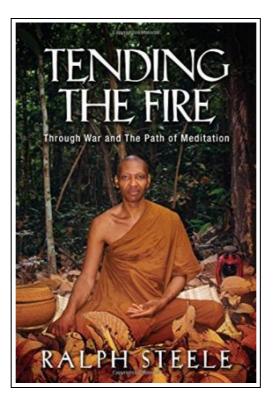
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Reviews

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(Madison Armstrong)

TENDING THE FIRE: THROUGH WAR AND THE PATH OF MEDITATION (PAPERBACK)



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Sacred Life Publishers, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Tending the Fire: Through War and The Path of Meditation Raised on a South Carolina sea island, tempered by experiences in the Vietnam War, and trained as a psychotherapist, Ralph Steele decided midlife that tending the fire of his life would be to take robes as a forest monk in Thailand and Myanmarfor a year or for a lifetime. He left his career and twenty-year relationship without knowing if he would return. Tending the Fire is the gripping, enlightening, and very human story of Ralph s transformative journey through war and meditation to a sense of wholeness, responsibility, peace, and compassion. Partial Endorsements: Ralph Steele s memoir will be of great value, an inspiration for many who are seeking release from ignorance and suffering Ajahn Sumedho A beautifully written, humbling, uplifting, and profoundly sweet and electrifying life story illustrating the transformative value of the cultivation of mindfulness . . . Jon Kabat-Zinn, author of Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness One can t help but marvel at Ralph Steele s extraordinary life. Joseph Goldstein, author of Mindfulness: A Practical Guide to Awakening Buddha was a Kshatriya; he came from the warrior class, Ralph, too is a warrior who, like Buddha, had to climb the walls of his enclosures to breathe the fresh air. Stephen and Ondrea Levine, authors of Becoming Kuan Yin: The Evolution of Compassion and The Healing I Took Birth For Ralph is able to show us, in an unflinchingly graphic story, what is at once intimate and honest, heart-shredding and tender. Wayne Muller, M. Div., author of Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives...

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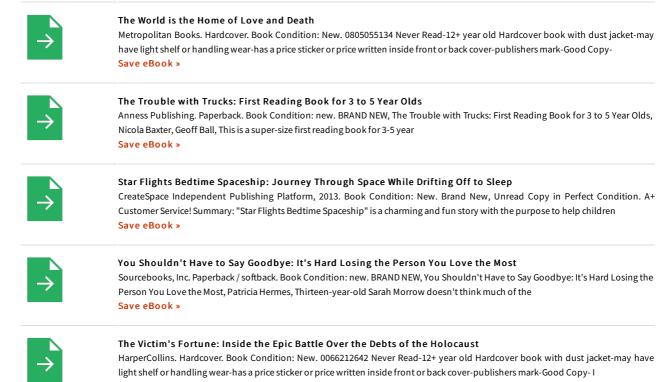
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