



# A Lamp in the Darkness: Illuminating the Path Through Difficult Times

By Jack Kornfield Ph.D.

[Download now](#)

[Read Online](#) 

**A Lamp in the Darkness: Illuminating the Path Through Difficult Times** By Jack Kornfield Ph.D.

When the path ahead is dark, how can we keep from stumbling? How do we make our way with courage and dignity? “Inside each of us is an eternal light that I call ‘the One Who Knows,’ writes Jack Kornfield. “Awakening to this wisdom can help us find our way through pain and suffering with grace and tenderness.” For anyone seeking answers during a trying time, he offers *A Lamp in the Darkness*, a book-and-CD program filled with spiritual and psychological insights, hope-giving stories, and guided meditations for skillfully navigating life’s inevitable storms.

The practices in this book are not positive thinking, quick fixes, or simplistic self-help strategies. They are powerful tools for doing “the work of the soul” to access our inner knowing and to embrace the fullness of our life experience. With regularly practiced these teachings and meditations enable you to transform your difficulties into a guiding light for the journey ahead. Join Jack Kornfield as your trusted guide as you explore:

- Shared Compassion—a guided practice for planting the seeds of compassion and opening the heart to all that life brings
- The Earth Is My Witness—a meditation to establish firm footing in the midst of darkness, centered by a steady witnessing presence
- The Practice of Forgiveness—what Jack calls “the only medicine that can release us from the past and allow us to truly begin anew.”
- The Temple of Healing—a guided visualization to meet our own inner healer
- Equanimity and Peace—a meditation for maintaining balance and acceptance regardless of the situation

Just as it is certain that each life will include suffering, explains Kornfield, it is also true that in every moment there is the possibility of transcending your difficulties to discover the heart’s eternal freedom. With *A Lamp in the Darkness*, he offers you a beacon for yourself and others until joy returns again.

## Table of Contents

Foreword by Jon Kabat-Zinn

## Introduction: An Invitation to Awaken

1. The Wisdom of Our Difficulties
2. The Earth is My Witness
3. Shared Compassion
4. Awakening the Buddha of Wisdom in Difficulties
5. The Practice of Forgiveness
6. The Temple of Healing
7. The Zen of an Aching Heart
8. Equanimity and Peace
9. Your Highest Intention
10. The Four Foundations of Mindfulness and the Healing Journey

## Afterword: The Return of Joy

### Excerpt

If you're reading these words, you've probably hit hard times. Perhaps you've lost a loved one, or maybe you've lost your job, or received a difficult diagnosis, or someone close to you has. Maybe you're divorcing or you're in bankruptcy or you've been injured, or your life is falling apart in any number of ways. Maybe daily life itself has become too much for you...or not enough. But even in the best of times there's plenty to worry about: seemingly endless wars and violence, racism, our accelerating environmental destruction. In difficult times, personally or collectively, we often begin to wonder not only how we can get through this difficult patch; we begin to question existence itself.

 [Download A Lamp in the Darkness: Illuminating the Path Thro ...pdf](#)

 [Read Online A Lamp in the Darkness: Illuminating the Path Th ...pdf](#)

# A Lamp in the Darkness: Illuminating the Path Through Difficult Times

By Jack Kornfield Ph.D.

**A Lamp in the Darkness: Illuminating the Path Through Difficult Times** By Jack Kornfield Ph.D.

When the path ahead is dark, how can we keep from stumbling? How do we make our way with courage and dignity? “Inside each of us is an eternal light that I call ‘the One Who Knows,’ writes Jack Kornfield. “Awakening to this wisdom can help us find our way through pain and suffering with grace and tenderness.” For anyone seeking answers during a trying time, he offers *A Lamp in the Darkness*, a book-and-CD program filled with spiritual and psychological insights, hope-giving stories, and guided meditations for skillfully navigating life’s inevitable storms.

The practices in this book are not positive thinking, quick fixes, or simplistic self-help strategies. They are powerful tools for doing “the work of the soul” to access our inner knowing and to embrace the fullness of our life experience. With regularly practice these teachings and meditations enable you to transform your difficulties into a guiding light for the journey ahead. Join Jack Kornfeld as your trusted guide as you explore:

- Shared Compassion—a guided practice for planting the seeds of compassion and opening the heart to all that life brings
- The Earth Is My Witness—a meditation to establish firm footing in the midst of darkness, centered by a steady witnessing presence
- The Practice of Forgiveness—what Jack calls “the only medicine that can release us from the past and allow us to truly begin anew.”
- The Temple of Healing—a guided visualization to meet our own inner healer
- Equanimity and Peace—a meditation for maintaining balance and acceptance regardless of the situation

Just as it is certain that each life will include suffering, explains Kornfield, it is also true that in every moment there is the possibility of transcending your difficulties to discover the heart’s eternal freedom. With *A Lamp in the Darkness*, he offers you a beacon for yourself and others until joy returns again.

## Table of Contents

Foreword by Jon Kabat-Zinn  
Introduction: An Invitation to Awaken

1. The Wisdom of Our Difficulties
2. The Earth is My Witness
3. Shared Compassion
4. Awakening the Buddha of Wisdom in Difficulties
5. The Practice of Forgiveness
6. The Temple of Healing
7. The Zen of an Aching Heart
8. Equanimity and Peace
9. Your Highest Intention
10. The Four Foundations of Mindfulness and the Healing Journey

Afterword: The Return of Joy

### **Excerpt**

If you're reading these words, you've probably hit hard times. Perhaps you've lost a loved one, or maybe you've lost your job, or received a difficult diagnosis, or someone close to you has. Maybe you're divorcing or you're in bankruptcy or you've been injured, or your life is falling apart in any number of ways. Maybe daily life itself has become too much for you...or not enough. But even in the best of times there's plenty to worry about: seemingly endless wars and violence, racism, our accelerating environmental destruction. In difficult times, personally or collectively, we often begin to wonder not only how we can get through this difficult patch; we begin to question existence itself.

