

# Opening the Heart of Forgiveness with Jack Kornfield: A Journey of Reconciliation, Redemption, and Renewal

## Section 1: Opening the Heart Heart of Forgiveness

### **Chapter 1: The Human Capacity for Forgiveness: Bearing Suffering and Choosing Your Own Spirit**

In this chapter, Jack illuminates our innate human capacity for living from forgiveness and dignity. Exploring the reality of opening to compassion, love, wisdom, and consciousness in this very life, he shares the possibility of bearing our suffering well, releasing the shackles of the past, and choosing our spirit no matter the outside circumstances.

- Our innate human capacity for living from forgiveness and dignity
- Opening the heart to compassion, connectedness, wisdom, and love
- Consciousness, living in present moment, and inner freedom
- Forgiveness and why it feels so deeply connected with our identity
- Learning how to choose your spirit no matter outer circumstances
- Releasing the pain which shackles us to the past, and stopping the chain of suffering
- Bearing our suffering well and using it to elevate humankind

*“The potential for the human heart to open to compassion, connectedness, vision, wisdom, the sacred, and love us is almost unbounded.” – Jack Kornfield*

*“With forgiveness, we’re unwilling to attack or wish harm on anyone, including ourselves.” – Jack Kornfield*

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### **Chapter 2: Watering the Seeds of Love and Forgiveness: Vulnerability, Neuroplasticity, and Persistence**

In this next chapter, Jack explores the architecture of forgiveness, reflecting on how we can begin to overcome betrayal and grief. From here, he shares a moving story highlighting our capacity for vulnerability, reconciliation, and redemption. Through this

lens, he shares on Buddhist Psychology and neuroplasticity, how to stop being loyal to our suffering, and how being joyful is a moral obligation to humankind.

- Resolving to keep yourself protected; it's not just "forgive and forget"
- How forgiveness is not sentimental, it's not quick, and it's about "them"
- Overcoming betrayal of yourself or others, and working with grief
- Honoring forgiveness as a deep process of the heart
- Lakota wisdom of grief: giving up hope of a better past
- A moving story of vulnerability, reconciliation, and redemption
- Cultural, scientific, and religious contexts for forgiveness
- Buddhist Psychology, neuroplasticity, and the wisdom of "not always so"
- Persistence, trust, and facing the unfinished business of the heart

*"Forgiveness is a deep process of the heart, and in the process you need to honor the betrayal of yourself or others, the grief, the anger, the hurt, the fear." – Jack Kornfield*

*"Forgiveness isn't just for the other. It's really for the beauty of the soul, for your own capacity to fulfill your life." – Jack Kornfield*

*"When you water the seeds of love and forgiveness, it starts to change you." – Jack Kornfield*

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### **Chapter 3: The Twelve Principles of Forgiveness: Setting the Compass of the Heart**

In this next chapter, Jack sheds light on the Buddha's Twelve Principles of Forgiveness, and how we can apply these to our practice in order to live from a place of Wise Forgiveness. From here, he shares how we can stop being loyal to our suffering, reflects on living joyfully as a moral obligation to humankind, and explores intention as setting the compass of the heart.

#### The Twelve Principles of Forgiveness

- Understanding what it is and what it's not
- Sensing the weight of not forgiving
- Reflecting on the benefits of a loving heart
- Stopping yourself from being so loyal to your suffering
- Understanding that forgiveness is a patience process
- Setting your intention and the compass of your heart

- Learning the inner and outer forms/practices of forgiveness
- Starting with what's easy, and gradually building
- Being willing to grieve, let go, and go through the process
- Working with the body, mind, emotions, and relations
- Shifting our identity from the small self to our Buddha Nature
- Opening to the full perspective of our interconnection with infinity

*“When you set your intention, it sets the compass of your heart and psyche in a direction. By having that intention, obstacles become workable because you know where you’re going.” – Jack Kornfield*

*“We’re in this drama of reincarnation and life that is so much bigger than our little stories. We can open to this perspective in a vast way. It’s not just you who are hurt, but it’s the hurt of humanity; it’s not just you who are betrayed, it’s the hurt of relationships. Everybody who loves is hurt in some way. Everybody who enters the marketplace gets betrayed. The loss is not just your pain, it’s the pain of being alive. Then you feel connected with everyone in this vastness.” – Jack Kornfield*

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#### **Chapter 4: Guided Meditation Practice – The Great Art of Forgiveness: Letting Go of Pain and Sorrow**

In this next chapter,

- Asking for forgiveness for how we have caused sorrow to others
- Reflecting on how it feels to ask for forgiveness, and how it feels to forgive
- Asking for forgiveness for how we have caused suffering to ourselves
- Forgiving others who have harmed, betrayed, or abandoned you

*“In the many ways that others have hurt me, abandoned me, and caused me pain, to the extent that I am ready, I turn my heart in the direction of forgiveness. I offer you forgiveness. I release you. I will not carry the pain of hating you in my heart. To the extent I am ready, I forgive you.” – Jack Kornfield*

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#### **Chapter 5: Guided Meditation Practice: Training the Mind Like a Puppy: Grounding in Tenderness and Stillness**

In this grounding and centering guided practice, Jack helps us live from a mindful embodied presence. Using the metaphor of “training the mind like a puppy,” he invites us to open into the breath while softening into tenderness, kindness, and stillness.

