How to Thrive in Love

Buddhist Secrets to Transform Your Relationships

with **Jack Kornfield** & **Trudy Goodman**

Section 1: Love and Relationship: The Great Spiritual Practice

Chapter 1: There's Some Things You Don't Learn in a Monastery: Intimacy With

All Things

Description, key themes, and quotes:

In this chapter, Jack and Trudy introduce us to the first part of the Relationships Course, a deep exploration of our relationships as the great spiritual practice. In this opening chapter, they share on impermanence, widening our circle of compassion, Ram Dass' loving awareness, the trustworthiness of love and mindfulness, honoring ancestors and community, what it means to live in a field of love, and enlightenment as intimacy with all things.

- Impermanence and what it means to live in a field of love
- The trustworthiness of love and mindfulness
- Ram Dass and the practice of loving awareness
- Impermanence and seeing with the eyes of love
- Widening our circle of love and mindfulness
- Ancestors, family, community, spiritual lineage
- Enlightenment as intimacy with all things

> *"Mindfulness and love are trustworthy. " – Jack Kornfield*
>
> *"This is about intimacy with life itself, with everything. And letting everything wake us up*

to remembering, 'We're here together!'" – Trudy Goodman

> *"Enlightenment is intimacy with all things." – Zen Master, Dogen*

Chapter 2: The Invitation of Mindfulness: Taking Your Body, Mind, Heart, Partner,

and Experience ‘As Is’

Description, key themes, and quotes:

In this chapter, Jack outlines the various approaches we can take to mindfulness and meditation, noting how it’s more about “getting real” than striving for an end goal, like music. From here, Jack and Trudy share wedding ceremony wisdom, and how the real introduction of mindfulness is taking your body, heart, mind, and experience as it is.

- Approaches to mindfulness and meditation
- Dropping the goal and “getting real”
- Alan Watts, and experiencing meditation as music
- Jack and Trudy’s wedding ceremony wisdom
- Taking yourself and partner ‘as is’

> *“This is really the introduction to mindfulness: do you take your body, heart, mind, and*

experience as it is?” – Jack Kornfield

Chapter 3: Guided Meditation Practice: Loving Yourself Just As You Are

Description, key themes, and quotes:

In this chapter, Jack leads a moving guided meditation on loving yourself just as you are. Helping us relax into the present moment by breathing along with all of reality, he guides us through layers of offering gratitude, compassion, listening, and love to our body, heart, and mind. Through these instructions, Jack lays a pathway to enter the field of mindfulness as loving awareness.

- Relaxing into the reality of the present moment
- Breathing along with all of reality
- Holding yourself in mindful loving attention
- Listening to the wisdom of the body, heart, and mind
- Offering deep gratitude to yourself for all you carry
- Entering the field of mindfulness as loving awareness

> *“Notice what happens when you invite the body to be just as it is.” – Jack Kornfield*

> *“Feelings come and go like weather. They can be honored, but they’re not who you are.*

You’re not the thoughts and images that come and go. You are awareness itself, timeless, open, transparent, the loving awareness that holds it all.” – Jack Kornfield

> *“This gives the spirit of entering the field of mindfulness as loving awareness. And its*

invitation is a tremendous gateway for freedom.” – Jack Kornfield

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Chapter 4: Freeing Our Hearts with Loving Kindness: Metta as a Protector from

Fear and Anxiety

Description, key themes, and quotes:

In this chapter, Trudy shares about loving kindness (metta) practice as a protector from fear and anxiety. Noting how we can stretch the heart to become more malleable and inclusive, she shares tips for how we can begin to send metta to difficult people, and offers guidance around mental acts of kindness and suffusing our lives with tenderness.

- Metta practice as a way to radiate warm friendliness
- Starting with what's easy to love
- How to send loving kindness to difficult people
- Stretching the heart to be more malleable and inclusive
- How mental acts of kindness help
- Metta as protection from fear and anxiety
- Freeing our hearts with metta practice
- Holding the world with tender loving awareness

> *"Metta was taught as a protection against fear and anxiety in the Buddha's time. That's*

what it was meant for, to protect oneself from being caught." – Trudy Goodman

> *"If we don't feel connected to our own hearts in some loving way in spite of it all, it's*

really hard to love others." – Trudy Goodman

> *"What really works to free our hearts are practices of presence and loving awareness."*

– Trudy Goodman

Chapter 5: Guided Meditation Practice: Embodied Metta 'Dharma Play'

Description, key themes, and quotes:

In this chapter, Trudy leads an embodied metta guided meditation practice. Reinventing 'practice' as 'dharma play', she invites us to breathe in the aliveness of the present moment and breathe out tension. Sharing metta and relaxation with the body, and opening up to receive its wisdom and compassion.

