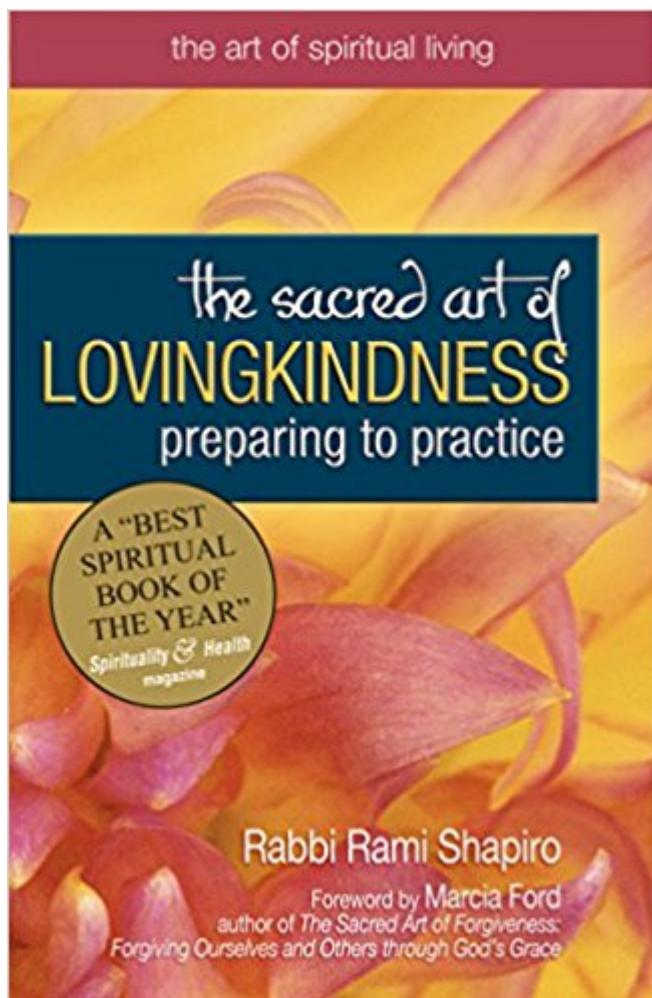


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# The Sacred Art Of Lovingkindness: Preparing To Practice (The Art Of Spiritual Living)



## Synopsis

Open your heart and mind and discoverâ •through the sacred art of lovingkindnessâ •the image and likeness of God in yourself and others."The question at the heart of this book is this: Will you engage this moment with kindness or with cruelty, with love or with fear, with generosity or scarcity, with a joyous heart or an embittered one? This is your choice and no one can make it for youâ ]. Heaven and hell are both inside of you. It is your choice that determines just where you reside."â •from the IntroductionWe are all born in the image of God, but living out the likeness of God is a choice. This inspiring, practical guidebook provides you with the tools you need to realize the divinity within yourself, recognize the divinity within others, and act on the obligation to manifest God's infinite compassion in your own life.Guided by Rabbi Rami Shapiro, you will explore Judaismâ ™s Thirteen Attributes of Lovingkindness as the framework for cultivating a life of goodness. Shapiro translates these attributes into practicesâ •drawn from the teachings of a variety of faith traditionsâ •that allow you to actualize Godâ ™s glory through personal deeds of lovingkindness. You will enrich your own capacity for lovingkindness as you:Harvest kindness through compassionate honestyMake room in your heart for realityRecognize the manifestations of GodEmbrace the paradoxical truth of not-knowingBe present in the momentDo right by othersWith candor, wit, and honesty, Shapiro shows you that by choosing to act out of love rather than fear, with kindness rather than anger, you can transform how you perceive the world and ultimately lead a more complete spiritual life.

## Book Information

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## Customer Reviews

I could feel my attitudes changing as I read this book, slowly, chapter by chapter. I am so grateful to this author for teaching me about how to cultivate equanimity and what anger really is and how to try my best to avoid falling into it. This is one of the best books I have ever read because it tells me that I will fall short of my intention to be a better person, and that's ok, as long as I keep pursuing my spiritual growth. Thank you for writing this book, Rabbi Rami Shapiro! I recommend this book to anyone who wants to cultivate a healthier, more rewarding spiritual life no matter what religion they do or don't practice.

Rami has a way about him. His interfaith writings are insightful, maddening and calming all at the same time. If you want to learn how you can feel love and acceptance towards others and respond to people in a loving way, give *The Art of Lovingkindness* a careful read. But beware, Rami does not let you just read, he involves every part of your being in the active pursuit of godliness. You won't be disappointed.

With insight, grace and humor this writer elaborates on the attributes of lovingkindness. He weaves the wisdom of many religious disciplines into his stories. Rather than feel that he's behind an invisible pulpit, his teaching seems to simply unfold, making it sweetly accessible to heart, mind and soul. His medium and his message are one.

I love this book so much that I have been reading it over again. It has been a blessing for me and I highly recommend it to everyone. Rabbi Rami Shapiro has a broad knowledge of many religions and acknowledges the beauty of their spiritual teachings. He is able to weave everything together into a excellent foundation for your spiritual journey. Not only is this a book on the sacred art of Lovingkindness, but I feel it is your sacred duty to nourish your soul by reading it. You will be so thankful that you did.

Chesed, kindness in Hebrew (often translated loving kindness) is the subject of this book. In it, Rabbi Shapiro gives very practical examples of how to be less judgmental, harsh and unkind to others and to yourself. By far the best chapter is 5, equanimity in the moment. For here Shapiro gets to the heart of his ideas about God and religion: "God is bigger than our theologies" "...the things we rely on to bolster our understanding of God and justice are transient. The certainty we took for granted fades... This is the beginning of spiritual awakening." For Shapiro, uncertainty is the basis of

wisdom. Not-knowing with certainty is the key to his concept of spiritual life. For many, this message will be inadequate. For those who want a more complex response to various spiritual dilemmas, who can be satisfied with a maybe instead of an emphatic yes, this book is for you.

Rabbi Rami Shapiro has done a wonderful job putting together a guide for the practice of the sacred art of lovingkindness. The book is packed with gentle suggestions written from the heart which resonate deeply when reading meditatively. One can easily look at the text as being a guidebook which provides tools you need to recognize the divinity within yourself and others -- very powerful. And, as Rabbi Zalman Schachter-Shalomi says, the book is a "masterpiece... a practical, inspiring, engrossing and very helpful ecumenical how-to based on the Jewish supermantra."

A great book - I go back and read many sections again and again. Have given this book as a gift to a number of my friends who are "givers" and understand the importance of a sound spiritual life. Uses examples from a wide range of religions and faith traditions to demonstrate and share the practice of loving kindness.

The book is thoughtful, insightful and practical. Another excellent exploration of healthy spiritual living from Rabbi Rami.

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