- Grounding and centering onto the support of the earth
- Softening the mind and heart to receive in stillness, tenderness, and kindness
- Learning to live our lives from an embodied presence and loving awareness
- Inviting the breath to open us in each moment to ourselves and our interconnection
- Gently training the “puppy of the mind” to kindly return to a steady calm

*“Meditation is like training a puppy. When the puppy gets up after you say, ‘Sit, stay,’ you pick the puppy up kindly and put it back. You don’t want to beat or frighten the puppy. You want the puppy to learn that it can rest. – Jack Kornfield*

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## **Chapter 6: The Gift of Forgiveness: Navigating the World from the Heart of Compassion**

Opening the door to “The Heart of Forgiveness,” Jack shares moving stories of helping peace and reconciliation efforts in the Middle East. Reflecting on the transformative power of letting go, he explores how we can stop the tyranny of self-judgment so we can navigate this human existence from the noble heart of compassion.

- Ajahn Chah and the power of letting go
- Jack’s peace and reconciliation efforts in the Middle East
- Navigating the world of unbearable beauty and the ocean of tears
- Touching your measure of suffering with the forgiving heart
- Insights from a full moon Kali “letting go” bonfire with Ram Dass
- Stepping out of the tyranny of self-judgment to remember our nobility

*“If you let go a little, you’ll have a little peace. If you let go a lot, you’ll have a lot of peace. And if you let go completely, you’ll be free.” – Ajahn Chah*

*“There’s a reality and truth deeper than all of the conflicts of the world.” – Jack Kornfield*

*“With mindful loving awareness, we can step out of the tyranny of self-judgment” – Jack Kornfield*

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## **Chapter 7: Suffering is Not the End of the Story: Stories for Moving Past Guilt and Shame**

In this next chapter, Jack offers a smorgasbord of stories showcasing our ability to alchemize our guilt, shame, and suffering, into love, connection, and inner-strength. From here, he reflects on the balance of properly protecting yourself from those who have hurt you, while still keeping your heart open to the transformative healing encased within true forgiveness.

- Alchemizing guilt and shame into love and connection
- Realizing that suffering is not the end of the story
- Stepping out of the battle and finding freedom of heart
- Forgiveness and learning to love those who have hurt you
- Protecting yourself while still learning to forgive

*“This is the good news in this mysterious human realm—suffering is not the end of the story!” – Jack Kornfield*

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## **Chapter 8: The Principles of Wise Forgiveness: Courage, Patience, and Presence**

In this next chapter, Jack illuminates the Principles for Wise Forgiveness and how we can incorporate them into our daily lives. Exploring aspects like courage, non-harming, and patience, he shares how forgiveness is not for “them” but for you, and explains how true forgiveness means never putting another being out of your heart. From here, Jack shares stories exemplifying how forgiveness starts in our very own heart.

### The Principles of Wise Forgiveness

- Forgiveness is not weak, takes deep courage
- Forgiveness does not allow harm to continue
- Forgiveness is a long and patience process
- Forgiveness is not for “them” but for you

*“Forgiveness, like grief, is a long, tender, hard process of the heart digesting the pain that’s happened, and little by little, coming to terms and extending the forgiveness outward.” – Jack Kornfield*

*“Forgiveness is about our own hearts not being chained by the past.” – Jack Kornfield*

*“With forgiveness, we repair the world.” – Jack Kornfield*

*“Sometimes it’s your broken heart that opens your loving heart.” – Jack Kornfield*

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## **Chapter 9: Freedom of Consciousness: Stepping Out of the Body of Fear**

In this next chapter, Jack sheds wisdom on how we can actually let go of our burdens of resentment in order to see anew and engage the world from a fresh perspective.

Offering the possibility of stepping out of the body of fear, Jack illuminates that who we truly are is loving awareness, consciousness itself, and from this place, we can live with a tender, gracious, and compassionate heart.

