"Life is difficult. This is a great truth, one of the greatest truths. It is a great truth because once we truly see this truth, we transcend it. Once we truly know that life is difficult - once we truly understand and accept it - then life is no longer difficult. Because once it is accepted, the fact that life is difficult no longer matters." Ordinary Life

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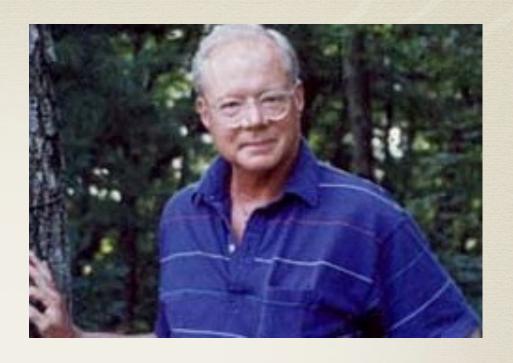
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A New Psychology of Love, Traditional Values and Spiritual Growth

"Not just a book but a spontaneous act of generosity." —PHYLLIS THEROUX, <u>THE WASHINGTON POST</u>

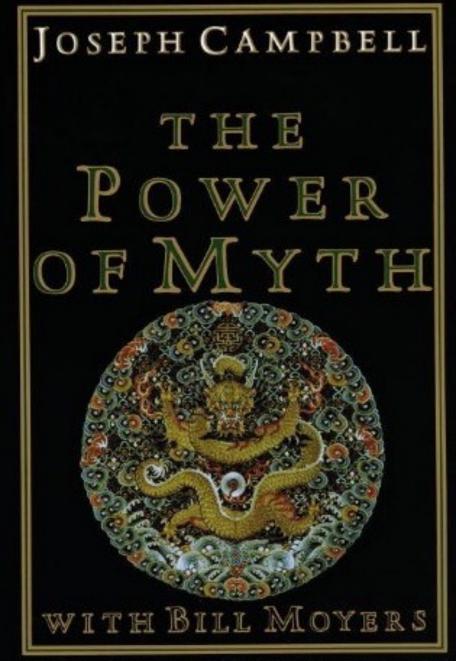
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Author of The Different Drum



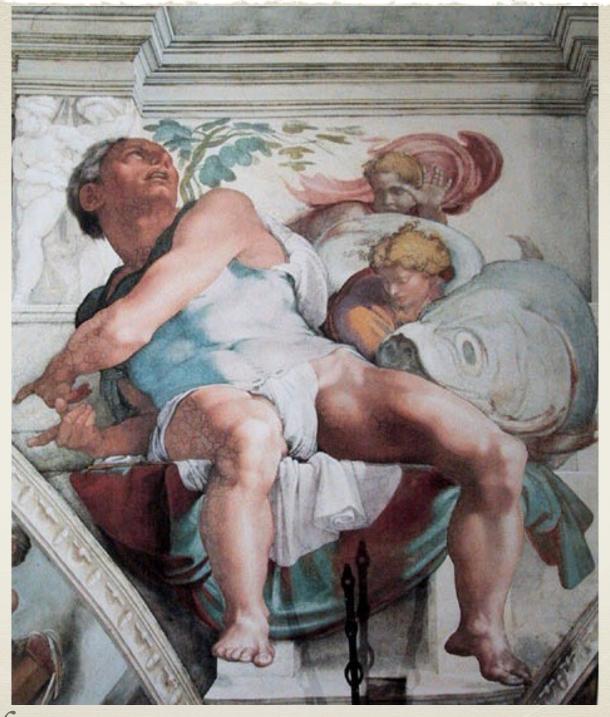
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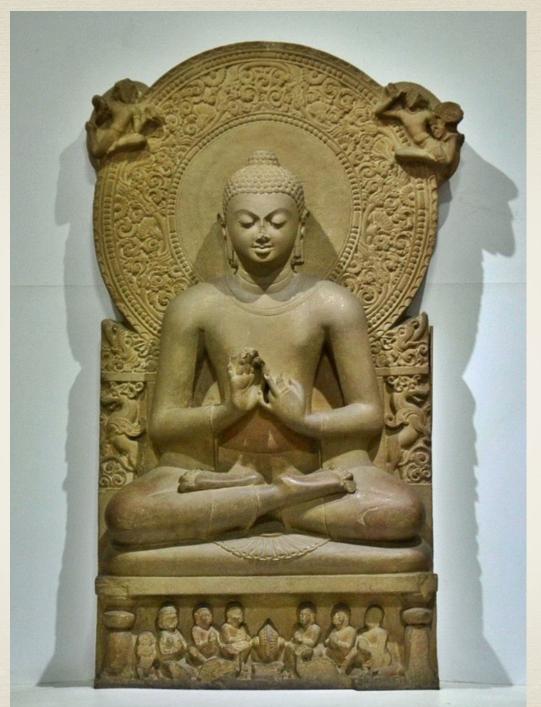


