
Living the Dharma in a Troubled World

Practicing Steadiness, Kindness, and Wise Response in Times of Change

A Yearlong Journey with Jack Kornfield

Welcome

Dear Friends,

The world we're living in asks a great deal of the human heart.

Many of us feel the strain—politically, socially, emotionally, spiritually. It's easy to become overwhelmed, hardened, or exhausted. And yet, the deepest teachings of the Dharma remind us that it is *precisely in times like these* that practice matters most.

This yearlong journey, **Living the Dharma in a Troubled World**, is an invitation to cultivate what the Buddha called a *steady heart*—a heart that can remain present, kind, and responsive even when conditions are difficult.

This is not about withdrawing from the world.

And it is not about fixing ourselves.

It is about learning how to meet life as it is, with awareness, compassion, and wise response.

I'm grateful you're here.

With warmth,

Jack

What This Journey Is — and Is Not

This program is **not self-improvement**.

It does not ask you to optimize yourself, transcend your humanity, or bypass pain. It does not promise certainty, quick relief, or a perfected version of you.

Instead, this is a **practice of remembering**:

- remembering your capacity for steadiness
- remembering your shared humanity
- remembering how to respond with care

The steady heart we cultivate here is not rigid or detached.

It is *alive*, responsive, and deeply human.

Program Overview

Living the Dharma in a Troubled World is a **yearlong guided practice journey** that unfolds over the course of a full year, offering:

- Ongoing teachings with Jack Kornfield
- A steady, seasonal rhythm rather than a fast-paced curriculum
- Reflection and integration woven into daily life
- A global community practicing together

The emphasis is not on content consumption, but on **companionship, continuity, and practice over time**.

How the Program Is Structured

Weekly Teaching Rhythm

Throughout the year, you'll receive:

- New teachings released on a regular cadence
- Reflections and prompts to support integration
- Invitations to bring practice into daily life

You're encouraged to engage at a pace that feels sustainable. This journey is designed to be lived *alongside* your life, not added on top of it.

Live Q&A and Guided Sessions

At regular intervals throughout the year, Jack offers **live Q&A and guided sessions**, providing:

- Space for reflection and inquiry
- Clarification of the teachings
- A sense of shared presence and community

These sessions are a core part of the journey—places where the teachings are grounded in lived experience.

A published **Live Q&A schedule** is available within the program.

Lifetime Access

Participants receive:

- **Lifetime access to all teachings and materials**
- Access to recordings of live sessions
- The ability to return to the journey at any point in the future

This is a path you can walk again and again, as life changes.

The Yearlong Arc

The journey unfolds as a **spiral of awakening**, moving through four broad phases:

1. **Steadiness** — learning to stay present
2. **Compassion** — opening the heart without burning out
3. **Wise Hope** — resilience without denial
4. **Service** — living the teachings in the world

Each phase supports the next, while continually returning to the foundation of a steady heart.

Month-by-Month Journey

Each month offers a particular emphasis, inviting you to explore how the Dharma meets your life *right now*.

February — Inner Climate Change

Cultivating steadiness in a changing world

We begin by attending to the inner conditions that shape how we meet the outer world.

Focus includes:

- Recognizing the “inner climate” of the heart
- Learning how steadiness supports wise response
- Beginning the year grounded rather than reactive

Guiding question:

What helps me stay steady in the midst of change?

March — Belonging to Life

Remembering our place in the larger whole

This month turns toward connection—beyond isolation, identity, or fear.

Focus includes:

- Belonging as lived experience
- Releasing the sense of separation
- Finding steadiness through connection

Guiding question:

What changes when I remember I am not alone?

April — Building the New Story Together

From inner steadiness to shared responsibility

Here we explore how inner practice informs how we participate in the world.

Focus includes:

- Moving from reaction to response
- Trust, collaboration, and shared responsibility
- Living from what we're *for*, not only what we're against

Guiding question:

What story am I living—and contributing to?

May — Seeing Through the Eyes of Others

Compassion as a way of seeing

This month emphasizes empathy and understanding across difference.

Focus includes:

- Meeting fear with care
- Letting compassion guide perception
- Grounding action in shared humanity

Guiding question:

How does compassion change what I see?

June — Working with Anger and Judgment

Turning intensity into clarity

Rather than rejecting strong emotions, we learn how to meet them wisely.

Focus includes:

- Patience and perspective
- Responding without hardening
- Acting from care rather than blame

Guiding question:

What happens when I meet anger with awareness?

July — Love as a Practice

Letting care take form in daily life

Compassion becomes something lived and expressed.

Focus includes:

- Love as action, not abstraction

- Responsibility across generations
- Serving without attachment to outcome

Guiding question:

How does love move through my ordinary days?

August — Resilience and Inner Leadership

Staying steady when things are uncertain

This month centers on resilience grounded in presence.

Focus includes:

- Strength that does not harden
- Grief and love held together
- Leading through steadiness

Guiding question:

What kind of strength sustains me?

September — Joy and Renewal

Allowing joy without denial

Joy is explored as a sustaining force, not an escape.

Focus includes:

- Renewal and forgiveness
- Hope rooted in realism
- Remembering goodness

Guiding question:

What allows joy to coexist with difficulty?

October — Refuge in Practice

Finding steadiness that does not depend on conditions

We explore what it means to take refuge—not as escape, but as grounding.

Focus includes:

- Refuge as lived experience
- Ethics and integrity as support
- Inner sanctuary

Guiding question:

Where do I return when things feel unstable?

November — Community and Care

Steadiness as a shared field

This month highlights the role of community in sustaining practice.

Focus includes:

- Shared presence
- Caring for one another
- Moving through uncertainty together

Guiding question:

How does my steadiness affect others?

December — Integration and Sacred Service

Offering our lives as practice

The year closes with integration and reflection.

Focus includes:

- Living what has been learned
- Offering care without expectation
- Continuing the path forward

Guiding question:

How does my life become an expression of practice?

Access, Enrollment, and Support

- **Lifetime access** to all program materials
- **Live Q&A sessions** throughout the year
- **30-day satisfaction guarantee**

If the program is not the right fit, participants may request a full refund within 30 days.

Support is available through the program team for any logistical questions.

Closing Invitation

This is a year of guidance.

A global community.

A path toward steadiness, kindness, and wise response.

Begin with clarity.

Move through with courage.

End grounded in a deeper humanity.

With care,

Jack Kornfield