- Letting go and putting down our burdens of resentment
- Seeing anew and engaging the world from fresh perspective
- Stepping out of the body of fear and into mindful loving awareness
- Living with a gracious, tender, compassionate, and forgiving heart

*“We can let go, we can put down the burdens of resentment, we can see anew with the heart of tenderness and compassion, and engage this world and care for it in a completely different way. For who you are is consciousness itself, loving awareness born into this body. This is the place of freedom.” – Jack Kornfield*

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## **Chapter 10: Guided Meditation Practice: The Three Directions of Forgiveness: Healing Regret, Resentments, and Guilt**

In this next chapter, Jack leads a guided meditation practice examining the Three Directions of Forgiveness. Sharing how practice is an invitation for our heart to enter the inner-garden of freedom, he invites us to work tenderly with our regrets, resentment, anger, and guilt. Through this lens, Jack helps us shine light to our dark corners so we can come home to forgiveness as our birthright.

- Practice as an invitation into the inner garden of freedom
- Working with our regrets, resentments, and guilt in our human relationships
- Forgiving others and forgiving yourself

- Recognizing and living from forgiveness as a birthright
- Tending the heart and remembering your Buddha Nature

*“Practice is an invitation to your heart to remember what is possible, to begin the road of tenderness and forgiveness, to begin to open the gates to the inner garden of freedom.”*

*– Jack Kornfield*

*“Forgiveness is our birthright.” – Jack Kornfield*

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## **Section 2: The Art of Reconciliation and The Possibility of Peace**

### **Chapter 11: Learning to Navigate Conflict: Finding What Truly Matters**

In this next chapter, Jack dives into the art of reconciliation. Seeing conflict as natural to the human condition, he offers mindful guidance for healing wounds and repairing rifts we may find ourselves in with others. Noting the roots of conflict in the human heart, he shines light on how we can move past war by learning to reconcile our differences and find what truly matters to us.

- Conflict as natural to the human condition
- Learning to reconcile and “use your words”
- Noting the roots of conflict in the human heart
- Discovering what really matters to us in this life
- Why Thich Nhat Hanh chooses to teach joy
- Playing a ‘better game than war’

*“We need to pause and reflect, with all of these conflicts that surround us, what is it that really matters?” – Jack Kornfield*

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### **Chapter 12: Buddha’s Seven Steps of Reconciliation: From Resentment to Forgiveness**

In this next chapter, Jack shares a story of the Buddha, and how he came to create his transformative Seven Steps of Reconciliation. Exploring perspectives on how to enact these seven steps in our daily lives, Jack sheds light on true ‘Buddhist conflict resolution.’

### The Seven Steps of Reconciliation:

- Face to face speaking, truth telling
- Deep listening, remembering with clarity
- Non-stubbornness, finding freedom from views
- Voluntary confession, how we contribute to the conflict
- Decision by consensus, quiet reflection
- Accepting the verdict, the willingness to change
- Covering mud with straw, listening to elders

*“Practice loving kindness to overcome anger. It has a capacity to bring happiness to others without demanding anything in return. Practice compassion to overcome cruelty. Compassion has the capacity to remove the suffering of others without expecting anything in return.”– The Buddha*

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### **Chapter 13: The Value of Reconciliation: Healing Our Human Family**

In this next chapter, Jack offers reflections on the Buddha’s perspectives on conflict resolution. Sharing moving personal stories from his childhood, he offers wisdom around discerning when to be a peacemaker, and when to stand up to a bully. From here, he sheds light on working with grief and pain, and gives tips on how we can apply the wisdom of reconciliation to our family life at home, and to this greater human family. To close this chapter, Jack illuminates our innate dignity, nobility, and Buddha Nature.

- Discerning when to be a peacemaker versus standing up to a bully
- Working with our grief and pain within this human family
- How the Gates of the Dharma open for all beings, no matter our background
- The value and benefit of reconciliation, truth, and trust
- Implementing a truth and reconciliation process in our communities
- Seeing through another’s eyes and believing in our common humanity
- Watering the seeds of dignity, nobility, and your own Buddha Nature

*“We have grief and pain in every one of our lives. We carry a legacy in our human family. We’re all in this together. – Jack Kornfield*

*“You carry within you the seeds of awakening, your own Buddha Nature. What seeds will you water? You carry the seeds that the world needs more than anything.” – Jack Kornfield*



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## **Chapter 14: Guided Meditation Practice: The Loving Awareness Breath and the Possibility of Reconciliation**

In this next chapter, Jack leads a hopeful guided meditation for allowing the heart of reconciliation to open within our lives. Allowing loving awareness to become the foreground of our experience, he invites us safely into a space where we can begin to reconcile our past mistakes and the past actions of others in a way which opens us to the learning, growth, and possibility of letting-go encased within this mysterious human existence.

