jack Kornfield

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Chapter 9: Reflections: Bringing Alive the Great Heart of Compassion

In chapter 9, after placing a bow on the guided compassion practice, Jack offers another journal prompt: What is calling for your compassion, and what brings it alive? From here, he explores compassion as a responsive verb, highlights the subtle but major difference between empathy and compassion, and opens the floor for wise audience reflections on how to bring alive the great heart of compassion.

- A journal prompt: What is calling for your compassion, and what brings it alive?
- Compassion as a verb, not just a feeling, but a loving response
- The subtle but major difference between empathy and compassion
- How you can bring alive the great heart of compassion in your life
- Navigating difficult family members and situations in tenderness and compassion
- The lessons we can learn from things falling apart

"When the Buddha and Jesus went home to see family they had a hard time too!" – Jack Kornfield

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Chapter 10: Reflections: Suffering, Parenting, and Spiritual Practice

In this next chapter, Jack begins by opening the floor to questions about navigating life from the Qualities of the Awakened Heart. Shedding light on topics like suffering, parenting, sorrow, polarity, and being human, he reveals practice holds the answer to our deep inquiries, and offers a relaxing guided meditation.

- Consciousness, suffering, polarity, and navigating the human experience
- Parenting, sorrow, and raising children from loving kindness
- How our spiritual practice is our answer
- A relaxing and centering guided meditation

“This life is a play of consciousness, and part of the game has to be praise and blame, light and dark, birth and death—you can’t have just one side of it.” – Jack Kornfield

“Your practice is your answer.” – Jack Kornfield

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Chapter 11: Cultivating Joy: Our Imagination is Bigger Than Our Problems

In chapter 11, Jack reveals how the teachings of the Awakened Heart help us uncover our innate joy. Reflecting on how suffering is not the end of our story, Jack provides the Buddha’s roadmap for being joyful despite it all.

- The Awakened Heart teachings for uncovering joy
- How suffering is not the end of the story
- Being joyful despite it all
- Despair as an insult to imagination
- How the Buddha was known as the happy one

“Suffering is not the end of the story.” – Jack Kornfield

“The teachings of the Awakened Heart are to remind you of the innate joy in life.” – Jack Kornfield

“Our imagination is bigger than our problems.” – Jack Kornfield

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Chapter 12: Guided Meditation Practice: Joyful Children of the Spirit

In this next chapter, Jack leads a guided meditation practice helping us uncover the innate joy and true sense of happiness within our being. To do so, he invites us to experience others and ourselves as we were as joyful children, pure beings of the spirit.

- Pausing our pursuit of happiness to just be happy
- A practice in seeing others and yourself as joyful children of the spirit
- Sweet affirmations of happiness and joy for others and self
- Increasing our joy and our causes for our joy
- Becoming a carrier for joy in the world

“Now and then, it’s good to pause in your pursuit of happiness, and just be happy.” – Guillaume Apollinaire

“May your joy and causes for your joy increase.” – Jack Kornfield

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Chapter 13: Reflections: Living From Your Authentic Joy

In chapter 13, following the guided joy practice, Jack opens the floor to audience questions and reflections surrounding how to discern between thoughts and loving awareness, how to practice metta when feeling negative, and the importance of focusing on that which makes you joyful.

- Discerning between thoughts and loving awareness
- How to practice metta when we are fearful or angry
- Going inward to remember deep memories and feelings
- Focusing on that which makes you joyful

“Keep it simple. What is love? I don’t know. What is gravity? Do you have an equation for it? It’s mysterious, but we know it anyway. We can feel it.” – Jack Kornfield

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Chapter 14: Reflections: Cultivating Joy Through Your Being

In this next chapter, returning from walking meditation, Jack opens the floor once again for reflections and questions from the students. Exploring the difference between joy and metta, as well as how we can let go of our striving in order to fully experience joy, Jack shares how we can become more present, happy, and playful in our lives. From here, he offers the journal prompt: what blocks your joy, and what supports it?

- The difference between joy and metta
- Letting go of our striving to experience joy
- Becoming present, lighter, and more playful
- Using practice and effort to help cultivate joy
- Overcoming our inner critic by having fun and dancing

“What blocks your joy and what supports it?” – Jack Kornfield

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Chapter 15: Equanimity: A Peaceful Heart and Spacious Mind

In chapter 15, Jack sheds light on the Quality of the Awakened Heart known as equanimity and peace. Spelunking these depths, he shares how we can live with a steady heart and spacious mind amidst it all, as long as we can practice patience, good intention, and giving up the fruits of our actions once we plant the seeds.