- Experiencing practicing as "dharma play"
- Breathing in trust, breathing out tension
- Letting go of the past and the future
- Using the breath to check in with our emotions
- Relaxing into and appreciating the body
- Opening to the wisdom and compassion of the body

- Receiving the gift of quiet loving presence

"Receive this gift of quiet loving presence you are offering to yourself right now, simply

by being here; receive the love of the breath, of its trustworthy presence, breath by breath." – Trudy Goodman

"This whole life is relationship." – Trudy Goodman

"Our breath mirrors our emotional state." – Trudy Goodman

Chapter 6: Redefining Your Personal Capacity: Self-Love, Self-Acceptance, and

Moving Past Judgment

Description, key themes, and quotes:

In this chapter, Trudy and Jack navigate the nuances of living skillfully in our personal, intimate relationships. Sharing how self-love and self-acceptance is transformational in helping us move past the judging mind, they explore soul mates, romance, and inhabiting our bodies and lives with intention, reality, and joy.

- Cultivate self-love and cherishing this life
- Inhabiting our body with our intention
- Self-acceptance and overcoming the judging mind
- Navigating personal, intimate, and romantic relationships
- Soul Mates, Gurus, surrender, trust, discernment
- Redefining our capacity for love and dharma
- The freedom of our right to fulfillment in our romantic relationships

"The first thing is to love yourself. You cannot progress by self doubt and self hatred.

You can only progress by self love." – Dipa Ma

Chapter 7: Trauma Doesn't Define You: Dropping Your Defenses, Learning to

Listen, and Inhabiting Love

Description, key themes, and quotes:

In this chapter, Jack shares how we can live this life while fully inhabiting love. After reflecting on his difficult upbringing, and how childhood shapes our lives, he shares about his mindful dating process with Trudy, and the wisdom encased within their relationship. Exploring how the best way to connect is to drop our defenses and truly listen to one another, Jack outlines how we can meet intensity and overwhelm with heartful curiosity. From here, he shares ancient Buddhist perspectives on modern

suffering, sheds light on how to work with annoyance and frustration in the moment, and relays a simple yet powerful method for seeing our partners, and those around us, for their purest intentions.

- How to live this life while inhabiting love
- The ways our childhood and upbringing shape our relationships
- Jack and Trudy's sweet and mindful dating process
- Dropping our defenses so we can actually listen and learn
- The importance of paying attention to each other
- Meeting intensity and overwhelm with heartfelt curiosity
- Where modern "trauma" connects with Buddhism's "suffering"
- How to work with annoyance and frustration in the moment
- Methods for seeing our partners for their best qualities and purest intentions

> *"In conversations there are two directions you can go—back to yourself, or curiosity and*

listening." – Jack Kornfield

> *"Trauma doesn't define you. And you don't have to work it all out. The real revelation is*

to realize that it's not who you are. And it's not who other people are. It can be activated, it's patterns. But the Dharma invites us to see each other as already whole, already free." – Jack Kornfield

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Chapter 8: Journal Prompt and Reflections: What Are You Learning From Your

Close Relationships?

Description, key themes, and quotes:

In this chapter, Jack begins by offering a prompt for reflection, inquiry, and journaling: What are you learning in your close relationships? What is difficult? What is helpful? Then, after resuming the discussion (~15:00 minute mark) Trudy and Jack dive into questions around embodying wisdom through aging, what we can learn between short and long term relationships, and how close relationships are like long meditation retreats.

- What are you learning in your intimate relationships?
- What has been difficult? What has been helpful?
- Embodying wisdom through the process of aging
- Differences between short and long term relationships
- How our close relationships are like long meditation retreats

> *"A relationship is like a really long [meditation] retreat. In long retreats there's lots of*

times where it's murky, you get lost, and it's all just slippery and weird. But then there's

also times in long retreats where the cycles are crystal clear. That's the benefit." – Trudy Goodman

Journal Prompt:

What are you learning in your intimate or close relationships?

What has been difficult for you?

What has been helpful?

- Please feel free to share your reflections in the Course Discussion Forums

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Chapter 9: Kissing the Toad and Loving What's Difficult: Breaking the Spell of

Your Projections and Tuning to Your Highest Intention

Description, key themes, and quotes:

In this chapter, Trudy and Jack explore how to send loving kindness to the difficult people in our lives, and how we can begin to hold our own hatred with love. Touching on how we can dissolve our self-righteousness with a loving breath and mindful pause, they illuminate the secret beautiful truth encased within change and impermanence. From here, they share how we can "kiss the toad" and love what's difficult to finally break the spell of our projections.

