
“A lively exploration of contemporary Buddhism from one of its most admired teachers. Do you feel at home right now? In The Road Home, Ethan Nichtern, a senior teacher in the Shambhala Buddhist tradition, investigates the journey each of us takes to find where we belong. Drawing from contemporary research on meditation and mindfulness and his experience as a Buddhist teacher and practitioner, Nichtern describes in fresh and deeply resonant terms the basic existential experience that gives rise to spiritual seeking—and also to its potentially dangerous counterpart, spiritual materialism. Religion, secularism, and a sacred path; imagining a basically good home; the practice of visualization; sacred emotions, sacred environment—Society’s journey.

Find many great new & used options and get the best deals for The Road Home: A Contemporary Exploration of the Buddhist Path by Ethan Nichtern (2016, Trade Paperback) at the best online prices at eBay! Free shipping for many products. In this wise and witty invitation to Buddhist meditation, Ethan Nichtern, a senior teacher in the Shambhala Buddhist tradition, investigates the journey each of us takes to find where we belong. Drawing from contemporary research on meditation and mindfulness and from his experience as a teacher and practitioner of Buddhism, Nichtern describes in fresh language the basic existential experience that gives rise to spiritual seeking—and its potentially dangerous counterpart, spiritual materialism.

The road home is the fourth. It’s an eloquent book taking the reader on an exploration of the path to inner peace and how that’s a prerequisite for sustainable and inclusive development of society. It’s a mark of great spiritual laziness to take the world we inherit as a given. Ethan explains the inner road home in a contemporary context using Buddhist philosophy as a backdrop to provide terminology, depth and tools for individual and community exploration. It’s by far the best book on Buddhism I’ve read and an excellent introduction for those new to Buddhism. As I write this I’m hesi