- How you can live with a steady peaceful heart amidst it all
- Managing fear, overcoming conflict, and making our mind spacious
- Ajahn Chah's forest monastery and how mindfulness cultivates peace
- The secret of the Bhagavad Gita: acting well without attachment to the fruits
- Planting beautiful seeds, stepping out of time, and letting go
- Patience, intention, and creating peace in ourselves and the world

"This is actually what you can offer to this crazy top of a world, is that capacity of your heart and mind to be spacious, steady, and peaceful in the midst of it all." – Jack Kornfield

"It's not your job to fix the world, it's your job to reach out and mend that place that you can." – Jack Kornfield

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Chapter 16: Guided Meditation Practice: The Peaceful Heart

In this next chapter, Jack leads a guided meditation focused around cultivating equanimity and peace. To begin, he shares a Dharma Story of Ajahn Chah about discovering your true nature by turning your awareness back on itself. From here, he guides the meditation practice of the peaceful heart and spacious awareness.

- A Dharma Story of Ajahn Chah, letting go of attachment to experience, and finding your true nature
- Turning your awareness back to itself, to The One Who Knows
- A guided practice on cultivating a spacious awareness and peaceful heart
- How to not be afraid of suffering, and live with integrity

"How are you going to enter this world as the Bodhisattva of good heart and compassion? You become the place of peace. That's one of the greatest gifts you can give." – Jack Kornfield

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Chapter 17: Guided Meditation Practice: The Art of Well-Being, Metta, and Mudita

In chapter 17, Jack begins by sharing wisdom from the Buddha about spaciousness and the art of listening. From here, he leads a guided meditation practice focused around wishing well-being for others, offering metta, and cultivating mudita – sympathetic joy. *(This can also be done by imagining the image of a partner in front of you. Or if you would like to find a meditation buddy for this practice, please visit the "Discussion Forums" on your Course Dashboard.)*

- Siddhartha Buddha and the art of listening
- The "tears of the way," universal tears of an open heart
- A guided practice on wishing well-being and loving kindness for others
- Mudita – experience authentic happiness from the joy of another

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Chapter 18: Reflections: Remembering Who You Really Are

In this chapter, Jack opens the floor to students for questions and reflections about the guided practice. Speaking to the topic of moving past our codependence and worry in order to connect with others authentically from the heart, Jack helps summarize how we can begin to live life from the transformative Qualities of the Awakened Heart.

- The transformative power of connecting with others authentically from the heart
- Codependence, worry, and moving past the fear in our head
- Living from a place of love, joy, connection, and well-being
- Remembering who you really are, and living with an Awakened Heart

"We become tender when we become close." – Jack Kornfield

"You can live from a place of love, well-being and connection—that is your birthright." – Jack Kornfield

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Section 2: Living From Gratitude, Generosity, and Goodness

Chapter 19: The Spirit of Human Goodness: Stepping Out of the Body of Fear

Having illuminated the Qualities of the Awakened Heart Jack now opens to Section 2, exploring the topics of gratitude and generosity in relation to the teachings. Beginning with a moving poem from Mary Oliver on the gift of attention, Jack shares how we can

open to the spirit of human goodness by sensing we are part of a deeper interconnected order of things.

- Mary Oliver and the gift of attention
- The spirit of human goodness, generosity, and gratitude
- Sensing we are part of a deeper interconnected order of things
- Shifting our identity and stepping out of the body of fear
- How to stop being loyal to our suffering

“As we speak, there are 100,000s of acts of generosity and goodness, billions of them around the world, where we are tending one another as human beings.” – Jack Kornfield

“In a moment we can shift our identity and step out of ‘the body of fear,’ we can release what we’ve carried when we were so loyal to our suffering, and become something bigger.” – Jack Kornfield

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Chapter 20: Tears of the Way and the Transformative Power of Gratitude

In chapter 20, Jack shares a story of experiencing the powerful prayer of Mad Bear, the Iroquoius Medicine Man. Through this lens, he offers the uplifting and transformative wisdom that even despite our suffering, we always have the opportunity to grow our gratitude and loving kindness.

