



If You're Lucky, Your Heart Will Break: Field Notes from a Zen Life

James Ishmael Ford

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Using vignettes and anecdotes from his own life - as well as quotations drawn from sources as varied as the Bible, Yiddish aphorisms, and stand-up comedy - Zen teacher and Unitarian Universalist minister James Ishmael Ford shares the gifts won over his lifetime of full-hearted engagement with the Zen path. "I've found myself broken open," Ford says, "and found in that opening my fundamental connection to the whole world."

What's more, *If You're Lucky, Your Heart Will Break* breathes new life into the Buddhist ideas of karma and rebirth - as well as the Buddhist precepts of ethical action - and finds for them kinship in other spiritual endeavors. Even the most cynical of hearts will find resonance in Ford's compassionate presentation of basic human truths.

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