The Enlightened Heart  

Stephen Mitchell

The Enlightened Heart is a unique resource of the essential teachings of the world's most significant spiritual teachers and thinkers. The result of a collaboration between the poet and pre-eminent translator Stephen Mitchell and the renowned scholar Dr. Carol S. Petrullo, this anthology presents a diverse selection of profound wisdom from a wide range of spiritual traditions and traditions. The result is a rich tapestry of insights that offer guidance and inspiration for a wide range of readers.


The Enlightened Heart is a unique and valuable resource for anyone seeking to deepen their understanding of the world's spiritual traditions and to find inspiration and guidance for their own spiritual journeys. It is a collection of the essential teachings of the world's most significant spiritual teachers and thinkers, presented in a way that is accessible and engaging for readers of all backgrounds and levels of spiritual experience.
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Shohaku Okumura
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