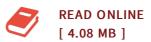




Selfless Love: Beyond the Boundaries of Self and Other

By Ellen Birx

Wisdom Publications, U.S., United States, 2014. Paperback. Book Condition: New. 202 x 126 mm. Language: English . Brand New Book. Selfless Love shows how meditation can help us realize that we don t love--we are love. Gentle, elegant, and radically inspiring, Selfless Love presents a holistic, experiential meditative path that enables us to see beyond our preconceived notions of identity, spirituality, and humanity. Drawing equally from Zen parables, her experience as a mental health therapist, and the Gospels, Ellen Birx shows us that through meditation we can recognize that our true selves are not selves at all--that all beings are united in unbounded, infinite awareness and love, beyond words. Recognizing the limitations of language in describing the indescribable, Birx concludes each chapter in the Zen tradition of turning words with a verse meant to invite insights.



Reviews

An incredibly amazing ebook with perfect and lucid answers. It is writter in basic terms and never difficult to understand. Its been written in an exceptionally basic way and it is only right after i finished reading this ebook in which in fact modified me, affect the way i really believe.

-- Beverly Hoppe

Extremely helpful for all class of individuals. Better then never, though i am quite late in start reading this one. I realized this publication from my i and dad suggested this ebook to discover.

-- Adela Schroeder II