- Burrowing into the present moment with the “loving awareness breath”
- Letting go and allowing yourself to be fully supported by the earth
- Using the breath as an anchor to keep you steady amidst it all
- Wishing blessings of reconciliation for all conflicts of family, friends, lovers, communities, nations, races, religions, creatures, yourself, and the world

*“You don’t have to do anything or change anything. Just feel how your body breathes itself in the middle of it all.” – Jack Kornfield*

*“Take your time and reflect as you hear these words, and let them reflect the tender possibility that those beings who are brought to mind can find reconciliation.” – Jack*

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## **Chapter 15: The Best of Times, The Worst of Times: Navigating War, Wellbeing, and Polarization in the Modern World**

In this next chapter, Jack helps us navigate the reality of war, disease, and conflict in the world. Noting the cries for justice in the realms like racism, gender, economics, and politics, he shows how we can help heal the polarization promoted by news outlets and social media, and drop the notion that there is such a thing as evil people in the world.

- The reality of navigating a world with war, disease, and conflict
- Cries for justice in the realms of racism, gender, economics, politics, etc
- Navigating the polarization sparked so intensely by news outlets and social media

- Keeping our hearts whole by dropping the idea that there are evil people in the world
- Recognizing that in war, there are no victors because it happens to everyone

*“Long have you suffered from conflict and war.” – The Buddha*

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## **Chapter 16: The Possibility of Peace: Stopping the War Within Our Hearts**

In this next chapter, Jack shines a light on how despite all of the intense conflicts of the world, large and small, that peace is truly possible. Reflecting on his time at Ajahn Chah’s Thai forest monastery, which he experienced as ‘an island of peace’ during wartime, he explains how we can disentangle ourselves from the war in our hearts, creating a zone of peace where we go.

- Recognizing that peace is truly possible
- Ajahn Chah’s Thai forest monastery as an example of an “ island of peace” during wartime
- Stopping the war within our hearts, and making your heart a zone of peace
- Visiting the temple of the peace-making “Coconut Monk”
- Disentangling from the myth that war is heroic or noble

*“When the crowded refugee boats met with storms or pirates, if everyone panicked, all would be lost. But if even one person remained calm and centered, it was enough. They showed the way for everyone to survive.” – Thich Nhat Hanh*

*“Make your heart a zone of peace, set your compass to your highest or deepest intentions—this is what’s given to you as a human being.” – Jack Kornfield*

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## **Chapter 17: Whatever You Build Will Be Ruined, So Make It Beautiful: Cultivating a Peaceful Heart Through Impermanence**

In this next chapter, Jack explores how we can cultivate healthy inner and outer responses to suffering and conflict in the world. Through this lens, he shares how we can break past the illusions of ownership, self, and permanence; offering us all the possibility of living with a peaceful heart amidst the reality of change.

- Cultivating skillful and healthy inner and outer responses to suffering and conflict
- Tending the wounds, feeding the hungry, and standing up for piece
- How the reality of impermanence invites us into the true beauty of life
- Breaking past the constructed illusion of ownership, self, and sustained pleasure
- Your capacity for a peaceful heart, recognizing yourself as loving awareness

*“I’m here to tell you whatever you build will be ruined, so make it beautiful.” – Hala Alyan*

*“The whole sense of self and ownership is a constructed fiction. We are part of a whole. We are consciousness itself playing these different forms.” – Jack Kornfield*

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## **Chapter 18: Creating a Wise Society with Your Unique Gifts: Planting Seeds of Reconciliation, Truth, and Respect**

In this next chapter, Jack begins by sharing the neuroscience behind how meditation can help us back into the freshness of “beginner’s mind.” Through this lens, he reflects on how we can bring our unique gifts to the world and create a wise society by planting seeds of reconciliation, truth, and respect.

- The neuroscience of habituation and attention through the lens of Buddhist meditation
- How meditation helps us into the freshness of “beginner’s mind”
- Creating a wise society based on the principles of reconciliation, truth, and respect
- Looking afresh at life and planting seeds of wellbeing and mindful response
- How the small gestures of compassion in the world point to the reality that peace is possible
- How our own inner peace allows others to live in peace as well
- Your capacity to bring your unique gifts and medicine to the world

*“You carry the medicine the world needs, but you need to get quiet, you need to find a way to make your heart a zone of peace.” – Jack Kornfield*

*“We need to learn truth, reconciliation, and conflict resolution as a way of living in our communities.” – Jack Kornfield*

*“You are the ones you have been waiting for.” – Jack Kornfield*

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## **Section 3: The Transformative Power of Listening**

### **Chapter 19: Listening from the Heart: Transforming Divisiveness and Suffering**

In this next chapter, Jack shares how we can begin to alleviate and mend conflict, divisiveness, and suffering in this world through listening with the heart. Sharing stories of how listening can lead us from disconnection to connection, he explores how meeting all with respect and not ‘othering’ anyone can help us wisely tend each other, society, and earth.

