The Art of Happiness - Laurence Freeman OSB

$10.00

SKU: AU_LF_TAOH

ArtOfHappinessCover.jpg

Price: $10.00

"We are designed to be happy. Happiness is the goal of life," says Fr Laurence. Yet we are unhappy. How can we be happy? Fr. Laurence points to the Beatitudes as a universal blueprint for happiness: "Happy are the sorrowful," "happy are the poor in spirit." Of course, this does not make sense to the head. But is does speak to the heart where wisdom resides. Meditation offers a way from the head to the heart. Simplicity, silence, stillness: saying the mantra develops these contemplative qualities of wisdom. It is a direct entry into the poverty of spirit that enriches all life. Then how we face adverse situations in life becomes the true test of our art of happiness. In these talks Fr Laurence shows how the practice of meditation leads to true happiness.

Note: Purchasing this product will allow you to download the MP3 of the tracks. No physical CD will be shipped!

CD1

- 1 Soul Rest 09:27
- 2 A Way of Life 12:44
- 3 From the Head to the Heart 10:53
- 4 A Very Sure Guide 7:55
- 5 The True Nature of Happiness 17:10
- 6 The Dynamic of Desire 9:25
- 7 God Beyond Images 10:25

CD2

- 1 A Paradigm Shift 4:55

- 2 Pain of Change 9:20
- 3 An Alternative Way of Living 8:25
- 4 Transformation of Desire 10:20
- 5 Repentance and Self-Knowledge 8:01
- 6 Resistance of the Ego 10:27
- 7 Other-centered 8:23
- 8 Losingand Finding 7:09

CD3

- 1 The Beatitudes 20:30
- 2 Benedictus- Margaret Rizza 7:11

01 - Soul Rest-CLIP.mp3

Laurence Freeman AudioMeditatio Audio

Source URL: http://www.wccm.org/content/art-happiness-laurence-freeman-osb