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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.

~~Bare Bones Meditation: Waking Up from the Story of My Life ...~~

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 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,

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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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Bare-Bones Meditation reveals the inner process of the mind in a way that hasn't been done before, and Tollifson's account is beautifully written - unbuttoned, intense, and from the heart.

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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...~~

Bare-Bones Meditation: Waking Up from the Story of My Life 36 copies. Awake in the Heartland: The Ecstasy of What Is 21 copies. Nothing to Grasp 10 copies, 1 review. Painting the Sidewalk with Water: Talks and Dialogs About Nonduality 7 copies. Bevochten vrijheid 3 copies.

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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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Entdecken Sie "Bare-Bones Meditation" von Joan Tollifson und finden Sie Ihren Buchhändler. 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. Bare-Bones Meditation reveals ...

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