



Tending the Fire: Through War and the Path of Meditation (Paperback)

By Dr Ralph Steele

Sacred Life Publishers, United States, 2014. Paperback.
 Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Tending the Fire: Through War and The Path of Meditation Raised on a South Carolina sea island, tempered by experiences in the Vietnam War, and trained as a psychotherapist, Ralph Steele decided midlife that tending the fire of his life would be to take robes as a forest monk in Thailand and Myanmar-for a year or for a lifetime. He left his career and twenty-year relationship without knowing if he would return. Tending the Fire is the gripping, enlightening, and very human story of Ralph's transformative journey through war and meditation to a sense of wholeness, responsibility, peace, and compassion. Partial Endorsements: Ralph Steele's memoir will be of great value, an inspiration for many who are seeking release from ignorance and suffering Ajahn Sumedho A beautifully written, humbling, uplifting, and profoundly sweet and electrifying life story illustrating the transformative value of the cultivation of mindfulness . . . Jon Kabat-Zinn, author of Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness One can't help but marvel at Ralph Steele's...



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