- The powerful gratitude prayer of Mad Bear, the Iroquois Medicine Man
- How even in suffering, there is opportunity for gratitude to grow
- The Tears of the Way and cultivating loving kindness
- Shifting our identity to vastness and love

“In Tibet you pray for suffering, ‘Grant that I may have enough suffering that my cold, defended, frightened, ashamed or grieving heart can become the Great Heart of Compassion. ” – Jack Kornfield

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Chapter 21: Expanding Our Window of Tolerance: Receiving Life with the Heart Gratitude

In this chapter, Jack shares the reason for spiritual practice: remembering who you truly are. From this perspective, he shares how we can expand our window of tolerance by

receiving what life offers in gratitude. Highlighting the reality of duality, he explores how we can begin to, as Dr. Martin Luther King Jr, stated, ‘turn the fatigue of despair into the buoyancy of hope.’

- Spiritual practice and remembering your true nature
- Expanding the window of tolerance, receiving life with gratitude
- The reality of duality: presence and pain, loss and gain, etc
- Turning the fatigue of despair into the buoyancy of hope
- Finding and awakening trust within yourself

“If there’s birth there has to be death, if there’s light there’s also dark, if there’s a beginning there’s an end, if there’s gain there’s loss. Joy and sorrow, praise and blame. This is called duality, this is incarnation. It’s what we are. It’s what manifests from nothing into a world of form and emptiness” – Jack Kornfield

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Chapter 22: When You Ask, The Heart Will Answer: Living From the Eyes of Compassion

Opening chapter 22, Jack shares contemplations on navigating the crossroads of the present moment. Sharing how we can actually consciously let go of our aloneness, he sheds light on how to tap into the intuitive collective wisdom of the human heart. Relaying that you are truly enough just as you are, Jack illuminates how we can live life through the eyes of boundless compassion.

- Navigating the crossroads of the present moment
- Letting go of our aloneness so we can truly be together
- Recognizing that you are enough just as you are
- Living life through the eyes of boundless compassion
- How the ‘witness’ connects with the Buddha
- Contemplations on gratitude, trust, and serving the world

“We start with love, we end with love; in fact, it’s who you really are, loving awareness itself.” – Jack Kornfield

“When you ask, the heart will answer.” – Jack Kornfield

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Chapter 23: Guided Meditation Practice: Gratitude, Generosity, and a Relaxed Heart

In this next chapter Jack leads a guided meditation practice focused on cultivating gratitude and generosity. Opening the practice by easing your awareness into mindfulness of the subtle processes of the body, Jack invites you to relax into the ever-present natural rhythm of breath. From here, he guides you through a conversation with your own heart, allowing it to finally rest and relax into loving awareness.

- Becoming mindful of the subtle processes, feelings, and sensations of the body
- Letting the breath breathe itself, and relaxing into the rhythm of breath
- A guided practice of internally bowing to yourself in gratitude and appreciation for holding so much in this life
- Speaking to your heart and allowing it to finally relax and rest

“Relax into the rhythm of breath. The ever-present wave of breathing invites you to relax.” – Jack Kornfield

“Bring your attention to the heart and notice all it’s been carrying—longing, fear, worry, excitement, sweetness, sadness, appreciation, doubt, deep love—all carried by this human heart. With mindful loving awareness, notice how much your heart feels and carries. Holding it all with tenderness, as if you could bow to your heart inwardly, say ‘Thank you dear heart for all you carry, you can relax, you can rest.’” – Jack Kornfield

“You are consciousness witnessing and experiencing this remarkable human life.” – Jack Kornfield

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Chapter 24: The Great Heart of Understanding: Generosity, Abundance, and Trust

In this chapter, Jack dives deeper into the topic of generosity, exploring how when we recognize our true nature and interconnectedness, our generosity expresses as inner abundance and mutual care. From this perspective, he shares how we can hold our incarnation in the great heart of understanding, and how from this we can begin to live from a deep trust.

- Generosity as inner abundance and mutual care
- Our true nature and seeing our interconnectedness
- Holding our incarnation in the ‘great heart of understanding’
- The different styles of giving: tentative giving, brotherly/sisterly giving, royal giving
- How generosity, giving, and abundance connect with trust

“There’s a place where the heart gets bigger and says, ‘Yes, this is human incarnation and I can rest in the middle and hold it all with the great heart of understanding.” – Jack Kornfield

“It’s a universal law that opening generosity brings joy to oneself and others.” – Jack Kornfield

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Chapter 25: The Generous Heart: Buddha’s Recipe for Happiness

In this chapter further exploring the Awakened Heart quality of generosity, Jack shares the teachings of the generous heart. Uncovering Buddha’s recipe for happiness, Jack relays the medicine of the Dharma, and helps us navigate politics and the conflicts of the world from the recognition of our innate Buddha Nature.

