

## The Enlightened Heart Stephen Mitchell

Stephen Mitchell

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*Genesis* Stephen Mitchell 1997-09-09 0060172495 In this highly acclaimed translation, Stephen Mitchell conveys in English the simplicity, dignity and powerful earthiness of the original Hebrew. More than just interpreting it, he also separates stories that were combined by scribes centuries after they were written, explaining their sources and omitting all verses that are recognized as scribal additions. Like removing coat after coat of lacquer from a once-vibrant masterpiece, this allows readers to appreciate the clarity of the original tales. Genesis is an extraordinarily beautiful book that is accessible in a way that no other translation has ever been. It will shed new light on readers' understanding of this seminal work of sacred scripture.

*Loving What Is* Byron Katie 2008-12-26 Bryon Katie found herself at a complete dead end in her life, she felt increasingly depressed and over a ten-year period had sunk into an existence of depression, despair and rage. Then one morning she woke up in a state of absolute joy, filled with the freedom of knowing her suffering had ended. Determined to give people a way to discover for themselves what she had experienced, Katie has developed a simple method of self-enquiry that she calls The Work, four simple questions that allow you to see the problems that are troubling you in a whole new light. The Work is a life-transforming system for discarding the stories we tell ourselves, which are the source of our suffering, and replacing them with the truth and a life of joy and peace.

*Nudge* Richard H. Thaler 2008-01-01 Thaler and Sunstein offer a groundbreaking discussion of how to apply the science of choice to nudge people toward decisions that can improve their lives without restricting their freedom of choice.

*Gilgamesh* Stephen Mitchell 2014-02-27 Vivid, enjoyable and comprehensible, the poet and pre-eminent translator Stephen Mitchell makes the oldest epic poem in the world accessible for the first time. Gilgamesh is a born leader, but in an attempt to control his growing arrogance, the Gods create Enkidu, a wild man, his equal in strength and courage. Enkidu is trapped by a temple prostitute, civilised through sexual experience and brought to Gilgamesh. They become best friends and battle evil together. After Enkidu's death the distraught Gilgamesh sets out on a journey to find Utnapishtim, the survivor of the Great Flood, made immortal by the Gods to ask him the secret of life and death. Gilgamesh is the first and remains one of the most important works of world literature. Written in ancient Mesopotamia in the second millennium B.C., it predates the Iliad by roughly 1,000 years. Gilgamesh is extraordinarily modern in its emotional power but also provides an insight into the values of an ancient culture and civilisation.

**Empitness Dancing** Adyashanti 2006-05-01 There is something about you brighter than the sun and more mysterious than the night sky. Who are you when you are not thinking yourself into existence? What is ultimately behind the set of eyes reading these words? In Emptiness Dancing, Adyashanti invites you to wake up to the essence of what you are, through the natural and spontaneous opening of the mind, heart, and body that holds the secret to happiness and liberation. From the first stages of realization to its evolutionary implications, Adyashanti shares a treasure trove of insights into the challenges of the inner life, offering lucid, down-to-earth advice on topics ranging from the ego, illusion, and spiritual addiction to compassion, letting go, the eternal now, and more. Whether you read each chapter in succession or begin on any page you feel inspired to turn to, you will find in Adyashanti’s wisdom an understanding and ever-ready guide to the full wonder of your infinite self-nature. Excerpt The aim of my teaching is enlightenment—awakening from the dream state of separateness to the reality of the One. In short, my teaching is focused on realizing what you are. You may find other elements in my teaching that simply arise as a response to people’s particular needs of the moment, but fundamentally I’m only interested in you waking up. Enlightenment means waking up to what you truly are and then being that. Realize and be, realize and be. Realization alone is not enough. The completion of Self-realization is to be, act, do, and express what you realize. This is a very deep matter, a whole new way of life—living in and as reality instead of living out the programmed ideas, beliefs, and impulses of your dreaming mind. The trust is that you already are what you are seeking. You are looking for God with his eyes. This truth is so simple and shocking, so radical and taboo that it is easy to miss among your flurry of seeking. You may have heard what I am saying in the past and you may even believe it, but my question is, have you realized it with your whole being? Are you living it? My speaking is meant to shake you awake, not to tell you how to dream better. You know how to dream better. Depending on what you mental and emotional state at the time is, I may be very gentle and soft with you, or not so gentle and soft. You may feel better after talking with me, but that is incidental to awakening. Wake up! You are all living Buddhas. You are the divine emptiness, the infinite nothing. This I know because I am what you are, and you are what I am. Let go of all ideas and images in your mind, they come and go and aren’t even generated by you. So why pay so much attention to your imagination when reality is for the realizing right now?

