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5.0 out of 5 stars Bare-Bones Meditation: Waking Up from the Story of My Life. One of the best books I have read in a long time and the timing was perfect. The author's life story is powerful and she demonstrates in her writing the constant struggle of letting go of attachments, expectations and judgments.

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Bare-Bones Meditation: Waking Up from the Story of My Life. Born with only one hand, Joan Tollifson grows up feeling different, finds identity as a bisexual lesbian and a disability rights activist, but also sinks into drug addiction and alcoholism.

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Born with only one hand, Joan Tollifson grows up feeling different, finds identity as a bisexual lesbian and a disability rights activist, but also sinks into drug addiction and

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alcoholism. She embraces Zen Buddhism and then a very bare-bones spirituality that has no form. Bare-Bones Meditation...

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She comes out as a lesbian in the tumultuous 1960's, sinks into alcoholism and drug abuse, sobers up in 1973, becomes a political activist, embraces Zen Buddhism and then a very bare-bones spirituality that has no fixed form or tradition, and spends a number of years living and working at a rural meditation retreat center. Bare-Bones Meditation reveals the inner process of the mind in a new way, and Tollifson's account is beautifully written--intense and from the heart.

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up feeling different, finds identity as a bisexual lesbian and a disability rights activist, but also sinks into drug addiction and alcoholism. She embraces Zen ...

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Joan wrote about her experience having been born in the 1940s and growing up with only one hand in her book, Bare-Bones Meditation, Waking Up from the Story of My Life.

Many years later, Joan discovered that her missing hand was a kind of gift—in that she was given a kind of ticket to “ the secret rooms of people ’ s hearts where something is always missing or misshapen. ”

~~Nonduality and Acceptance with Joan Tollifson...~~

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36 copies. Awake in the Heartland: The Ecstasy of What Is
21 copies. Nothing to Grasp 10 copies, 1 review. Painting the
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~~Buddhism | RealityShifters Blog~~

About Bare-Bones Meditation Born with only one hand, Joan Tollifson grows up feeling different, finds identity as a bisexual lesbian and a disability rights activist, but also sinks into drug addiction and alcoholism. She embraces Zen Buddhism and then a very bare-bones spirituality that has no form.

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way, and Tollifson's account is beautifully written--intense and from the heart.

These lively talks and dialogues are about seeing through the illusion of separation and waking up to the boundless wholeness that is all there is. Joan's approach is open and explorative, questioning all attempts to conceptually grasp and frame the movement of life. She talks about seeing through the stories and beliefs that create our human suffering and waking up to the simplicity of what is. This book beautifully dissolves the apparent dichotomy between the uncompromising "this is it, just as it is" message of radical non-duality and the emphasis on "being here now" that is found in many meditation teachings. Joan has an

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affinity with Buddhism, Advaita, and radical non-duality, but she belongs to no tradition. In these talks and dialogues, she takes on such perennial questions as, Is there a way out of personal and global suffering? Can we choose to stop addictive and destructive patterns? Does being awake take effort, vigilance, and practice, or is it effortlessly and unavoidably always already the case? What happens when we die?

This book points relentlessly to what is most obvious and impossible to avoid: the ever-present, ever-changing, nonconceptual actuality of the present moment that is effortlessly presenting itself right now. This book is an invitation to wake up from commonplace misconceptions

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and to see through the imaginary separate self at the root of our human suffering and confusion. Nothing to Grasp is a celebration of what is, exactly as it is.

"Awake in the Heartland" shows how spiritual practice and the pursuit of enlightenment can become an addiction, or yet another goal that can impede us from waking up in the present moment. In her poignant autobiography, author Joan Tollifson encourages readers to look for themselves without clinging to old opinions or relying on outside authorities. Honest, funny, and profound, this is a book that invites readers to discover who or what they really are. "

Collects the insights of spiritual writers and leading

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meditation practitioners from a variety of disciplines to inspire readers to begin their own meditation practice, in a guide that includes contributions by such figures as Jack Kornfield, Ram Dass and Marianne Williamson.

Combines the voices of scholars and practitioners in analysing Buddhist women's history. 26 articles document the lives of women who have set in motion changes within Buddhist societies, with analyses of issues such as gender, ethnicity, authority, and class that affect the lives of women in traditional Buddhist cultures and, increasingly, the west.

The articles explore the complex ways in which notions of disease, disability, and difference are related and in which

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bodies marked by gender, race, disability, sexuality, and ethnic identities experience disease in specific ways.

The practice of Christianity is going through a transition that is deeper than the Reformation. The Thinking Christian explores two main questions: (1) What is "religion" as a general social process that can link humans to Profound Reality, and (2) what is a meaningful and appropriate mode of Christian theologizing, communal life, and mission to this planet for a viable and vital next Christian practice? These are profound probes, and they are communal and activist guidelines for general readers. Such union of the profound and the practical pertains to the needs of scholars as well.

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Steven Harrison takes a unique approach to spirituality and social change by rejecting contemporary spirituality and maintaining that the answers are not in self-help books or gurus. He empowers the reader by putting control back in their hands. Grappling with the questions we have about life, Harrison deconstructs the prevailing spiritual, therapeutic, and self-help methods we use to try to change ourselves. By taking this journey of exploration with him, we come face-to-face with the potential for radical transformation.

Looks at Buddhist women's activism for social change from the time of Buddha to the present day.

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