- How to send metta to difficult people, and hold our hatred in love
- Learning the power of the mindful pause, and setting intentions
- Dissolving self-righteousness with love, patience, intention, and breath
- Learning how to tune inwardly and remember our compassion and nobility
- The secret beautiful truth encased within change and impermanence
- "Kissing the toad" – breaking the spell of your projections and loving what is difficult
- Offering metta to the difficult parts of ourselves, the parts that need the most love

> *"If you are in conflict with someone where it gets difficult, take a breath, a mindful*

pause, and ask yourself, 'What's my highest intention?' It's like an elixir which dissolves self-righteousness." – Jack Kornfield

> *"Everything gets changed when you tune into the best intention." – Jack Kornfield*

> *"Things can get better, and it can be beautiful that things are changing all the time.*

Impermanence is bad news when you're riding high, but when things are hard it's really good news that things can change!" – Trudy Goodman

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Chapter 10: Guided Meditation Practice: Seeing With the Eyes of Love

Description, key themes, and quotes:

In this chapter, Jack leads a powerful paired guided meditation practice. (If alone, this can be done internally, with a photograph, in the mirror, or you can find a partner to connect with in the Discussion Forums). Sharing the intention for the practice being the ability to see the secret beauty behind the eyes of all beings, Jack helps us experience the great loving kindness that is our birthright.

- Sir Thomas Merton and the practice of 'seeing the secret beauty behind the eyes of every human being'
- Ram Dass and the transformative "glance of mercy" given by spiritual beings
- A powerful paired guided meditation on seeing through the eyes of love
- Experiencing the great loving kindness that is your birthright

> *"See the secret beauty behind these eyes, and all the gifts and blessings. As you open,*

notice how naturally there is a care, a spontaneous well-wishing." – Jack Kornfield

> *"Know that what you are experiencing is the great loving kindness that is natural to us—*

rest in it, experience it, open to it." – Jack Kornfield

- This is generally a partnered practice. If alone, this can be done internally using the power of

the imagination, or with a photograph of someone, or with a mirror looking at oneself, or you can

go to the Jack Kornfield Course Discussion Forums and try to find a partner to Zoom with.

Chapter 11: Reflections: Embodying Your Wisdom: Happiness as Inseparable

from You

Description, key themes, and quotes:

In this chapter, Trudy and Jack dive into questions and reflections around the timeless eternal nature we tap into when we are present with another person, how to give and receive gracefully, how the mirror-like quality of close relationships push us into mindfulness, and how we can begin to embody our wisdom and trust our progress on the path. To close, Trudy shines Buddha's wisdom that happiness is truly inseparable from us.

- The timeless, eternal nature of being present with another person
- Giving and receiving gracefully, as well as the spiritual precept of non-giving and non-receiving
- The mirror-like quality of close relationships, and how they push us to investigate

parts of ourselves we may not normally like to see

- How to embody our wisdom and trust our progress

“There’s no such thing as giving or receiving – there’s just us!” – Jack Kornfield

“Happiness is inseparable from you.” – Trudy Goodman

“If you speak and act with a clear mind and generous heart, happiness will follow you

like a shadow clings to a form.” – The Buddha

Chapter 12: Even Buddha and Jesus had a Difficult Time with Their Family:

Karma Boundaries, and Love

Description, key themes, and quotes:

In this chapter, after beginning with a silent sitting, Jack and Trudy explore the nuances of relating to our family once we step onto the spiritual path. Sharing how to love your family just as they are, but while enacting appropriate boundaries, they shed light on living your own truth amidst the truths of nature and reality. Through the lens of your family as your karma, they reflect on how the best answer is to love them, weird as they may be.

- Settling into spacious awareness through meditation
- How to deal with family relationships along the spiritual path
- Loving your family the way they are, but taking appropriate distance if necessary
- The importance of setting and enacting compassionate boundaries
- Seeing family as your karma, and loving them, weird as they may be

“Both the Buddha and Jesus had a hard time when they went home to their family.” –

Jack Kornfield

“Your family is your karma, and the only answer to it is to love it, weird though they are.”

– Jack Kornfield

Chapter 13: Relaxing into Your Own Truth: Meeting Grief, Loss, and Suffering

with Loving Kindness and Childlike Imagination

Description, key themes, and quotes:

In this chapter, Trudy and Jack speak to how to work spiritually with children and young adults. Trudy invites each of us to live in childlike wonder, staying open and imaginative as we navigate our lives. From here, they reflect on how when we meet grief, loss, and suffering with loving kindness, they transform into karuna – compassion.

- Working spiritually with kids and young adults, opening to a sense of wonder
- Learning our own personal truths amidst the truths of nature and reality
- Encouraging the child inside of yourself to stay open and imaginative
- How to meet grief and loss with loving kindness
- How when metta meets suffering it transforms into karuna (compassion)
- Remembering your birthright, your open-hearted Buddha Nature

> *"What a powerful thing, to acknowledge you have your own truth." – Trudy Goodman*

> *"Relax into your own presence, your growth, your development." – Trudy Goodman*

> *"When metta, the loving kindness that we feel, meets grief, loss, or suffering—it really*

turns into karuna, compassion." – Trudy Goodman

Chapter 14: Guided Meditation Practice: The Three Directions of Forgiveness

Description, key themes, and quotes:

In this chapter, Trudy shares on the transformative power of forgiveness, and how we can begin to undergo this life-changing process. Exploring the importance of fully metabolizing our emotions before forgiving, rather than rushing the process and spiritually bypassing, she illuminates Neem Karoli Baba's wisdom to "Never throw another out of your heart." From here, she leads a moving guided meditation helping us forgive in three directions: forgiving yourself, forgiving others, and asking for forgiveness.