- Finding our own inner sanctuary of the heart
- Buddha’s recipe for happiness, and the medicine of the Dharma
- Navigating politics and the troubles of the world from our Buddha Nature
- Breaking the spell of fear, small self, and separateness
- Stories of the Buddha’s past lives showcasing generosity

“These stories and teachings can help break the spell of fear—the small sense of self and separateness.” – Jack Kornfield

**This teaching selection is also showcased in Jack’s online course ‘Discovering Your Buddha Nature with Jack Kornfield’ illuminating Buddhism’s Ten Perfections of Enlightenment.*

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Chapter 26: Expansion and Contraction: Giving and Receiving Gracefully

In chapter 26, Jack offers reflections on how it feels to be generous towards others with our love, care, assistance, or support. Recognizing the ‘stretch’ of generosity, Jack illuminates the expansion that is encased within generous acts, and the contraction which is encased within fearful acts. From here, Jack shares the importance in cultivating the ability to give and receive gracefully, and to serve in a way that is authentic to your heart.

- Opening to the ‘stretch’ of generosity
- How fear contracts, and generosity expands
- Cultivating the ability to both give and receive gracefully
- Living in our country and culture in a wise way

- Mother Teresa and serving in a way that is authentic to your heart

“It’s not about judging, it’s about saying, ‘I see you, and I offer you what I can.’” – Jack Kornfield

**This teaching selection is also showcased in Jack’s online course ‘Discovering Your Buddha Nature with Jack Kornfield’ illuminating Buddhism’s Ten Perfections of Enlightenment.*

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Chapter 27: Seasons of Generosity: Intuition, Dignity, and Humanity

In this chapter, Jack guides us through the reality of our human experience, highlighting how to navigate the seasons of change we find ourselves in within our lives. Illuminating how our generosity holds dignity, attention, and intuition, Jack shares how we can carry our unique beautiful spirit into whatever garden needs our tending.

- Knowing your limitations, and knowing your infinite nature
- The changing and intuitive seasons of generosity
- Giving the beautiful gift of showing your full humanity
- Carrying our unique beautiful spirit into whatever garden needs tending

“There’s a dignity in generosity and a beautiful attention that asks, ‘What do I understand and how can I bring this to others?’” – Jack Kornfield

**This teaching selection is also showcased in Jack’s online course ‘Discovering Your Buddha Nature with Jack Kornfield’ illuminating Buddhism’s Ten Perfections of Enlightenment.*

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Section 3: Serving the World with Joy

Chapter 28: Seeing Clearly and the Wisdom of Uncertainty

Having shared the Qualities of the Awakened Heart and spelunked the depths of gratitude and generosity, Jack now opens to Section 3, exploring how we can begin to navigate and serve the world from the Awakened Heart. To start, he lays out the current issues of suffering ongoing in the world, and how we are truly interconnected in this mysterious human incarnation. From here, Jack sheds light on seeing clearly, emptiness and form, and opening to the wisdom of uncertainty.

- Navigating war, racism, refugees, suffering, and overwhelm

- Vipassana, seeing clearly, connection, and helping others
- Your cosmic, mysterious predicament as a human
- Avalokiteśvara and the Heart Sutra, emptiness and form
- The ‘wisdom of uncertainty’ and ‘don’t know mind’

“The word ‘vipassana’ also means to see clearly, to see our own mind and heart, to see the ways we get entangled, to see the ways we get free.” – Jack Kornfield

“Suffering isn’t the end of the story.” – Jack Kornfield

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Chapter 29: The Great Mystery of Emptiness

In chapter 29, Jack illuminates the transitory nature of emptiness. Outlining the realities of death, change, and impermanence, he offers a roadmap for relaxing into the journey of life by cultivating the ability to let go into the great mystery of this dream-like human existence.

- Emptiness and finding balance
- Relaxing into the journey of life
- Death, impermanence, and letting go
- The Diamond Sutra and experiencing life as a dream
- Consciousnesses and awareness

“Emptiness is not a philosophy, but is tuning you to the way life is.” – Jack Kornfield

“Turn your attention back and become the awareness itself, which is what you really are. You are consciousness.” – Jack Kornfield

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Chapter 30: Remembering Who You Really Are

In this next chapter, Jack poses the dharmic question: who are you? Spelunking this deep contemplation, Jack explores the various roles we play with people in our lives, and how we can move past these ‘costumes’ to recognize the reality that we are actually awareness itself.