- Listening as a way to wisely tend each other, society, this earth
- A story of Tibetan Monks connecting deeply with the San Quentin Prison Gospel Choir
- Healing conflict and divisiveness through listening with the heart
- The First Noble Truth and how we respond to suffering
- Meeting all with respect and not ‘othering’ anyone

*“What these divisive times ask for more than anything else, is an ability to listen with the heart.” – Jack Kornfield*

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### **Chapter 20: Stopping the War Before It Starts: Mindful Self-Compassion and Recognizing Our Common Humanity**

In this next chapter, Jack begins to lay out the steps to how we can truly listen deeply from the heart. Exploring the way deep listening connects directly with self-compassion, Jack illuminates how we can use mindful loving awareness to drop our judgemental views, hold ourselves more lightly, connect with each other, and stop the conflict before a war starts.

- Learning to listen to yourself and your intuition
- How deep listening connects with mindful self-compassion
- Bringing true kindness to your human incarnation and recognizing our common humanity
- Mindful loving awareness, dropping views, and holding yourself lightly
- Using your deep inner-mindfulness to connect with others
- How we are never actually alone in our suffering

- Getting curious about our judgements in order to release to peace
- The possibility of stopping the conflict before a war starts

*“Instead of being caught and identified with your thoughts, beliefs, and feelings of who you are, loving awareness allows you to hold yourself beyond those views, lightly and graciously.” – Jack Kornfield*

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## **Chapter 21: Our Capacity for Attention and Care: Learning Through the Act of Deep Listening**

In this next chapter, Jack shares how we can under our capacity for attention, care, listening, and mindful sharing. Noting wisdom he picked up from the film ‘My Octopus Teacher,’ he reflects on how the best way to learn is through the act of truly paying attention. From here, he offers a new spin on a familiar story, on how through deep listening we can connect to the great mandala of being.

- Finding our capacity for attention, care, listening, and mindful sharing
- The wisdom Jack learned from the film ‘My Octopus Teacher’
- Learning and growing by the act of truly paying attention
- A new spin on a personal story from Jack’s life about how listening opens us to the connected mandala of being

*“Here’s a different kind of listening—it’s listening to the natural world, taking time and learning what it has to teach us. ” – Jack Kornfield*

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## **Chapter 22: Navigating Culture and the Issues of Our Time: Listening with Friendliness and an Open Heart**

In this next chapter, Jack shares how we can begin to navigate the hot-button issues of our culture at this time. Reflecting on how we can begin to open by truly listening to all sides of issues, he offers wisdom on learning from nuance and disentangling ourselves from fixed views.

- Navigating the hot-button cultural issues of our time
- Opening to learning by listening to all sides of issues
- Learning from nuance and disentangling ourselves from fixed views

- Moving past the echo-chamber of social media, internet news, and the algorithm
- Outer-mindfulness and the alchemizing essence of listening with friendliness and an open heart
- Ram Dass and the transformative power of meeting others in the loving witness
- Reflecting on what it really means to listen and care

*“The greatest thing you can do for another being is to provide unconditional love from making contact with that place in them that is beyond changing conditions—pure consciousness, pure essence. Everything transforms once we become the loving witness and can see with those eyes that the others are us, or ourselves, as well.” – Ram Dass*

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### **Chapter 23: Guided Meditation Practice: Mindful Loving Listening to the Intuitive Wisdom of the Heart**

In this next chapter, Jack leads a guided meditation on bringing our full mindful loving attention to our body, heart, and mind in this boundless present moment. Inviting us to relax into listening to our intuitive wisdom with depth, gratitude, and curiosity, he takes us on an imaginative visualization journey to help us uncover what matters most.

- Bringing your attention fully into this present moment
- Relaxing the body with mindful loving attention
- Listening with a depth, gratitude, and curiosity to the intuitive messages and wisdom of the body, heart, and mind
- An imaginative visualization practice to find what you most need
- Offering blessings like a lamp shining in all directions

*“Let the moods come and go like weather around the breath. Notice them with a loving awareness, and return to the breath breathing itself with the whole world. Calm and easy, just this breath.” – Jack Kornfield*

*“Your heart says, ‘Remember this, pay attention to this.’ Let yourself listen to what it tells you.” – Jack Kornfield*

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### **Chapter 24: Deep Listening and Compassionate Response: Heartfulness as the Doorway of Opportunity**

In this next chapter, Jack offers guidance for skillfully navigating difficult times. Noting how we can truly transform ourselves and the world through deep listening, he reimagines mindfulness as a heartfulness, and illuminates the doorway of opportunity presented by mindful listening and compassionate response.