- Learning to forgive yourself, forgive others, and to ask for forgiveness
- Fully metabolizing your feelings – not forgiving until you are truly ready
- Spiritual bypass, and making sure your connection to spirit is genuine
- Neem Karoli Baba's wisdom to "Never throw another out of your heart."
- A powerful and transformative guided meditation practice going through the three directions of forgiveness

> *"We need to metabolize these experiences, and feel the feelings that they have brought,*

before there can be real forgiveness." – Trudy Goodman

> *"Forgiveness is healing and powerful, but if you're trying to paste forgiveness onto an*

experience that's painful, before actually acknowledging your vulnerability and pain, it just doesn't work. It's spiritual bypass. It's trying to be a spiritual person instead of understanding that real connection with spirit has to be honest, genuine, and as full-hearted as possible." – Trudy Goodman

"I can feel compassion for you even if I don't want you in my life." – Trudy Goodman

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Chapter 15: Journal Prompt and Reflections: The Point of Forgiveness is to Free

Your Heart

Description, key themes, and quotes:

In this chapter, Jack begins by offering a prompt for reflection, inquiry, and journaling: What is hard for you about forgiveness? What helps you with forgiveness? Then, after resuming discussion (Dharma Talk resumes ~15 min mark), Trudy and Jack speak to reflections and questions on wise topics around the themes of forgiveness, accountability, boundaries, compassion, reconciliation, and letting go.

- What is hard for you about forgiveness? What helps you with forgiveness?
- Honesty, taking baby-steps, not rushing forgiveness
- The delicate balance between accountability/boundaries and forgiveness/letting-go
- Freeing your heart from ill-will, negativity, anger, remorse
- Reconciliation, conflict resolution, and meeting hatred with love

"The point of forgiveness is to free your heart." – Trudy Goodman

"The person who hurt you might be on vacation on Maui right now, and you're hating

them. Who's suffering? So forgiveness becomes an invitation to your heart to release this person so it's no longer carrying them." – Jack Kornfield

Journal Prompt:

What's hard for you about forgiveness?

What helps you with forgiveness?

- Please feel free to share your reflections in the Course Discussion Forums

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Chapter 16: Awakening the Buddha Within: Compassionate Community and

Friendships of the Heart

Description, key themes, and quotes:

In this chapter, Jack explores the topic of compassion in relation to our community, our world, and ourself. Speaking to the reality that we can find friendships of the heart that truly uplift one another, he relays a moving story of loss and grief transformed by ritual and connection. Illuminating why the Buddha was known as The Compassionate One,

he shines the light back on us, explaining it's not about the Buddha over there, it's about the Buddha in you.

- Compassion for community, the world, and yourself
- Finding friendships of the heart that uplift one another
- A moving story of loss, ritual, grief, and connection
- Why the Buddha was known as The Compassionate One

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> *"It's not the Buddha over there. It's us. It's the Buddha in you that's awakening. " – Jack*

Kornfield

Chapter 17: Guided Meditation Practice: Shining Your Great Heart of Compassion

Description, key themes, and quotes:

In this chapter, after exploring how spiritual practices are meant to be practiced over and over like music, sports, or cooking, Jack leads a moving guided meditation for opening the heart of compassion. Inviting us to shine our tenderness, peace, and kindness out to others, the world, and ourselves, he helps us redirect our divisiveness towards compassion and care.

- How spiritual practices are meant to be practiced over and over, like guitar, tennis, or cooking
- Surrounding others, the world, and yourself in tenderness, kindness, peace, and compassion
- Holding yourself and allowing yourself to receive compassion, love, ease, and peacefulness
- Learning how to become the Compassionate One, sending blessing across the universe and shining your boundless heart of compassion
- Diffusing our divisiveness by focusing on compassion and acts of kindness and care

> *"In the center of it all is your own heart of compassion." – Jack Kornfield*
>
> *"A wise society starts in ourselves." – Jack Kornfield*
>
> *"Remember that practices are meant to be done a number of times, just like practicing*

guitar, tennis, or culinary skills—you do them over and over. Sometimes they feel beautiful, sometimes dull, sometimes they bring up their opposites. You'll see all that, and that's part of practicing." – Jack Kornfield

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Chapter 18: The Bodhisattva Way: Cultivating Appreciation, Intimacy, and

Freedom in our Relationships

Description, key themes, and quotes:

In this chapter, Trudy explores the Bodhisattva path of service, compassion, and caring. Sharing how we can cultivate a true intimacy with life by reparenting ourselves with mindfulness, she highlights how it's our presence that is the healing factor for others and ourselves. Speaking to Ram Dass and his meditations on becoming nobody, Trudy illuminates how through appreciation and love we can find freedom in our relationships.