*Mystics, Masters, Saints, and Sages* Robert Ullman 2001-10-01 Organized chronologically, starting with Buddha and ending with contemporary seekers, this book focuses on the moment of enlightenment in the lives of saints and masters that led to their witnessing divine reality.

**Superiority Conceit in Buddhist Traditions** Bhikkhu Analyo 2021-02-09 Renowned scholar-monk writes accessibly on some of the most contentious topics in Buddhism—guaranteed to ruffle some feathers. Armed with his rigorous examination of the canonical records, respected scholar-monk Bhikkhu Analyo explores—and sharply criticizes—four examples of what he terms “superiority conceit” in Buddhism: the androcentric tendency to prevent women from occupying leadership roles, be these as fully ordained monastics or as advanced bodhisattvas the Mahayana notion that those who don’t aspire to become bodhisattvas are inferior practitioners the Theravada belief that theirs is the most original expression of the Buddha’s teaching the Secular Buddhist claim to understand the teachings of the Buddha more accurately than traditionally practicing Buddhists Ven. Analyo challenges the scriptural basis for these conceits and points out that adhering to such notions of superiority is not, after all, conducive to practice. “It is by diminishing ego, letting go of arrogance, and abandoning conceit that one becomes a better Buddhist,” he reminds us, “no matter what tradition one may follow.” Thoroughly researched, Superiority Conceit in Buddhist Traditions provides an accessible approach to these conceits as academic subjects. Readers will find it not only challenges their own intellectual understandings but also improves their personal practice.

**The Enlightened Mind** Stephen Mitchell 1991 A collection of prose–discourses, sermons, essays, and aphorisms–includes texts and authors such as the Hindu, Confucian, and Buddhist scriptures, Heraclitus and Plato, Chuang-tzu, Jesus, the Tibetan Book of the Dead, Symeon the New Theologian, the Chine **The BOOK OF JOB** Stephen Mitchell 1992-06-26 The theme of The Book of Job is nothing less than human suffering and the transcendence of it: it pulses with moral energy, outrage, and spiritual insight. Now, The Book of Job has been rendered into English by the eminent translator and scholar Stephen Mitchell, whose versions of Rilke, Israeli poetry, and the Tao Te Ching have been widely praised. This is the first time ever that the Hebrew verse of Job has been translated into verse in any language, ancient or modern, and the result is a triumph.

**A Book of Psalms** Stephen Mitchell 2009-10-13 From the author of The Gospel According to Jesus comes a new adaptation of the psalms. Leading biblical scholar and translator Stephen Mitchell translates fifty of the most powerful and popular bible psalms to create poems that recreate the music of the original Hebrew verse.

The Ugly Duckling 193?

*Spiritual Resources in Family Therapy* Froma Walsh 2003-05-22 Spirituality has long been regarded as "off-limits" in clinical practice, leaving family therapists and counselors uncertain as to how to approach it. Yet the majority of families regard religion as important in their lives, and research has begun to document the psychological and health benefits of faith and congregational support. Further, many who seek help for physical, emotional, or interpersonal problems are also in spiritual distress. Filling a crucial void, this volume explores the influences of faith beliefs and practices on suffering, healing, and health. Leading family therapists describe how attending to this vital dimension of human experience can inform and enrich therapy, illuminate spiritual sources of distress, and help clients tap into wellsprings for resilience and growth.

**The Selected Poetry of Rainer Maria Rilke** Rainer Maria Rilke 1984 "This miracle of a book, perhaps the most beautiful group of poetic translations this century has ever produced." (Chicago Tribune) should stand as the definitive English language version.

**Into The Garden: A Wedding Anthology** Robert Hass 1994-04-08 For brides and grooms who want to give their weddings new depth and meaning, two acclaimed poet-translators have gathered a stunning collection of poems and prose that will add a unique and personal dimension to the ceremony.