- Navigating life skillfully through difficult times, and the world's "Great Turning"
- How we can transform ourselves and the world through true listening
- The two dimensions of mindfulness: Sati (mindful presence) and Sampajanna (mindful response)
- How deep listening leads to compassionate wise response in the present moment
- Using our difficulties as doorways of opportunity to help us awaken
- The playful joy and hope exemplified by Archbishop Desmond Tutu and His Holiness the Dalai Lama

*"Like breathing in and breathing out, we listen deeply and then we can respond."* – Jack Kornfield

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## **Chapter 25: Listening with a Loving Heart and an Open Mind: Crossing the Abyss of Separation**

In this next chapter, Jack shares moving stories highlighting the truly transformative power encased within deep listening. Telling a tender story of the Dalai Lama's personal physician, Dr. Yeshe Dhonden, Jack exemplifies how we can bring healing to the world through our mindful loving attention.

- A story of the transformative power of listening exhibited by Dr. Yeshe Dhonden, the personal physician to the Dalai Lama
- How the problems we face in the outer world are symptoms stemming from the fear, greed, and hatred plaguing the human heart
- Listening with to others, with an open heart and open mind, to learn how to best help the world

*"Whether it's the climate crisis, the recent pandemic, or politics—these are symptoms of fear, greed, and hatred—and they are all rooted in the human heart."* – Jack Kornfield

*“Of what use is it if we can travel to the moon, when we cannot cross the abyss that separates us from one another?” – Sir Thomas Merton*

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## **Chapter 26: Nature Will Speak to You, and You Can Listen: Opening to the Natural Rhythms of the Earth**

In this next chapter, Jack explores what we can learn from listening to the rhythms of nature around us. Inviting us to navigate the world with patience, stillness, and kindness, he shares wisdom from the *Tao Te Ching* and Mr. Rogers highlighting how to truly listen and respond when nature speaks to us.

- Wisdom from the *Tao Te Ching* on patience and stillness
- Listening to the rhythms and wisdom of nature and Mother Earth
- Learning how to understand when nature speaks to you
- All pervading wisdom from Mr Rogers on the importance of kindness and helping

*“Do you have the patience to let your mud settle and the water become clear? Can you remain unmoving until the right action arises by itself?” – Tao Te Ching*

*“When you take the time to quiet your mind, to listen with the heart, to bring a loving awareness to the situations you find yourself in, then you can respond in an entirely different way.” – Jack Kornfield*

*“Nature will speak to you. It does all the time. And you can listen.” – Jack Kornfield*

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## **Chapter 27: Healing Ourselves Together: Trusting Our Hope, Humanity, and Kindness**

In this next chapter, Jack explores how we can begin to shift to the positive side of life by trusting our hope, humanity, and kindness. Reflecting on the importance of remembering the billions of acts of goodness which happen each day, he reminds us to include ourselves in our own circle of compassion by tending the heart with mindful loving awareness.

- Including yourself in your circle of compassion
- Remembering the billions of acts of goodness that happen each day



- Jane Goodall and the importance of not losing hope
- The moving story of Lakota Medicine Man, Black Elk, showcasing the truth of our inexorable connection to nature
- Tending the heart and the world with mindful loving awareness
- Knowing when to reach out, when to be still, when to say no, and when to mend what you can touch

*“When we listen, we heal ourselves together.” – Jack Kornfield*

*“Quiet the mind, take time, tend the heart, listen inwardly, listen to one another, listen to the earth—and you will know what to do.” – Jack Kornfield*

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## **Section 4: Redemption and the Wholeness of Renewal**

### **Chapter 28: Guided Meditation Practice: Renewal Through Letting Go**

In this next chapter, Jack shares a guided meditation practice focused around renewal through letting go. Inviting us to trust our body, nature, and awareness itself, Jack offers the opportunity to live life from what our spirit truly wants and needs.

- Turning your attention to your breath, body, heart, and mind
- Becoming more present, steady, embodied, and relaxed
- Letting go and allowing the body to breathe itself
- Filling your body and being with loving kindness
- Allowing yourself to find trust in your body, nature, and awareness
- Learning what your spirit truly wants and needs

*“Let thoughts, emotions, sounds, and sensations arise and fall like waves of the ocean around the breath, and feel how the breath breathes itself amidst it all.” – Jack Kornfield*

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### **Chapter 29: Renewal, Wholeness, and Uncovering Our Common Humanity: Tender Reflections Amidst the Music of the Spheres**

In this next chapter, Jack discusses the naturally renewing cycles of nature’s seasons and the cosmic ‘Music of the Spheres.’ Through this lens, he shares a story of true love,

tenderness, and renewal, and explores how—even in this separated culture we find ourselves in—we can find wholeness through uncovering our common humanity.