- The Bodhisattva Path of service, compassion, and caring
- How to interpret the Bodhisattva vow, "Sentient beings are numberless, I vow to save them all."
- Internal Family Systems and "freeing our parts" to be as they are
- Appreciating life just the way it is, and yourself just the way you are
- Cultivating intimacy, steadiness, and realistic expectations in our relationships
- How healthy relationships needed strong connection only about 30% of the time
- The importance of taking space and spiritual retreat
- Reparenting ourselves with mindfulness
- How it's our presence that is truly healing for others and ourselves
- Simple Bodhisattva activities we can engage in with each other
- Ram Dass and meditating on becoming nobody
- Participating in our Beloved Community and being deep lovers with life

> *"The Bodhisattva Way is built into nature—it's very natural this activity of caring for the*

young, and caring for each other." – Trudy Goodman

> *"Through mindfulness and compassion we learn to hold ourselves through grief and*

loss. And the extent that we can hold ourselves is that extent we can be present for others." – Trudy Goodman

> *"Ram Dass meditated on becoming nobody. Those meditations were a source of power*

for him, a doorway into love. That by decluttering his mind and heart, and not worrying about himself, he could just be, and in that being he could show up as a deep lover of all human kind. We too can be present as deep lovers of life." – Trudy Goodman

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Chapter 19: Navigating the Great Turning of the World: Planting Beautiful Seeds

of Goodness, Care, Intention, and Fun

Description, key themes, and quotes:

In this chapter, Jack shares how we can navigate this time period of change and evolution, what Joanna Macy calls the Great Turning of the World. Through the lens of the Bhagavad Gita, he highlights the importance of mending the places you can, but without becoming attached to the fruits of the action. From here, he illuminates how we can plant beautiful seeds of goodness and care in the world, setting the compass of the heart for your highest intention.

- Joanna Macy and the Great Turning of the World
- Mending the places you can, and having fun with it!
- How our listening heart knows what we need
- The Bhagavad Gita and acting beautifully without attachment to the fruits
- Planting beautiful seeds of goodness and care wherever you are
- Setting the compass of your heart to your highest intention

> *"The secret is to act beautifully without attachment to the fruits of the action. You don't*

get to determine how it's going to turn out. It's going to have suffering and joy. It is, you don't get to determine that. But what you get to do as the Bodhisattva is plant seeds. And as Thoreau said, 'Convince me you have a seed, and I'm prepared to expect miracles.'" – Jack Kornfield

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Section 2: The Dharma of Relationships: The Spiritual Path of Love

Chapter 20: It's Never Too Late to Start Again: Cultivating the Ability to Love and

Be Loved

Description, key themes, and quotes:

In this chapter, Trudy and Jack share the heartwarming story of how they fell in love, highlighting new insights around their personal processes of healing from past relationships, as well as how they are meeting this new one with a deeper ability to love and be loved. Noting how to move past neediness and cultivate a loving self-image, they share on the importance of having fun, and recognizing that it's never too late to start again.

- The heartwarming story of how Trudy and Jack fell in love
- The importance of having fun in relationships
- How it's never too late to start again
- Jack and Trudy's personal processes for healing from past relationships before starting their current one
- The powerful synergy of meditation and psychotherapy

- Moving past neediness, and cultivating a loving self-image
- Cultivating the ability to love and be loved

"It's never too late to start again." – Jack Kornfield

"The synergy of meditation and psychotherapy is so powerful—of learning to look within

and take responsibility for who you are." – Trudy Goodman

Chapter 21: Diffusing Conflict and Disagreement Through Real Listening and

Understanding

Description, key themes, and quotes:

In this chapter, Jack and Trudy discuss how to handle a relationship when it is in a difficult or painful spot. Highlighting how we can move past self-righteousness and handle conflict through real listening and understanding, they touch on topics like when to bring up tough subjects and conversations with our partners, and learning to move past our instinctual patterns and programming in heated discussions.

- How to help/mend/end a difficult or painful relationship
- Moving past self-righteousness when you're 'the spiritual one' in the relationship
- How to handle conflict and differences in relationships through real listening and understanding
- When to bring up tough subjects and conversations with our partners
- Moving past our own instinctual patterns and programming in heated discussions
- Learning to love our partner's differences rather than judging them
- Assuming the best intention from our partner, diffusing the blame-shame paradigm
- Learning to take space and reconnect from a place of safety

"When we have differences or conflict, the kind of listening is important. There's a listening to make your case, or the listening to really understand what's really going on in the other person. That makes an enormous difference." – Jack Kornfield

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Chapter 22: It All Starts with Your Relationship to Yourself: Dropping

Resentment, Healing Codependence, and Sustaining Loving Connection

Description, key themes, and quotes:

In this chapter, Trudy and Jack navigate crucial topics for keeping a healthy and flourishing relationship. They dive into how to stay connected when physically apart from each other, the importance of sustaining your unique balance of connection and individualism, and how small acts of kindness and connection can make all the

difference. From here, they illuminate how to let go of resentment and expectation in order to heal codependence and live in a connected love no matter the situation. The resounding truth which Trudy points out, is that: it all starts with your relationship to yourself.

