



MARK NEPO

FLAMES THAT LIGHT THE HEART

TEN LESSONS
FOR LIVING WITH
MEANING, TRUTH,
AND KINDNESS

Session One

1. Introduction
2. Meaning, Truth, and Kindness
3. Session One: This Precious Human Birth
4. The Practice of Return
5. Following Your Heart
6. Being True to Your Own Nature

Session Two

7. Session Two: The Life of Obstacles
8. Breaking Our Trance
9. Obstacles as Teachers
10. Healing the Inner Divisions
11. What's In the Way Is the Way

Session Three

12. Session Three: The Wisdom of a Broken Heart
13. Cracking the Shell and the Process of Transformation
14. Being Broken and Breaking Open

Session Four

15. Session Four: Pain and the Nature of Suffering
16. Enlarging Our Sense of Things
17. Suffering and Human Experience
18. Releasing Your Song
19. Colluding in Your Own Suffering

Session Five

20. Session Five: Fear and Things as They Are
21. Changing Our Relationship with Fear
22. Returning to Things as They Are
23. Rings of Safety, Fear, Pain, and Discomfort
24. Miracle Is a Process
25. The Three Restorative Arts

Session Six

26. Session Six: Making Sense of Our Experience
27. A Meditation on Life's Positions
28. The Heart Is Our Gill
29. Not Getting What We Want
30. Working with What We're Given

Session Seven

31. Session Seven: Restoring Trust
32. Four Trusts to Return To
33. Inhabiting the Life You Are Given
34. Saying Yes to Life
35. The Nature of Resilience
36. Three Worldviews

Session Eight

37. Session Eight: The Sorrow and the Peace
38. The Peace That Abides in Every Moment
39. The How of Our Journey
40. Our Incarnation Between Sorrow and Peace

Session Nine

41. Session Nine: The Temple Is the World
42. The Conditions That Never Go Away
43. The Practice of Loving What You Do

Session Ten

44. Session Ten: To Wander Authentically
45. Exploring the Reasons We Are Here
46. The Five Vows
47. The Tiger and the Dragon