- The cycles of the cosmos and the ‘Music of the Spheres’
- Nature, the changing seasons, and how life naturally renews
- An engaging story plunging the depths of true love, heartbreak, tenderness, and renewal
- How to come back to your wholeness in a separated culture
- Moving past the “toxic nostalgia” of exile which plagues our system
- Seeing through another’s eyes to feel our common humanity

*“Give me everything mangled and bruised, And I will make a light of it to make you weep, And we will have rain, and begin again.” – Deena Metzger*

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### **Chapter 30: Mindful Loving Awareness and the Great Heart of Compassion: Renewal Through Feeling**

In this next chapter, Jack begins to illuminate the process of how we can begin to safely bring our exiled emotions up to finally be felt within the great heart of compassion. Exploring how meditation and mindful loving awareness are invitations to tenderness, courage, wonder, and intimacy, he shares how trusting the heart and allowing the ocean of tears opens the door to healing and renewal.

- Mindful loving awareness as a reminder of renewal, that it’s never too late to start again
- A heart-opening story from the Buddha about the compassion of a great elephant
- Paying attention, listening, and softening your heart to hear the Dharma
- Meditation and loving awareness as an invitation to tenderness, courage, wonder and intimacy
- Exile and knitting ourselves back together with loving attention
- Tapping into the natural healing encased within the human body
- Trusting the heart, allowing the ‘ocean of tears,’ and feeling all of our emotions

*“Mindful loving awareness, no matter the darkness, is an invitation to trust, to know that it’s never too late to start again.” – Jack Kornfield*

*“Even in exile, our attention itself is what knits us back together.” – Jack Kornfield*

*“One of the most beautiful things we learn from mindful loving awareness is that we can be aware of all of our emotions—grief, love, longing, pain, fear, joy, excitement—and make the space for all of these to be held in the great heart of compassion.” – Jack Kornfield*

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### **Chapter 31: The Mind Creates the Abyss and the Heart Crosses It: From Exile to Renewal**

In this next chapter, Jack helps open us to the wisdom that the mind creates the abyss, while the heart crosses it. Through this lens, he takes us from exile to renewal by sharing a personal story of Ram Dass on overcoming judgment, and sharing how we can move from disconnection to connection through listening, trusting, and loving

- Reflecting on what emotions, thoughts, and feelings we have exiled, and allowing them to come forth and be felt in the great heart of compassion
- Working with the mind, the body, and that within us that is asking to be felt
- A personal story of how Ram Dass helped Jack overcome judgment
- Noting the thoughts and feelings which arise within us, and recognizing that we are not them, we are consciousness itself
- Learning to speak up on behalf of the world, nature, and our human family
- Our innate capacity to return from disconnect and exile to be truly connected
- Bringing a sacred presence to our “blessed monotony” of daily life
- Meditating as a way of listening, trusting, loving, and mending what is broken

*“We have the miraculous capacity to return from disconnection and exile, and come back to be truly connected.” – Jack Kornfield*

*“The mind creates the abyss, and the heart crosses it.” – Sri Nisargadatta Maharaj*

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### **Chapter 32: Guided Meditation Practice: Loving Kindness, The Doorway to Redemption**

In this next chapter, Jack offers a deep and powerful loving kindness practice for the struggles, wars, and conflicts happening throughout the world. Showcasing how to use the imagination to wrap the planet, and those suffering, in the heart of loving kindness,

Jack invites us to extend metta to those in need, including ourselves, so that we can live in happiness and joy, bringing the possibility of redemption to all we touch.

- Wrapping the world and our experiences in the heart of loving kindness
- Learning what it feels like to truly wish well for others and yourself
- Using the power of our imagination to visualize and experience transformative blessings
- Slowly and gradually directing our loving kindness to those suffering throughout the world
- Listening to our intuition and allowing our heart to direct itself
- Learning how to live in happiness and joy, and bring loving kindness to all we touch

*“Living in loving kindness opens the doorway to happiness and joy.” – Jack Kornfield*

*“Extend the feeling of loving kindness across the world, to those in difficulty, the families, the children who are fleeing danger in so many places—Myanmar, Sudan, Ukraine, Gaza, Palestine, Israel—across the world. Picture them and send rays of love, metta, and strength: ‘May you be safe and protected, may you find ease and graciousness, may you be held in loving kindness, and in whatever ways you can, may you be happy.’” – Jack Kornfield*

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### **Chapter 33: Seeing Through the Eyes of Redemption: Tied Together in the Garment of Destiny**

In this next chapter, Jack opens us to the healing and wholeness encased in true redemption. Exploring how to navigate the intensity of news headlines and social media, Jack invites us to see the world through the eyes of Buddha, and learn to stand up for ourselves and each other without demonizing anyone or poisoning our own heart.

