
The Sacred Journey Home

Timeless Teachings on Freedom and Love Just Where You Are

Rare Unearthed Lost Tapes from a 1990 Yucca Valley Retreat with Jack Kornfield

Orientation: Welcome to the Sacred Journey

This course invites you into a profound journey of healing, awakening, and deep belonging—drawn from a rare retreat led by Jack Kornfield in 1990. Whether you are new to meditation or a seasoned practitioner, this experience is designed to support you in grounding your spiritual path in daily life. You'll engage timeless Dharma teachings, contemplative practices, and compassionate self-inquiry, all framed with warmth and wisdom.

Who This Course is For:

- Practitioners with a foundational understanding of mindfulness and meditation
 - Seekers longing for peace, clarity, and connection
 - Those healing from trauma or navigating major life transitions
 - Anyone yearning to walk a spiritual path with heart
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What You'll Receive

- 5 Core Modules (40+ timeless video teachings)
- Guided contemplative practices & journal prompts
- Optional reflection companions for each module

Course Overview

Module 1: The Path Begins

Walking with Clarity, Integrity, and Courage

“If you want to follow the spiritual path, you want to follow it as a path with heart. Any other way is not really worthwhile.” – Jack Kornfield

The Buddha’s teachings are not rules—they are invitations to live with integrity, clarity, and love. This module lays the foundation with the Eightfold Path and the Three Characteristics of Existence.

You’ll explore:

- How to meet life with presence and compassion
- What it means to live your values as spiritual practice
- Tools for integrating mindfulness in everyday life

Topics:

1. Begin Here: Seeing Clearly and Planting the Seeds of Inner Freedom
2. Path with Heart: Meeting Life with Openness and Compassion
3. Integrity in Action: Turning Everyday Life into Spiritual Practice
4. Sacred Energy: Navigating Sex, Substances, and Work with Consciousness
5. Riding the Inner Waters: Meditation, Balance, and Facing What We Run From
6. The Truth of Things: Suffering, Impermanence, and the Path to Freedom
7. The Fearless Heart: Touching Suffering with Love

8. Becoming the River: Letting Go in a World That Always Changes
 9. Here and Now: Selflessness, Emptiness, and the End of Striving
 10. Making Peace with Reality: Finding Grace in Suffering, Change, and Emptiness
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Module 2: Healing from the Inside Out

Resting, Feeling, and Returning to Wholeness

“When we get down to it and begin the inner work, it’s a very deep process of healing ourselves.” – Jack Kornfield

Healing begins when we pause and listen. This module teaches you to meet your own heart with radical acceptance.

You’ll explore:

- How to soften shame and trauma with compassion
- Embodied practices for nervous system healing
- Restoring a sense of safety, dignity, and basic goodness

Topics:

1. The Healing Journey: Transforming Trauma Through Love, Courage, and Connection
2. Softening the Armor: Letting the Body Settle and Heal
3. The Courage to Feel: Self-Acceptance and the Power of Soul Force
4. Ending the Inner War: Noticing Thought Loops and Remembering Your Basic Goodness
5. Surrender to the Flow: Emptiness, Oneness, and the Rhythm of Being
6. Taking the One Seat: Meeting Life as It Is, Not as We Wish It to Be
7. The Sacred Unwinding: Letting the Breath and Body Lead the Way

8. This Too Belongs: Holding the Full Spectrum of Mind with Spacious Awareness

Module 3: The Sacred Journey of Awakening

Facing the Fire, Returning with Love, and Resting in Peace

“As you listen, you will hear different flavors of Dharma, but all are grounded in the fundamental practice of being with what is.” – Jack Kornfield

Awakening is not a straight line—it’s a spiral of letting go, seeing clearly, and returning home to your true self.

You’ll explore:

- The archetypal arc of the spiritual journey
- How to face resistance and fear with mindfulness
- The joy and courage of showing up fully

Topics:

1. Setting Out on the Sacred Journey: Longing, Renunciation, and the Call to Awaken
 2. Into the Fire: Meeting Resistance, Fear, and the Inner Trials of the Path
 3. The Return: Walking Back into the World with Love and Compassion
 4. The Courage to Stay: Mindfulness, Energy, and Trusting the Longing to Awaken
 5. The Joy of Discovery: Seeing for Yourself What’s True
 6. The Flowering of Peace: Calm, Stillness, and the Strength of Letting Go
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Module 4: Living in Rhythm

Embracing Change and Bringing Practice to Life

“Let ourselves open and feel our expansion and contraction within the great cycles of the universe.” – Jack Kornfield

Here, the teachings move off the cushion and into your messy, beautiful, everyday life.

You'll explore:

- Living your practice through parenting, working, and relating
- Surrendering to cycles of change with grace
- Holding paradox with compassion

Topics:

1. The Dance of the Cosmos: Expansion, Contraction, and the Power of Impermanence
2. Seasons of the Soul: Making Peace with Change and Letting Life Be Life
3. Loving What Is: Dissolving Separation and Living from Spacious Presence
4. Sacred Mirrors: Finding Wisdom and Compassion in Daily Struggles
5. Awakening in Your Role: Parenting, Working, and Living with Presence
6. Walking Your Own Way: Balancing Solitude, Service, and the Spirit of the Path

Module 5: Karma, Identity, and the Deep Heart

Awakening Through Wholeness and Intention

“In our very difficulties is often the strongest possibility of our real awakening.” – Jack Kornfield

The final module returns us to the mystery of being—where we can meet ourselves with clarity, compassion, and humility.

You'll explore:

- Karma, identity, and the illusion of control
- Forgiveness and self-compassion as pathways to freedom
- How to live from wholeness, not perfection

Topics:

1. Seeds of Intention: Karma, Personality, and the Stories That Shape Us
2. From Habit to Healing: Turning Poisons into Medicine Through Compassion
3. Tending the Heart's Garden: Forgiveness, Connection, and What Truly Matters
4. The Great Mystery of Self: Emptiness, Expansion, and the Illusion of Control
5. Healing Through Wholeness: Self, Strength, and the Radiant Heart
6. Wholeness in the Heart of the Paradox: From Unworthiness to Unfolding Presence



Epilogue – A Blessing for the Road Ahead

You are not a problem to fix—you are a sacred life to live. As Jack reminds us, the path is not about becoming someone else. It's about remembering who you already are.
