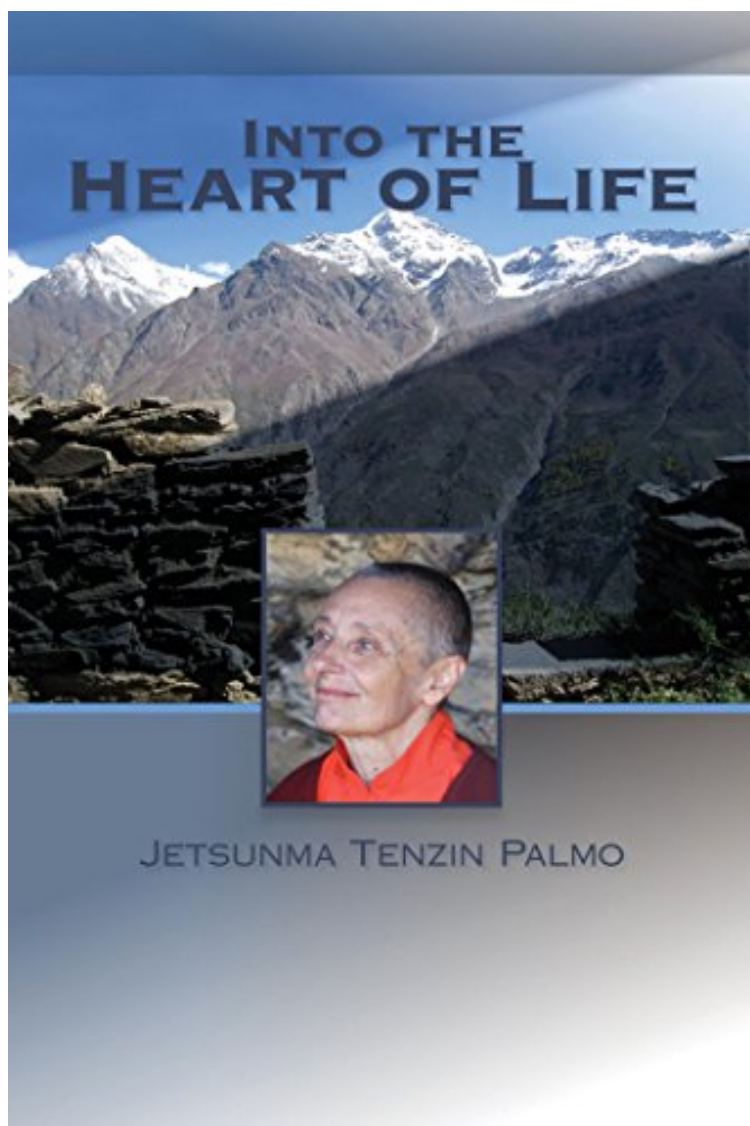


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# Into the Heart of Life



*Par Jetsunma Tenzin Palmo  
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## Description :

Prsentation de l'diteurThe real test of our Buddhist practice happens not on the cushion or in the protected space of retreat, but moment-to-moment in daily life, particularly when we find ourselves in uncomfortable situations. How do we respond? In this book, one of the most respected Western figures of contemporary Buddhism, Jetsunma Tenzin Palmo, offers insights gleaned from more than forty years of engagement with Buddhist practice. Her perspective is vast, with a well-grounded understanding of how the timeless Buddhist teachings apply to the demands and challenges of modern life.Revue de presse"Down-to-earth, approachable, and deeply informative, this collection of talks and dialogues covers a wide range of topics, always returning to practical reflections on how we can enhance the quality of our lives and develop more sanity, fulfillment, wisdom, and compassion. Into the Heart of Life is addressed to a general audience and

presents practical advice that can be applied whether or not one is a Buddhist."Huffington Post "Jetsunma Tenzin Palmo takes the core teachings of the Buddha and weaves into them deep personal insights and riveting stories from her unusual history as a member of an extraordinary tradition. It is amazing that no matter how many times you hear these essential teachings, they continue to penetrate deeply. This book provides practical wisdom for anyone interested in bringing the teachings to life."Elizabeth Mattis-Namgyel, author of *The Power of an Open Question* "This is a warm, wise, and rich evocation of Buddhism for East and West. Written in a radiant yet approachable style, we can taste the dharma realization in every word."Roshi Joan Halifax, founder of the Upaya Zen Center "Into the Heart of Life radiates Jetsunma's enthusiasm for life and makes the Buddha's teachings readily available so that we can integrate them seamlessly into our being, thus transforming ourselves from the inside out. Readers will feel that Jetsunma is sitting right there with them, talking over a cup of tea."Thubten Chodron, author of *Buddhism for Beginners* "Tenzin Palmo is one of the most genuine and accomplished of Western practitioners."Jack Kornfield, author of *The Wise Heart* "One of the true yoginis of our time, a woman who has dedicated her life to Buddhism. . . . Tenzin Palmo's is a voice we need to hear, a woman who has fully experienced what she speaks about with an absolute honesty, delightful humor, and real insight."Tsultrim Allione, author of *Feeding Your Demons* "The sincerity and motivation of Tenzin Palmo are a great example for all of us."Martine Batchelor, author of *Meditation for Life* "Whether she is talking about impermanence or bodhichitta, this internationally known Western Buddhist nun offers honest, pragmatic advice on how to enrich life through compassion."Tricycle "Into the Heart of Life explains classic Buddhist themes such as impermanence, karma, renunciation, bodhichitta, and devotionall in her direct and approachable style. Each talk is followed by a question-and-answer session in which she responds with anecdotes and reflections drawn from her years of Buddhist training, her experiences meditating in the cave, educating women in the Himalayas, and working to revive full ordination for Tibetan nuns."Buddhadharma: The Practitioner's Quarterly "Palmo presents an incisive overview of Buddhist essentials from the perspective of her forty years of spiritual practice. In this era of noisy confrontations, war, me-first activity, and ethical misconduct, we need this kind of wisdom."Spirituality Practice "Palmo adds a strong voice to the ongoing discussion of Tibetan Buddhism as practiced by individualsparticularly womenfrom Western cultures."Publishers Weekly "Forty-plus years of Buddhist practice have given this Westerner unique insight into the philosophy and application of Buddhism. . . . Her intention is to make life easier for those engaged in busy modern lives, and she has been extraordinarily successful towards that end."New Age Retailer "Every step, every thought, every breath we take is a test of our Buddhist practiceso believes the author of this book. Her vast knowledge, incomparable experience, and her well-grounded approach to Buddhism in its practical applicability are reflected in the wide array of subjects covered in this collection of talks and dialogues. As this approach to Buddhism is to overcome the pitfalls of daily modern living, naturally a vast area of ethics is encompassed in this book. But then it also transcends mere good behavior to proceed towards the spiritual realm. It is this amalgamation which enables the reader to glean information and build a foundation which forms a solid basis to enhance the quality of our lives and develop more sanity, fulfillment, wisdom, and compassion."East and West SeriesPrsentation de l'diteurThe real test of our Buddhist practice happens not on the cushion or in the protected space of retreat, but moment-to-moment in daily life, particularly when we find ourselves in uncomfortable situations. How do we respond? In this book, one of the most respected Western figures of contemporary Buddhism, Jetsunma Tenzin Palmo, offers insights gleaned from more than forty years of engagement with Buddhist practice. Her perspective is vast, with a well-grounded understanding of how the timeless Buddhist teachings apply to the demands and challenges of modern life.