- The roles we play in our social life
- Who we really are as awareness itself
- Reincarnation, compassion, and the reality of good and evil

- Spaciousness, graciousness, flexibility, and fearlessness

“Who you really are is so much bigger than who you think you are.” – Jack Kornfield

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Chapter 31: Guided Meditation Practice: Mindful Loving Awareness

In this chapter, Jack leads a guided meditation practice focused around cultivating a calm, embodied, easeful presence. Helping us merge body, mind, heart, and breath, Jack allows us to relax onto the earth from the compassionate space of mindful loving awareness.

- Opening to the reality of the present moment
- Merging body, mind, heart, and breath
- Embodied presence and relaxing onto earth
- Cultivating mindful loving awareness, and a calm, steady, ease
- Compassion and listening intuitively to what needs your loving attention

“You are the space of mindful loving awareness—open, spacious, steady amidst it all.” – Jack Kornfield

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Chapter 32: The Delight of Mudita: Buddha’s Way of Living Joyfully

Description, key themes, and quote:

In chapter 32, Jack offers the Buddha’s instructions on Mudita for how to live a joyful life. Spelunking the wisdom of the Buddha, Jack opens up about how we can help skillfully overcome suffering by shifting our identity back to our fundamental nature of joy, appreciation, laughter and delight.

- The Buddha’s wise instructions for living a joyful life
- Mudita (shared joy) as a factor of enlightenment that helps us appreciate the world
- Shifting your identity from the small self to loving awareness
- Laughter and delight as a true spiritual medicine

“Live in joy, in love, even among those who hate. Live in joy, in health, even among the afflicted. Live in joy, in peace, even among the troubled. Look within, be still. Free from fear and attachment, know the sweet joy of the way.” – The Buddha

“Mudita invites us to open a channel to joy, light, and creativity.” – Jack Kornfield

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Chapter 33: Having a Joyful Heart: Living in Beauty, Mystery, and Miracles

Continuing his exploration of Mudita (shared joy), Jack opens this chapter by diving into how you can navigate this life with a joyful heart. Illuminating how living with wonder and curiosity can open your eyes to the mysterious beauty and miracles this world has to offer, Jack helps shift your perspective about the real possibility of awakening right here and now.

- Opening to the beauty, mystery, and miracles of the world
- Living life through the eyes of wonder, awe, and curiosity
- Seeing awakening as a shift in perspective, and possible in every moment
- Being completely present for life’s small miraculous joys
- Navigating your suffering and life’s ocean of tears

“The possibility of having a joyful heart is there in every moment, and it’s possible to see joy everywhere. The world, yes it has its troubles and ocean of tears, but it also has unbearable beauty and mystery.” – Jack Kornfield

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Chapter 34: Children of the Spirit: Sharing Your Innate Magic and Nobility

In chapter 34, Jack shares a moving moment from childhood, and offers you to reflect on the magic moments of your own. Through this lens of being ‘children of the spirit,’ Jack shares the secret of Mudita, the realization that beauty and joy come alive when you share them.

- A guided reflection on remembering the magical spirit from your childhood
- The secret of Mudita: you make beauty and joy come alive by sharing them
- Recognizing our inner nobility and stopping the wars and conflicts
- Kintsugi – the Japanese art of beautifully recrafting broken items

“The child of the spirit is indomitable, it’s innate, it’s who you are.” – Jack Kornfield

“It turns out that beauty and joy come alive when they are shared. That’s why Mudita is called ‘shared joy.’” – Jack Kornfield

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Chapter 35: It's Radical to Be Joyful: Serving the World in Love, Happiness, and Compassion

In this final chapter, Jack begins by reflecting on service-focused wisdom from Ram Dass and Paul Gorman's classic book (and a Jack favorite) *How Can I Help?* From this perspective, Jack shares how it's truly radical to be joyful, peaceful, and happy despite the troubles of the world. How do you do this? By not feeling guilty, and by doing it because you love it.

- Ram Dass, Service, and *How Can I Help?*
- How can you can most skillfully serve the suffering of the world
- Activism, burnout, and practicing compassion
- Living in joy, peace, happiness despite it all
- Standing up for justice, against racism, for the environment
- Saving the world because you love it

"It's never too late to be joyful and let something beautiful shine through your life and heart." – Jack Kornfield

"Live in joy, love, and peace even amidst the trouble and turmoil, live in the sweet joy of your own heart, the sweet joy of The Way." – Jack Kornfield

"It's radical to be joyful." – Jack Kornfield

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Thank you for enjoying these deep wisdom teachings of the Awakened Heart. For more transformative courses, articles, meditations, and to stay up to date with Jack's upcoming offerings please visit JackKornfield.com