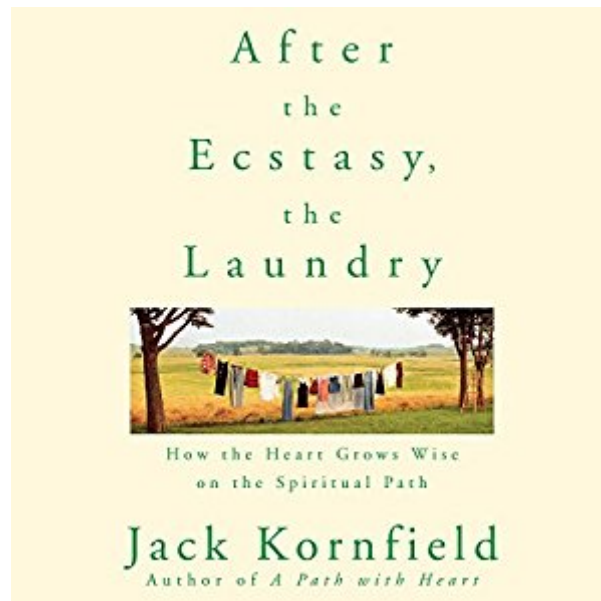


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# After The Ecstasy, The Laundry: How The Heart Grows Wise On The Spiritual Path



## Synopsis

When does enlightenment come? At the end of the spiritual journey? Or the beginning? In *After the Ecstasy, the Laundry*, Jack Kornfield - author of the modern classic on American Buddhism, *A Path with Heart* - brings into focus the truth about satori, the awakened state of consciousness, and enlightenment practices today. The result is this extraordinary look at the hard work we all must do - the laundry - no matter how often we experience ecstatic states of consciousness through meditation and other disciplines. Sweeping in scope, and warmly told by one of American Buddhism's most trusted voices, *After the Ecstasy, the Laundry* is a work of both deep inspiration and daily instruction that cuts through the confusion about what enlightenment really is, who it comes to, and how it continues to inform and guide our spiritual lives. An original audio adaptation of Jack Kornfield's book, *After the Ecstasy, the Laundry*.

## Book Information

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## Customer Reviews

One of the stories relayed in this book is that of a spiritual seeker who goes to find a master who lives on the mountain. He tracks down this master while he is carrying a heavy burden to his home higher on the mountain. The seeker asks "What is the way of Enlightenment?" and the master puts his burden down. The seeker instantly understands, and thanks the master asking "Now what?" and the master picks up his burden and continues walking up the mountain. Life is not easy. I don't think entering a spiritual practice will make it any easier. Work will still be work, family will still be family, and bills will still be bills. What we can hope to change is the constant chatter of our minds, and the worry of what tomorrow will bring. I always thought that a spiritual life meant escaping the world and

living in a monastery, or a small mountain community where I would meditate and live simply. I thought it meant giving up all of my earthly wants and desires. Now I'm faced with the odd realization that my life is perfect just the way it is. That I need only to slow down and appreciate what is around me. I also thought a spiritual life would end suffering for me - the anxiety, and the avoidance of discomfort. That life would become stress free because I would be unattached to everything. That I would have no neurosis, and that I would be able to let everything slide off my back. Now I realize that that too isn't the purpose of spiritual practice. Spiritual practice doesn't help you escape your life, but helps you face it head on. The analogy I've begun to use is that enlightenment is like living with a great insult. The refusal to run away from that which is painful or cling to that which is comforting is what spirituality has become for me.

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