- How to stay connected when physically apart from your partner
- Respecting your unique balance of connection and individualism
- Sustaining loving connection through small acts of kindness and connection
- Letting go of resentment, micro-aggressions, and how it should be
- The lovely story of Jack popping the question to Trudy
- The importance of being aware of your personal trauma
- Dropping need, expectation, and codependence in relationship

> *"If our culture respected connection more instead of individualism, we could understand*

that we can stay connected through the disconnection of being apart, as long as the time doesn't go on too long." – Trudy Goodman

> *"Be aware of your personal trauma. It can get you in its grip so that you really aren't in*

charge of yourself, but here are ways to learn to work with that really skillfully." – Trudy Goodman

> *"Finding you love being in the relationship, and also you're okay with whatever happens*

in some deep way in yourself—that allows you to have a healthy relationship over time, rather than one based on dependence or codependence." – Jack Kornfield

> *"It all really starts with your relationship to yourself." – Trudy Goodman*

Chapter 23: Guided Meditation Practice: The Transformative Metta of Thich Nhat

Hanh: Planting Seeds of Loving Intention

Description, key themes, and quotes:

In this chapter, Trudy leads a moving guided meditation practice inviting us into the presence of love and compassion within the center of our being. Repeating metta phrases of kindness, caring, and love from Buddhist master Thich Nhat Hanh, Trudy opens us to the loving kindness that is our birthright. Through this practice, we begin to plant seeds of loving intention in our lives.

- The importance of comfort when doing loving kindness practice
- Thich Nhat Hanh and his impact on Buddhism, mindfulness, and metta
- Repeating transformative phrases of kindness, caring, and love
- Sending blessings to others, yourself, and all sentient beings

"With each phrase you are planting a seed of loving intention." – Trudy Goodman

"May all beings be peaceful, happy, and light in body and in spirit." – Trudy Goodman

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Chapter 24: The Activity of Love on The Eightfold Path: Buddhism, Expression,

and Mindfulness

Description, key themes, and quotes:

In this chapter, Jack joins Trudy to discuss what they each have learned about love in their lives, and from their relationship with each other. Applying the spirituality of love and relationships to the Buddha's Noble Eightfold Path, they explore various styles of love, relay Thich Nhat Hanh's love and mindfulness, and illuminate how we can be present for the great mystery of existence in this boundless present moment.

- What Trudy and Jack have learned about love in their lives
- Looking at Buddhism's Eightfold Path through the lens of love
- All human activity as an expression of a longing for love
- Thich Nhat Hanh and how love and mindfulness can connect us in the deepest way
- The difference between styles of love: romantic, sensual, family, friendship, community, creative, nature, cosmic, etc
- The dedication to be present for the great mystery of each moment

"Underneath it all, I think almost all of our human activity is an expression of and a

longing for love—to express ourselves, to be appreciated, to find ourselves in our place in this world." – Jack Kornfield

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Chapter 25: Loving Kindness, Wise Attention, and Letting Go: What Truly Matters

in Our Relationships

Description, key themes, and quotes:

In this chapter, Jack explores how love is contagious and connective, that it can be caught from those who have it. Relaying how we can foster deep internal connection with those around us through the practice of loving kindness, he shares a personal story of Dipa Ma and the transformative power of metta. From here, he illuminates how what truly matters in our relationships is our love, our wise attention, and ability to let go.

- Love as truly contagious and connective in all situations
- Fostering deep internal connection with those around us through the practice of

metta

- Jack's story of Dipa Ma and the transformative power of metta
- Love and wise attention as what really matters in our relationships
- Mary Oliver and how to learn to both love and let go

> *"When a baby is born the first gesture is to hold them with love. And when someone's*

dying, that remarkable passage, if you sit with them, you hold their hand and they exit with your attention and love. That's what matters in the beginning and the end—how about the middle?" – Jack Kornfield

> *"Wise Intention, Wise Livelihood, Wise Effort, Wise Attention, Wise Concentration—all*

of those are really acts of love, and they infuse and fill our spiritual life." – Jack Kornfield

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Chapter 26: Missing the Violets: Dropping Expectations, Making Space and Fully

Receiving Love

Description, key themes, and quotes:

In this chapter, Trudy dives into how we can love each other fully in our relationships. Sharing a story of "Missing the Violets" and how to be in true love we need to drop our expectations about how it should be, she explores how we can use mindfulness to work with attachment, possessiveness, and aversion in relationships, as well as learn to love all parts of our our partners and ourselves.