### **A Lamp in the Darkness: Illuminating the Path Through Difficult Times By Jack Kornfield Ph.D.**

#### **Bibliography**

- Sales Rank: #66904 in Books
- Published on: 2014-02-01
- Released on: 2014-02-01
- Original language: English
- Number of items: 1
- Dimensions: 8.25" h x 6.25" w x .30" l, .40 pounds
- Binding: Paperback
- 120 pages

 [Download A Lamp in the Darkness: Illuminating the Path Thro ...pdf](#)

 [Read Online A Lamp in the Darkness: Illuminating the Path Th ...pdf](#)

**Download and Read Free Online A Lamp in the Darkness: Illuminating the Path Through Difficult Times By Jack Kornfield Ph.D.**

---

## Editorial Review

### Review

"I will make sure to keep several copies on hand to give to friends in times of need."

—ELIZABETH LESSER, author of *Broken Open*

". . . rich with practical lessons in truth and love, compassion and mindful awareness- and will help guide us home for decades to come."

—LAMA SURYA DAS, author of *Buddha is As Buddha Does*

### About the Author

#### **Jack Kornfield**

**Jack Kornfield, PhD**, trained as a Buddhist monk in Thailand, Burma, and India and has been teaching meditation internationally since 1974. He is one of the key teachers to introduce mindfulness practices to the West. He co-founded the Insight Meditation Society in Barre, Massachusetts and founded the Spirit Rock Center in Woodacre California. He holds a PhD in clinical psychology and has taught in centers and universities worldwide. Jack has led International Buddhist Teacher meetings with the Dalai Lama, worked with many of the great teachers of our time, and is a father and activist. He is co-creator of the *Awareness Training Institute* and has written more than a dozen books, including *Meditation for Beginners; A Path With Heart; After the Ecstasy, the Laundry*; and more.

#### **Jon Kabat-Zinn**

Jon Kabat-Zinn, PhD, is the founder and director of the Stress Reduction Clinic at the University of Massachusetts Medical Center and associate professor of medicine in the Division of Preventative and Behavioral Medicine. His clinic was featured in 1993 in the public television series *Healing and the Mind* with Bill Moyers. Jon Kabat-Zinn is the author of *Wherever You Go, There You Are* and *Full-Catastrophe Living: Using Your Body and Mind to Face Stress, Pain and Illness*.

## Users Review

### From reader reviews:

#### **John Masterson:**

Have you spare time for the day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity to get spend your time. Any person spent their spare time to take a stroll, shopping, or went to typically the Mall. How about open or even read a book allowed A Lamp in the Darkness: Illuminating the Path Through Difficult Times? Maybe it is to become best activity for you. You understand beside you can spend your time using your favorite's book, you can more intelligent than before. Do you agree with it is opinion or you have different opinion?

**Kristy Abrahams:**

In this 21st millennium, people become competitive in each way. By being competitive right now, people have to do something to make them survive, being in the middle of the actual crowded place and notice by surrounding. One thing that occasionally many people have underestimated the idea for a while is reading. Sure, by reading a reserve your ability to survive increase then having chance to remain than other is high. In your case who want to start reading some sort of book, we give you that *A Lamp in the Darkness: Illuminating the Path Through Difficult Times* book as basic and daily reading e-book. Why, because this book is greater than just a book.

**Jack Nguyen:**

That book can make you to feel relax. That book *A Lamp in the Darkness: Illuminating the Path Through Difficult Times* was colorful and of course has pictures on the website. As we know that book *A Lamp in the Darkness: Illuminating the Path Through Difficult Times* has many kinds or type. Start from kids until teenagers. For example *Naruto* or *Investigation company Conan* you can read and think that you are the character on there. Therefore not at all of book tend to be make you bored, any it offers up you feel happy, fun and loosen up. Try to choose the best book to suit your needs and try to like reading in which.

**Florinda Redfern:**

As a university student exactly feel bored to be able to reading. If their teacher inquired them to go to the library in order to make summary for some publication, they are complained. Just little students that has reading's heart or real their passion. They just do what the professor want, like asked to go to the library. They go to at this time there but nothing reading very seriously. Any students feel that studying is not important, boring and can't see colorful photos on there. Yeah, it is for being complicated. Book is very important in your case. As we know that on this age, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. Therefore , this *A Lamp in the Darkness: Illuminating the Path Through Difficult Times* can make you really feel more interested to read.

**Download and Read Online *A Lamp in the Darkness: Illuminating the Path Through Difficult Times* By Jack Kornfield Ph.D.  
#G4U7319DFTC**

# **Read A Lamp in the Darkness: Illuminating the Path Through Difficult Times By Jack Kornfield Ph.D. for online ebook**

A Lamp in the Darkness: Illuminating the Path Through Difficult Times By Jack Kornfield Ph.D. Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read A Lamp in the Darkness: Illuminating the Path Through Difficult Times By Jack Kornfield Ph.D. books to read online.

## **Online A Lamp in the Darkness: Illuminating the Path Through Difficult Times By Jack Kornfield Ph.D. ebook PDF download**

**A Lamp in the Darkness: Illuminating the Path Through Difficult Times By Jack Kornfield Ph.D. Doc**

**A Lamp in the Darkness: Illuminating the Path Through Difficult Times By Jack Kornfield Ph.D. Mobipocket**

**A Lamp in the Darkness: Illuminating the Path Through Difficult Times By Jack Kornfield Ph.D. EPub**

**G4U7319DFTC: A Lamp in the Darkness: Illuminating the Path Through Difficult Times By Jack Kornfield Ph.D.**