

***Bringing Home The Dharma Awakening Right Where You Are
Jack Kornfield***

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Bringing Home the Dharma: Awakening Right Where You Are

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In this excerpt of his book, Bringing Home the Dharma, Jack explains four ways to work through anything life puts in your path. Learning takes place only in a mind that is innocent and vulnerable. —Krishna Murti. RAIN is a useful acronym for the four key principles of mindful transformation of difficulties.

Jack Kornfield: Four Principles for Mindful Transformation

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