



The Jump Into Life: Moving Beyond Fear

Arnaud Desjardins

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The Jump Into Life: Moving Beyond Fear is helpful and affirmative ideas. Desjardins is so open and generous with his wisdom, and while this book is compiled from recorded lectures and exchanges with students, his conversational style allows the reader to feel connected to the author. The lifetime of experience is behind his words, unlike many spiritual "teachers" who don't have a practical understanding of their material because they haven't lived it. Desjardins has lived it, worked with it, taught it, for the last forty years. It is his own synthesis of East and West--Gurdjieff, Hinduism, Buddhism, Christianity--but it doesn't feel like a mish-mash of dogmas; the core teachings of each tradition have been wisely assimilated by a lively mind and willing spirit. There are no complicated theories here--no rituals, no yogic techniques. There's no magic formula for enlightenment offered, except advice to breathe deeply and to open up and to be grateful. He presents the blueprint for that internal structure, and it is based on saying YES to change because it's the path to new levels of understanding, having gratitude, choosing to be positive, and knowing that you already have Buddha Nature (you are already free, you are already whole, you are already wise.) It's a long journey toward the freedom that has been yours all along. This books gives straight-forward advice for that journey from a good-natured man who has seen all the emotional pitfalls and ego-detours and survived, with his heart and mind intact.

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From reader reviews:

Rosa Rogers:

Spent a free time to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their particular friends. Usually they undertaking activity like watching television, about to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? Could possibly be reading a book can be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to test look for book, may be the e-book untitled The Jump Into Life: Moving Beyond Fear can be excellent book to read. May be it is usually best activity to you.

Marisa Carney:

People live in this new moment of lifestyle always attempt to and must have the extra time or they will get large amount of stress from both everyday life and work. So , once we ask do people have extra time, we will say absolutely sure. People is human not a robot. Then we question again, what kind of activity have you got when the spare time coming to you actually of course your answer may unlimited right. Then do you try this one, reading guides. It can be your alternative within spending your spare time, the particular book you have read is definitely The Jump Into Life: Moving Beyond Fear.

Susan Crowell:

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