- The meaning of redemption and how it differs from forgiveness
- Navigating the intensity of the world, painful news headlines, and social media
- Fulfilling your capacity to see the world with the eyes and heart of the Buddha
- More reflections on the mother-child story of redemption, forgiveness, and reconciliation
- Asking your heart the question: who do we forget and leave behind?
- Standing up for ourselves and setting boundaries to protect ourselves from suffering, but while not demonizing others or poisoning our own hearts

*“Redemption is making something better, or freeing yourself or someone else from the burden of the past, somehow fixing, redeeming, atoning.” – Jack Kornfield*

*“With the most terrible dictators and terrorists, the warlords that we see causing so much suffering in this world—we have to do all we can to stop that suffering, but it’s also important not to let it poison our hearts, to not let it in any way demonize our hearts to turn against whole groups of people, or give way to despair.” – Jack Kornfield*

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### **Chapter 34: Stories of Redemption and Impermanence: It’s Never Too Late to Start Again**

In this next chapter, Jack illuminates how to work with our shortcomings, fear, anger, and aggression in order to allow ourselves to be redeemed within our own hearts. Noting the truth of impermanence and keeping our beginner’s mind as our keys to freedom, Jack shares and reflects on the Angulimala Sutta, a powerful Buddhist story on the heart of redemption and transformation.

- Working with our own shortcomings, fears, mistakes, shame, anger, unkindness, aggression—allowing ourselves to be redeemed
- Reflecting on how you hold yourself when you get upset, and learning to gaze upon yourself with the eyes of compassion
- The truth of impermanence and keeping our beginner’s mind
- The Angulimala Sutta – a powerful Buddhist story of redemption and transformation

*“Buddhist teachings emphasize the truth of impermanence. No matter what we’ve been through, it’s never too late, we can always start again.” – Jack Kornfield*

*“Stories of redemption tell us something different—that wisdom and the training of the heart can triumph over temperament and circumstance.” – Jack Kornfield*

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### **Chapter 35: Transforming Conflict with the Nobility of a Peaceful Heart: Not Giving Up on the World or Yourself**

In this next chapter, Jack helps us move past the knee-jerk reactions of blaming and finger-pointing so that we can begin to transform the 'body of fear' and live from a place of love. Noting the very real possibility of transforming the conflicts of the world through the nobility of a peaceful heart, Jack shares wisdom around not giving up on the world, or yourself.

- Moving past thoughts of blame and finger-pointing
- What Jack learned from his peace work in the Middle East
- Transforming the 'body of fear,' and healing hatred with love
- The possibility of transforming the conflicts of the world by the nobility of a peaceful heart
- Not giving up on the world, and not giving up on yourself
- How good stories can help us break the trance of the world

*"Hatred never ends by hatred, but by love alone is healed." – The Buddha*

*"This points to the wondrous possibility that the conflicts that plague the world can be transformed by the nobility of heart." – Jack Kornfield*

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### **Chapter 36: Finding Redemption Through Bearing the Suffering: The Transformative Power of Heartfelt Attention**

In this next chapter, Jack reflects on how the only way to find true redemption is to bear the suffering. Contemplating how, why, and who we exile from our hearts, he explores how we can begin to meet our measure of cosmic pain with transformative qualities of compassion, curiosity, beginner's mind, and heartfelt attention.

- Finding redemption through bearing the your suffering
- Contemplating who we exile from our hearts
- Meeting our measure of cosmic pain with compassion
- How Ram Dass helped ease a conflict between Jack, Sharon, and Joseph
- Healing through curiosity and beginner's mind
- The transformative power of heartfelt attention

*"To find redemption, you have to bear the suffering." – Jack Kornfield*

*"It never hurts to think too well of someone, they often act the better because of it." – Nelson Mandela*

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## **Chapter 37: The World is Full of Second Chances: Redemption is Always Possible**

In this next chapter, Jack reflects on how the world is truly full of second chances and the limitless possibility of redemption. Sharing how to pause, listen to the heart's wisdom, and become 'The One Who Knows,' Jack helps us see life through the lens of imagination, consciousness, and dancing patterns of illumination. From this perspective, he explores how to free our minds, and reminds us that the only thing that truly matters is love.

- The world is full of second chances
- The limitless possibility of redemption
- Pausing, listening to the wisdom of the heart, and becoming 'The One Who Knows'
- Imagination, consciousness, and changing patterns of illumination
- Why the only thing that truly matters is love
- Emancipating yourself, freeing your mind, and singing songs of freedom

*"Followers of the Way, the most important thing to tell you tonight is that the world is full of second chances. In our life and our world, redemption is always possible." – Jack Kornfield*

*"It's not just the grass that keeps growing, your body keeps renewing itself. Everything is in change. Consciousness is a waterfall, a river, an ocean of re-creation again and again, inviting new patterns in illumination and the possibility of redemption. You can trust this power and align yourself to it." – Jack Kornfield*

*"The earth is too small a star, and we too brief a visitor upon it for anything to matter more than love." – Jack Kornfield*

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