



After the Ecstasy, the Laundry: How the Heart Grows Wise on the Spiritual Path

Jack Kornfield

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
The rich harvest of an entire generation's spiritual work in the West, **After the Ecstasy, the Laundry** is one of the most authentic and convincing accounts ever written of the lifelong path of inner transformation. Written by a Buddhist teacher and meditation master of international renown, this moving and fascinating book also draws on the firsthand experiences of dedicated leaders and practitioners within the Christian, Jewish, Hindu, and Sufi traditions. The result is a uniquely intimate and honest understanding of how the modern spiritual journey unfolds-and of how we can prepare our own hearts for awakening.

"Enlightenment does exist," Jack Kornfield assures us. "Unbounded freedom and joy, oneness with the divine...these experiences are more common than you know, and not far away." But even after achieving such realization, we are faced with the day-to-day task of translating that freedom into our imperfect lives. We are faced with the laundry.

The author's personal stories, vivid traditional tales, and the voices of many others who have traveled this path become our companions on the way. We learn to recognize the first stirrings of sacred longing, the gates that lead to spiritual opening, the immediacy of satori or grace. We also learn how the enlightened heart navigates the real world of difficult family or community relationships, emotional pain, struggles with earning a living, sickness, betrayal by those we have trusted-even death.

Filled with "the laughter of the wise," alive with compassion, **After the Ecstasy, the Laundry** is a gift to anyone who is seeking peace, wholeness, and inner happiness. It is sure to take its place next to **A Path with Heart** as a spiritual classic for our time.

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