**Bestiary** Stephen Mitchell 1996 In Bestiary, Stephen Mitchell has collected animal poems from many ages and many cultures. He includes excerpts from ancient masterpieces like “The Hymn to the Sun” by Pharaoh Amen-hotep IV, The Book of Job, and The Book of Psalms; haiku by Basho, Buson, and Issa; poems by Milton and Smart, Blake and Burns, Whitman and Emily Dickenson, Hardy and Hopkins... This is a gook of passionate and humorous encounters with the vibrant world of animals.

**The Enlightened Mind** Stephen Mitchell 1993-04-16 A magnificent compilation of sacred writings from all traditions and the perfect companion to Stephen Mitchell's poetry collection, The Enlightened Heart, and the bestselling Tao Te Ching.

*Dropping Ashes on the Buddha* Stephen Mitchell 2007-12-01 “Somebody comes into the Zen center with a lighted cigarette, walks up to the Buddha statue, blows smoke in its face, and drops ashes on its lap. You are standing there. What can you do?” This is a problem that Zen Master Seung Sahn is fond of posing to his American students who attend his Zen centers. Dropping Ashes on the Buddha is a delightful, irreverent, and often hilariously funny living record of the dialogue between Korean Zen Master Seung Sahn and his American students. Consisting of dialogues, stories, formal Zen interviews, Dharma speeches, and letters using the Zen Master’s actual words in spontaneous, living interaction with his students, this book is a fresh presentation of the Zen teaching method of “instant dialogue” between Master and student which, through the use of astonishment and paradox, leads to an understanding of ultimate reality.

**Cloud Atlas** David Mitchell 2012-11-22 CLOUD ATLAS, David Mitchell’s bestselling Man Booker Prize-shortlisted novel which was also one of Richard & Judy’s 100 Books of the Decade, has now been adapted for film. In this enhanced edition you can read the original novel along with a new essay by David Mitchell about the transformation of his novel into a film, and watch four exclusive videos about the book and film. The major motion picture, directed by Lana Wachowski, Tom Tykwer, and Andy Wachowski, stars Tom Hanks, Halle Berry, Susan Sarandon, Jim Sturgess, Ben Whishaw, Jim Broadbent Hugo Weaving, Doona Bae, James D’Arcy, Zhou Xun, Keith David and Hugh Grant. The novel features six characters in interlocking stories, each interrupting the one before it: a reluctant voyager crossing the Pacific in 1850; a disinherited composer blagging a precarious livelihood in between-the-wars Belgium; a high-minded journalist in Governor Reagan’s California; a vanity publisher fleeing his gangland creditors; a genetically modified diner server on death-row; and Zachry, a young Pacific islander witnessing the nightfall of science and civilisation. The narrators of CLOUD ATLAS hear each other’s echoes down the corridor of history and their destinies are changed in ways great and small. Mitchell’s other novels are GHOSTWRITTEN, NUMBER9DREAM, BLACK SWAN GREEN and A THOUSAND AUTUMS OF JACOB DE ZOET, all published by Sceptre. www.sceptrebooks.com Facebook: Sceptre Books Twitter: SceptreBooks

**Permission to Mourn** Tom Zuba 2014-11 The death of someone we love cracks us open inviting us to become the person we were born to be. This is the book Tom Zuba wishes he had read after his daughter Erin died. And after his wife Trici died. It's the book he wishes he'd been handed following his son Rory's death. But Tom had to live it. First. Before he could write it. For you. In the beginning, Tom did grief the old way. Repressing, denying, pretending, numbing and stuffing every feeling and every emotion that arose. He created pain on top of pain until he began searching for a new way. A new way to do grief. Once he gave himself permission to mourn, healing began. Along the way, Tom discovered that:
\* Grief is not the enemy. Grief can be one of our greatest teachers.
\* It's the stories we tell that determine whether or not we will heal.
\* We will always have a relationship with the people we love that have died.
\* We were not born to suffer. We were born to be radiant. There is a new way to do grief. Let Tom Zuba teach you how.

**The Magic of Conflict** Thomas F. Crum 1998-02-01 This set of simple techniques, including meditation, breathing exercises, openness, and play–Aiki–leads gently to a reordered state of mind. From overcoming apathy to understanding how conflict doesn't have to mean contest, Aiki turns mind-body integration principles into powerful tools.