- Learning to make room for each other, and appreciate small gestures of love from each other
- Receiving love as a form of generosity and surrender
- "Missing the violets" – dropping our ideas of how it should be to finally see the love right in front of us
- Working with attachment, possessiveness, and aversion in relationships
- Loving all parts of our partner, 'the good, the bad, the ugly'
- Using mindfulness to uncover the presence of love at the center of our beings

> *"Opening to love and receiving is a form of generosity and surrender—letting love be*

given the way that person wants to give it, and not the way I think they should give it." – Trudy Goodman

> *"We have to have mindfulness because our attachments and fixed ideas obstruct the*

flow of love and life in us." – Trudy Goodman

> *"Love is like the light of the sun and the stars, it's freely given every single day,*

delivered to your whole life inbox every single day. It's available to us when we learn how to be present with ourselves in such a way that we can be present with others with tenderness and understanding. It's a well that never runs dry." – Trudy Goodman

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Section 3: Our Relationship to the World and Ourselves: Bearing Our

Humanity and Tending the Garden of the Heart

Chapter 27: Technology, Conflict, and the Human Heart: Bearing Our Humanity

with Loving Awareness

Description, key themes, and quotes:

In this chapter, Jack explores how we can best navigate our relationship with the world and our own humanity. Beginning by listing the various difficulties facing the planet that are adding to our growing cultural anxiety, he quickly diffuses our worry by sharing how all of the outer developments are rooted—and can be solved within—the human heart. Through this lens, Jack illuminates how we can mend the difficulties of the world from a place of fun, joy, and mindful loving awareness.

- Ways to deal with our growing cultural anxiety
- How racism, environmental destruction, divisiveness, warfare, exploitation, etc, are all rooted in the human heart
- The way loving awareness can help shine the path to freedom
- Matching our outer technology with the inner technology of the heart
- Meditation and mindfulness as "getting real"
- Expanding your window of tolerance to develop a steady and trusting heart
- Mindful presence and mindful response
- How to be an activist with heart and not burnout
- Saving the world out of love, rather than guilt
- How to protest effectively with creativity, fun, and joy

> *"No amount of nanotechnology, A.I., space technology, or biotechnology is going to*

save us. Because the source of hatred, war, racism, conflict, exploitation, and climate disruption is in the human heart. That's where it starts and where it grows from. Therefore, the outer developments which are becoming really remarkable have to be matched by the inner developments of humanity." – Jack Kornfield

> *"To sit is to develop this window of tolerance, not to become a good breather, but to*

develop a steady and trusting heart." – Jack Kornfield

> *"You have beautiful seeds to plant and water. Quiet the mind, tend the heart, and then*

in the spirit of joy and love for the world, that is the out breath of mindful loving awareness.

Chapter 28: From Separation to Mindful Connection: Navigating Loneliness,

Intimacy, Rest, and Receiving

Description, key themes, and quotes:

In this chapter, Trudy and Jack engage in wise conversation around

- Working with loneliness through the spiritual lens of mindfulness
- Trudy shares how she overcame loneliness through connection
- Bearing our close relationships as well as our loneliness
- Zen Master Dogen and the connection between mindfulness and intimacy
- The importance of rest, relaxing, and allowing ourselves to be nourished by the present moment

> *"Loneliness is as bad for us as smoking a pack of cigarettes a day. And out of all the*

diseases, it's the one that's the most easily preventable. What's the opposite of loneliness? Connection." – Trudy Goodman

> *"Zen Master, Dogen, called meditation, 'Becoming intimate with all things.' I love this*

because it's relational. It's not that we're going into some separate inner world and shutting ourselves away, it's about opening our hearts with the intention to receive, relax, and realize we don't have to work so hard all the time. We can take a rest. Rest nourishes our being because we are letting ourselves receive and appreciate what's here right now, and be fully alive in the midst of it." – Trudy Goodman

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Chapter 29: Guided Meditation Practice: Breathing with All of Life: Cultivating

Beginners Mind and Seeing Anew

Description, key themes, and quotes:

In this chapter, Jack offers a resonant guided meditation practice focused on cultivating beginner's mind so we can see anew. Inviting you into an embodied present and wonder for this present moment, in this meditation you become the steady loving witness to your breath and your unfolding. Jack helps us realize that we are inter-breathing with all of life, and through this lens, recognize the true joy in each mindful in

breath and out breath.

