



## Awakening the Heart

*By John Welwood*

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Can a meditative practice assist and promote the healing relationship between psychotherapist and patient? The notable contributors to this practical book draw on a wide range of Eastern and Western disciplines—psychoanalysis, Gestalt, Aikido, and various Christian, Hindu, and Buddhist contemplative traditions—to show that it can. What they propose is a meeting between the Western psychotherapeutic approach—grounded in working with the personal problems and the need to carve out a strong awareness of self—and Eastern tradition, which emphasizes a larger kind of awareness and equanimity as a continuously available source of clarity and health for those who know how to find it. They show that joining psychotherapy with meditation can mutually awaken the hearts of both therapist and client, sparking them both to open more fully.

Jacob Needleman, Erich Fromm, Robin Skynner, Ram Dass, Karl Sperber, Roger Walsh, Chögyam Trungpa, and Thomas Hora are among the contributors.

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## **Awakening the Heart** By John Welwood Bibliography

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## **Editorial Review**

### **Review**

*Awakening the Heart* proposes a radically new yet ancient vision of healing as a process of mutual transformation, a mutual awakening of the heart, a joint descent into the unknown which is the basic ground of our lives. The book is a personal and often touching testimony to the healing power of being attentively, compassionately, and lovingly present to the suffering-- and sanity-- of ourselves and others. -- *Yoga Journal*, September 1984

A valuable collection of essays about the practical role tht meditation can play in psychotherapy. Each of the essays is rich and illuminting. -- *New Age Journal*, August, 1984

This book is the best of its type-- seminal, provocative, and empowering. -- *Journal of Transpersonal Psychology*, December, 1983

### **From the Inside Flap**

The notable contributors to this book show that joining psychotherapy with meditation can mutually awaken the hearts of both therapist and client, sparking them both to open up more fully.

### **From the Back Cover**

What this book proposes is a meeting between the Western psychotherapeutic approach--grounded in working with the personal problems and the need to carve out a strong awareness of self--and Eastern tradition, which emphasizes a larger kind of awareness and equanimity as a continuously available source of clarity and health for those who know how to find it.

## **Users Review**

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#### **Christopher Clarke:**

Here thing why this particular Awakening the Heart are different and dependable to be yours. First of all reading through a book is good nonetheless it depends in the content of it which is the content is as delicious as food or not. Awakening the Heart giving you information deeper since different ways, you can find any book out there but there is no e-book that similar with Awakening the Heart. It gives you thrill studying journey, its open up your eyes about the thing in which happened in the world which is might be can be happened around you. You can bring everywhere like in park, café, or even in your approach home by train. For anyone who is having difficulties in bringing the published book maybe the form of Awakening the Heart in e-book can be your choice.

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