**ENLIGHTENED HEART** T Stephen Mitchell 1993-08-20 An anthology of poetry chosen from the world’s great religious and literary traditions–the perfect companion to the bestselling Tao Te Ching, • The Upanishads • The Book of Psalms • Lao-tzu • The Bhagavad Gita • Chuang-tzu • The Odes of Solomon • Seng-ts’an • Han-shan • Li Po • Tu Fu • Layman P’ang • Kukai • Tung-shan • Symeon the New Theologian • Izumi Shikibu • Su Tung-p’o • Hildegard of Bingen • Francis of Assisi • Wu-men • Dōgen • Rumi • Mechthild of Magdeburg • Dante • Kabir Mirabai • William Shakespeare • George Herbert • Bunan • Gensei • Angelus Silesius • Thomas Traherne • Basho • William Blake • Ryōkan • Issa • Ghalib • Bibi Hayati • Wait Whitman • Emily Dickinson • Gerard Manley Hopkins • UvavnuK • Anonymous Navaho • W. B. Yeats • Antonio Machado • Rainer Maria Rilke • Wallace Stevens • D.H. Lawrence • Robinson Jeffers •

*The Enlightened Heart* Stephen Mitchell 1989 An anthology of poems from the Bible, the Bhagavad Gita, Chinese and Japanese Buddhist masters, and Christian poets

*The Gospel According to Jesus* Stephen Mitchell 1995-08-01 As it examines the real man behind the New Testament image of Jesus, this book presents an immensely provocative and attractive portrait of Jesus as a real person and a great spiritual teacher—an image acceptable to readers of any religion or of no religion. Mitchell is the acclaimed author of Parables and Portraits and has translated the Tao Te Ching and The Book of Job.

*Taking Flight* Anthony De Mello 2012-08-01 “Both what you run from – and what you yearn for -- are within you.” --Anthony de Mello, S.J. In the tradition of his bestselling Song of the Bird, de Mello has written these story meditations as stepping stones toward a spiritual life based on self-knowledge and understanding. This book contains over 250 stories, grouped under the themes of Prayer, Awareness, Religion, Grace, “Saints,” Self, Love, and Truth. Although derived from a variety of countries and cultures, these tales share the spiritual heritage and popular humor of the entire human race. As he does

so skillfully in his other books, de Mello uses the medium of the story to enable his readers to work through their problems and arrive at essential Truth. With each seemingly simple anecdote comes a lesson powerful enough to break down barriers that limit self-understanding -- which in turn fosters a better understanding of others, in all situations in life. "Even if you read the stories in this book only for the entertainment," he warns, "there is no guarantee that an occasional story will not slip through your defenses and explode when you least expect it to." Taking Flight offers a joyful, transcendental experience. De Mello pilots a spiritual journey with the skill of a true master.

**Business Ethics** Stephen M. Byars 2018-09-24

*Question Your Thinking. Change the World* Byron Katie 2007-10-01 In this powerful book of quotations, Byron Katie talks about the most essential issues that face us all—love, sex, and relationships; health, sickness, and death; parents and children; work and money; and self-realization. The profound, lighthearted wisdom embodied within is not theoretical; it is absolutely authentic. Not only will this book help you on many specific issues, but it will point you toward your own wisdom and will encourage you to question your own mind, using the four simple yet incredibly powerful questions of Katie’s process of self-inquiry, called The Work. Katie is a living example of the clear, all-embracing love that is our true identity. Because she has thoroughly questioned her own mind, her words shine with the joy of understanding. “People used to ask me if I was enlightened,” she says, “and I would say, ‘I don’t know anything about that. I’m just someone who knows the difference between what hurts and what doesn’t.’ I’m someone who wants only what is. To meet as a friend each concept that arose turned out to be my freedom.”