- Meditation as a practice of cultivating beginners mind and seeing anew
- Finding an embodied presence and wonder for this present moment
- Paying attention to the body inter-breathing with all of life
- Becoming a steady, loving witness to the unfolding of your being
- Inviting the quality of joy to arise with each in breath and out breath

> *"The goal of meditation practice is to keep your beginner's mind and see anew." – Jack*

Kornfield

> *"Let the breath have its own life, let it breathe itself. With this, you begin to pay attention*

to this extraordinary process of the body inter-breathing with all things." – Jack Kornfield

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Chapter 30: The Heart is Built Out of Attentiveness: Honoring Our Voyage

Through This World With Mindful Loving Presence

Description, key themes, and quotes:

In this chapter, Trudy explores how we can best honor this world and our voyage through it. Sharing heart opening wisdom from Mary Oliver, she reflects on the importance of finding joy and pleasure in our lives. From here, Trudy shares a personal story of a recent death-defying hospital visit, and what that taught her about the noticeable and healing quality of attention. Through this lens of mindful loving presence, she illuminates how the heart is really built out of attentiveness.

- Actively finding pleasure and joy in our lives
- Honoring this world and our voyage through it
- Heart opening wisdom of wonder from Mary Oliver
- Trusting that the most important thing we are bringing to the world is our mindful loving attention
- The noticeable and healing quality of true presence and attentiveness

> *"Each one of us is one our little voyage through this world. I think most of us would*

agree we want to respect and honor both our voyage and the world through which we travel from birth to death." – Trudy Goodman

> *"The quality of attention we are bringing to the moment is the most important thing. Full*

hearted attention is a form of love." – Trudy Goodman

> *"The heart is built out of attentiveness. How can we be loving to somebody if we are not*

attentive to them?" – Trudy Goodman

Chapter 31: Mindfulness as the Gateway to Liberation: Exploring The Wise

Dimensions of Attention and the Playful Eternal Dance of Body and Spirit

Description, key themes, and quotes:

In this chapter, Jack sheds wisdom on how mindfulness is the gateway to liberation. Reflecting on how paying attention leads to a natural and profound sense of freedom and well-being, he lays out the roadmap for attending to what arises in our lives from a place of graciousness, spaciousness, ease, and non-judgement. Diving through the dimensions of attention, Jack shares how and why, 'The Answer Is Yes,' and highlights the joyful wisdom that your body is a fiesta! To close, Trudy a poem from Mary Oliver illuminating the playful eternal dance of body and spirit.

- Mindfulness as all helpful and the gateway to liberation
- How paying attention leads to a profound sense of freedom and well-being
- Engaging in the world from a balanced place of calm equanimity
- Attending to what arises in our life with a graciousness, spaciousness, and non-judgement
- The dimensions attention, and our conscious ability to zoom in and out
- How and why – The Answer Is Yes
- Living the joyful wisdom that your body is a fiesta!
- The playful eternal dance of body and spirit

> *"One of the most important things in the Buddhist teachings is that mindfulness—which*

is all helpful—is the gateway to liberation. It's one thing to pay attention, and it's another to discover that this attention also leads to a profound sense of freedom and wellbeing." – Jack Kornfield

> *"Mindfulness allows you to step back from being completely lost in your story, your*

thoughts, the things that are happening—and lets you attend to them with graciousness and an open non-judgemental awareness." – Jack Kornfield

> *"With mindfulness you begin to shift from being caught in the things of the world, to*

engaging with them from a place of ease and freedom." – Jack Kornfield

Chapter 32: Guided Meditation Practice: Opening to Your True Nature: Calming

the Hamster Wheel of the Mind and Holding Difficult Emotions in Mindful Loving Awareness

Description, key themes, and quotes:

In this chapter, Jack leads a powerful guided meditation helping us open to our true nature as loving awareness. Helping set intentions, quiet the mind, and tend the body and heart, he begins the meditation by inviting us to plant our energetic roots deep into the earth. From this grounded place, he offers us the opportunity to hold difficult emotions in the transformative light of mindful loving awareness. Getting us to calm the

"hamster wheel of the mind," Jack helps us transmute suffering in our lives, while

opening our true nature as loving awareness, consciousness itself.

- Setting intention, quieting the mind, tending the body and heart
- Grounding and planting your energetic roots deep into the earth
- Relaxing into each breath, and into a sense of steadiness, calm, and ease
- Holding our difficult emotions and feelings in transformative mindful loving awareness
- Calming down the constant "hamster wheel" of the mind, holding it in compassion, and allowing it to relax
- Opening to your true nature as loving awareness, the witness, consciousness itself, the Buddha, the Peaceful One

"Set the intention to take this time to quiet the mind, tend the body and heart, and come

into a mindful loving presence with yourself." – Jack Kornfield

"The mind is busy like a hamster wheel, especially in tough times trying to protect you

and sort it all out. Feel the energy of the mind, how it's calming down as we sit, and hold your mind in compassion and say, 'Thank you, but I'm okay just now, you can relax.'" – Jack Kornfield

"Let the feelings of the heart open and display themselves—all that's been carried—and

let them be felt fully, however they are. Whatever the heart needs to show you it's been carrying. You are the loving attention, the loving awareness witnessing of all these emotions, you are the field of love." – Jack Kornfield

"You are the loving awareness witnessing this life, peaceful, spacious. This is your true

nature, consciousness itself." – Jack Kornifeld