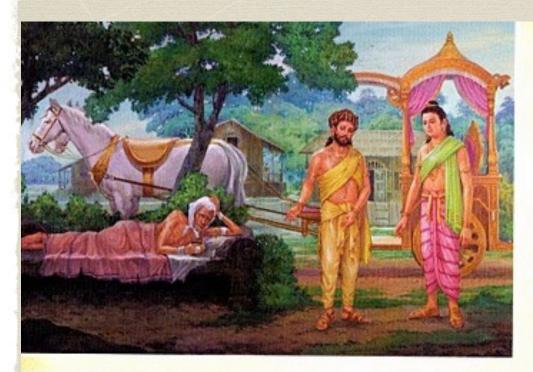
Ordinary Life

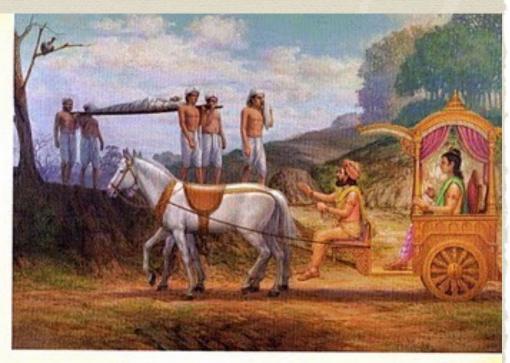
"Campbell has become the rarest of intellectuals in American life: a serious thinker who has been embraced by the popular culture." — Newsweek

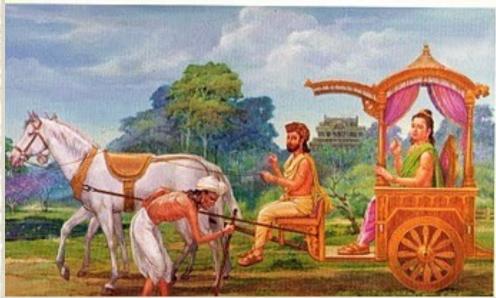


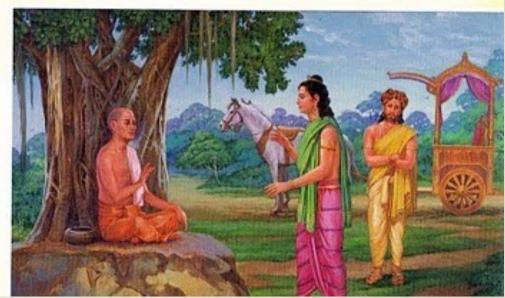
Ordinary Life











Ordinary Life

the path is subtle, deep and hard to grasp

The Four Nobel Truths

Life is suffering.

The origination of suffering is craving.

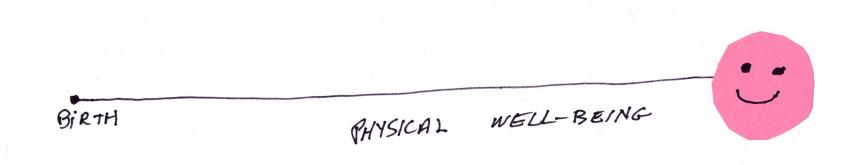
By stopping this craving "nirvana" is attained.

The way to stop the craving is by following the Eight-fold path.

Life is difficult

Blessed is the one who has toiled and has found life.

BIRTH PHYSICAL WELL-BEING NOW



BIRTH PHYSICAL WELL-BEING

BIRTH PHYSICAL WELL-BEING

BIRTH

EMOTIONAL

WELL-BEING

NOW

BIRTH EMOTIONAL WELL-BEING NOW

BIRTH PHYSICAL WELL-BEING

BIRTH EMBTIONAL WELL-BEING NOW



Ordinary Life

Healthy religion is about -

right relationships, not being right

being connected, not being correct

Presence

BIRTH PHYSICAL WELL-BEING

BIRTH EMBTIONAL WELL-BEING NOW

Presence Inquiry

we actually become more diseased when we turn away from the parts of life that caused us pain in the past or are causing us pain in the present

turning away from pain actually causes us to suffer more

Love is that which desires to reunite the separated.

Life is a constant struggle between the urge to grow and the urge to be comfortable.

There is a crack in everything.

That's how the light gets in.



Ordinary Life