**The First Christmas** Stephen Mitchell 2021-11-09 “I love The First Christmas. What a charming way Stephen Mitchell has found to tell my favorite story of all, the Nativity, character by character (I love the donkey and the ox), with wise and thrilling interludes about God, reality, truth.” –Anne Lamott In The First Christmas, Stephen Mitchell brings the Nativity story to vivid life as never before. A narrative that is only sketched out in two Gospels becomes fully realized here with nuanced characters and a setting that reflects the culture of the time. Mitchell has suffused the birth of Jesus with a sense of beauty that will delight and astonish readers. In this version, we see the world through the eyes of a Whitmanesque ox and a visionary donkey, stary-eyed shepherds and Zen-like wise men, each of them providing a unique perspective on a scene that is, in Western culture, the central symbol for good tidings of great joy. Rather than superimposing later Christian concepts onto the Annunciation and Nativity scenes, he imagines Mary and Joseph experiencing the angelic message as a young Jewish woman and man living in the year 4 bce might have experienced it, with terror, dismay, and ultimate acceptance. In this context, their yes becomes an act of great moral courage. Readers of every background will be enchanted by this startlingly beautiful reimaging of the Christmas tale.

**A Thousand Names For Joy** Byron Katie 2008-12-26 Inspired by the Tao Te Ching, this is Byron Katie’s inspiring and pragmatic approach to achieving an awakened mind and living more simply and profoundly. Using the template of the 81 chapters of the Tao Te Ching she talks about her own experience of living in harmony with the way things are, and the difference between what hurts and what doesn’t. Katie has written two books that teach how suffering can be relieved by questioning the thoughts that create it, the thoughts that argue with reality. This questioning takes courage and, in this her third book, she gives readers profound encouragement by showing them the freedom and love that live on the other side of self-inquiry. Many people believe that although enlightenment was attainable thousands of years ago by a few great saints or ascetics, such a state is out of reach of anyone living in the modern world, let alone themselves. This richly detailed account has the ability to change that belief. Katie’s comments on life, and how to live it, are profound, vibrant, funny and crystal clear and all rooted in the familiar circumstances of everyday life.

**The Frog Prince** Stephen Mitchell 1999 The classic fairy tale shares a message of the transforming power of love as it follows the story of a contemplative frog who falls in love with a rebellious princess, who, in turn, gradually comes to love him in return and helps him become who he truly is. 75,000 first printing.

**The Enlightened Heart** Stephen Mitchell 2011-01-25 From Stephen Mitchell comes an anthology of poetry chosen from the world’s great religious and literary traditions—the perfect companion to Mitchell’s bestselling translation of Tao Te Ching • The Upanishads • The Book of Psalms • Lao-tzu • The Bhagavad Gita • Chuang-tzu • The Odes of Solomon • Seng-ts’an • Han-shan • Li Po • Tu Fu • Layman P’ang • Kukai • Tung-shan • Symeon the New Theologian • Izumi Shikibu • Su Tung-p’o • Hildegard of Bingen • Francis of Assisi • Wu-men • Dōgen • Rumi • Mechthild of Magdeburg • Dante • Kabir Mirabai • William Shakespeare • George Herbert • Bunan • Gensei • Angelus Silesius • Thomas Traherne • Basho • William Blake • Ryōkan • Issa • Ghalib • Bibi Hayati • Wait Whitman • Emily Dickinson • Gerard Manley Hopkins • UvavnuK • Anonymous Navaho • W. B. Yeats • Antonio Machado • Rainer Maria Rilke • Wallace Stevens • D.H. Lawrence • Robinson Jeffers

**The Way of Forgiveness** Stephen Mitchell 2019-09-17 “A unique and special kind of masterpiece.” —John Banville Stephen Mitchell’s gift is to breathe new life into ancient classics. In Joseph and the Way of Forgiveness, he offers us his riveting novelistic version of the Biblical tale in which Jacob’s favorite son is sold into slavery and eventually becomes viceroy of Egypt. Tolstoy called it the most beautiful story in the world. What’s new here is the lyrical, witty, vivid prose, informed by a wisdom that brings fresh insight to this foundational legend of betrayal and all-embracing forgiveness. Mitchell’s retelling, which reads like a postmodern novel, interweaves the narrative with brief meditations that, with their Zen surprises, expand the narrative and illuminate its main themes. By stepping into the minds of Joseph and the other characters, Mitchell reanimates one of the central stories of Western culture. The engrossing tale that he has created will capture the hearts and minds of modern readers and show them that this ancient story can still challenge, delight, and astonish. *The Longing in Ivan M. Granger* 2014-11 A delightful collection of soul-inspiring poems from the world’s great religious and spiritual traditions, accompanied by Between M. Granger’s meditative thoughts and commentary. Rumi, Whitman, Issa, Teresa of Avila, Dickinson, Blake, Lalla, and many others. These are poems of seeking and awakening... and the longing in between. ----- Praise for The Longing in Between “The Longing in Between is a work of sheer beauty. Many of the selected poems are not widely known, and Ivan M. Granger has done a great service, not only by bringing them to public attention, but by opening their deeper meaning with his own rare poetic and mystic sensibility.” ROGER HOUSDEN author of the best-selling Ten Poems to Change Your Life series “Ivan M. Granger’s new anthology, The Longing in Between, gives us a unique collection of profoundly moving poetry. It presents some of the choicest fruit from the flowering of mystics across time, across traditions and from around the world. After each of the poems in this anthology Ivan M. Granger shares his reflections and contemplations, inviting the reader to new and deeper views of the Divine Presence. This is a grace-filled collection which the reader will gladly return to over and over again.” LAWRENCE EDWARDS, Ph.D. author of Awakening Kundalini: The Path to Radical Freedom and Kali’s Bazaar

