

## Seeking The Heart Of Wisdom Path Insight Meditation Joseph Goldstein

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— Jack Kornfield, **Seeking the Heart of Wisdom: The Path of Insight Meditation** “Spiritual practice is not a mindless repetition of ritual or prayer. It works through consciously realizing the law of cause and effect. Perhaps we can sense the potential of awakening in ourselves, but we must also see that it doesn’t happen by itself.

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