*In Praise of Mortality* 2019-01-30 In Praise of Mortality is an artfully curated selection of poems that investigate the emotional and psychological impact of the industrial revolution, and meditate on themes of impermanence and the steady passage of time. Rainer Maria Rilke’s work stands as a thoughtful, rare combination of insight, beauty, and accessibility to the modern world.

**Japanese Death Poems** 1998-04-15 "A wonderful introduction the Japanese tradition of jisei, this volume is crammed with exquisite, spontaneous verse and pithy, often hilarious, descriptions of the eccentric and committed monastics who wrote the poems." —Tricycle: The Buddhist Review Although the consciousness of death is, in most cultures, very much a part of life, this is perhaps nowhere more true than in Japan, where the approach of death has given rise to a centuries-old tradition of writing jisei, or the "death poem." Such a poem is often written in the very last moments of the poet's life. Hundreds of Japanese death poems, many with a commentary describing the circumstances of the poet's death, have been translated into English here, the vast majority of them for the first time. Yoel Hoffmann explores the attitudes and customs surrounding death in historical and present-day Japan and gives examples of how these have been reflected in the nation's literature in general. The development of writing jisei is then examined—from the longing poems of the early nobility and the more "masculine" verses of the samurai to the satirical death poems of later centuries. Zen Buddhist ideas about death are also described as a preface to the collection of Chinese death poems by Zen monks that are also included. Finally, the last section contains three hundred twenty haiku, some of which have never been assembled before, in English translation and romanized in Japanese.

**Ahead of All Parting** Rainer Maria Rilke 2015-01-21 The reputation of Rainer Maria Rilke has grown steadily since his death in 1926; today he is widely considered to be the greatest poet of the twentieth century. This Modern Library edition presents Stephen Mitchell’s acclaimed translations of Rilke, which have won praise for their re-creation of the poet’s rich formal music and depth of thought. “If Rilke had written in English,” Denis Donoghue wrote in The New York Times Book Review, “he would have written in this English.” Ahead of All Parting is an abundant selection of Rilke’s lifework. It contains representative poems from his early collections The Book of Hours and The Book of Pictures; and many selections from the revolutionary New Poems, which drew inspiration from Rodin and Cezanne; the hitherto little-known “Requiem for a Friend”; and a generous selection of the late uncollected poems, which constitute some of his finest work. Included too are passages from Rilke’s influential novel, The Notebooks of Malte Laurids Brigge, and nine of his brilliant uncollected prose pieces. Finally, the book presents the poet’s two greatest masterpieces in their entirety: the Duino Elegies and The Sonnets to Orpheus. “Rilke’s voice, with its extraordinary combination of formality, power, speed and lightness, can be heard in Mr. Mitchell’s versions more clearly than in any others,” said W. S. Mervin. “His work is masterful.”

*Daodejing* Laozi 2008-09-11 ‘Of ways you may speak, but not the Perennial Way; By names you may name, but not the Perennial Name.’ The best-loved of all the classical books of China and the most universally popular, the Daodejing or Classic of the Way and Life-Force is a work that defies definition. It encapsulates the main tenets of Daoism, and upholds a way of being as well as a philosophy and a religion. The dominant image is of the Way, the mysterious path through the whole cosmos modelled on the great Silver River or Milky Way that traverses the heavens. A life-giving stream, the Way gives rise to all things and holds them in her motherly embrace. It enables the individual, and society as a whole, to harmonize the disparate demands of daily life and achieve a more profound level of understanding. This new translation draws on the latest archaeological finds and brings out the word play and poetry of the original. Simple commentary accompanies the text, and the introduction provides further historical and interpretative context. ABOUT THE SERIES: For over 100 years Oxford World’s Classics has made available the widest range of literature from around the globe. Each affordable volume reflects Oxford’s commitment to scholarship, providing the most accurate text plus a wealth of other valuable features, including expert introductions by leading authorities, helpful notes to clarify the text, up-to-date bibliographies for further study, and much more.

*The Essence of Wisdom* Stephen Mitchell 1999-10-19 A renowned writer and translator presents an anthology of essential quotations from the masters of spiritual wisdom. The most powerful messages are the simplest ones. With that in mind, Stephen Mitchell has selected one hundred illuminating sayings from the great Eastern and Western literary and spiritual traditions. Ranging in length from one sentence to a dozen lines, the brief passages in “The Essence of Wisdom convey the life-transforming insights of the Buddha, Lao-tzu, Heraclitus, the Zen and Sufi masters, Spinoza, Blake, Emerson, Rilke, and other sages. The book is arranged to follow the course of the inner life from its beginning to the fullest embodiment of wisdom. Each quotation stands alone on the page. Each is a meditation in itself, meant not only to be read, but to be absorbed and reflected upon. This remarkable book gathers the words of the world’s deepest thinkers and spiritual teachers, and speaks to us in the clear voice of enlightenment. “From the Hardcover edition.

**The Second Book of the Tao** Stephen Mitchell 2009-02-19 Enhanced by Stephen Mitchell’s illuminating commentary, the next volume of the classic manual on the art of living The most widely translated book in world literature after the Bible, Lao-tzu’s Tao Te Ching, or Book of the Way, is the classic manual on the art of living. Following the phenomenal success of his own version of the Tao Te Ching, renowned scholar and translator Stephen Mitchell has composed the innovative The Second Book of the Tao. Drawn from the work of Lao-tzu’s disciple Chuang-tzu and Confucius’s grandson Tzssu, The Second Book of the Tao offers Western readers a path into reality that has nothing to do with Taoism or Buddhism or old or new alone, but everything to do with truth. Mitchell has selected the freshest, clearest teachings from these two great students of the Tao and adapted them into versions that reveal the poetry, depth, and humor of the original texts with a thrilling new power. Alongside each adaptation, Mitchell includes his own commentary, at once explicating and complementing the text. This book is a twenty-first-century form of ancient wisdom, bringing a new, homemade sequel to the Tao Te Ching into the modern world. Mitchell’s renditions are radiantly lucid; they dig out the vision that’s hiding beneath the words; they grab the text by the scruff of the neck—by its heart, really—and let its essential meanings fall out. The book introduces us to a cast of vivid characters, most of them humble artisans or servants, who show us what it means to be in harmony with the way things are. Its wisdom provides a psychological and moral acuity as deep as the Tao Te Ching itself. The Second Book of the Tao is a gift to contemporary readers, granting us access to our own fundamental wisdom. Mitchell’s meditations and risky reimaging of the original texts are brilliant and liberating, not least because they keep catching us off-guard, opening up the heavens where before we saw a roof. He makes the ancient teachings at once modern, relevant, and timeless. Listen to a special podcast with Stephen Mitchell.

*Speaking of Faith* Krista Tippett 2008-01-29 A thought-provoking, original appraisal of the meaning of religion by the host of public radio's On Being Krista Tippett, widely becoming known as the Bill Moyers of radio, is one of the country's most intelligent and insightful commentators on religion, ethics, and the human spirit. With this book, she draws on her own life story and her intimate conversations with both ordinary and famous figures, including Elie Wiesel, Karen Armstrong, and Thich Nhat Hanh, to explore complex subjects like science, love, virtue, and violence within the context of spirituality and everyday life. Her way of speaking about the mysteries of life-and-of listening with care to those who endeavor to understand those mysteries-is nothing short of revolutionary.

*The Wishing Bone and Other Poems* Stephen Mitchell 2003 A collection of poems discusses having tea with a white rhinoceros, talking rats in Central Park, and tigers who like to pose for pictures.