

EMOTIONAL CHAOS TO CLARITY

How to Live More Skillfully, Make Better Decisions, and Find Purpose in Life



PHILLIP MOFFITT

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Emotional Chaos to Clarity

How to Live More Skillfully, Make Better Decisions, and Find Purpose in Life

By Phillip Moffitt

Life too often seems a jumble. It's not only challenging in the material sense—earning a living, paying the bills, raising children—but also daunting in the psychospiritual realm—creating successful relationships, discovering one's purpose, deciphering the Universe's intentions. Putting our spiritual side in order is made all the more difficult by the complex instincts and emotions that lead us to behave reactively instead of responsively and prevent us from acting equanimously or “skillfully,” as noted Vipassana teacher Phillip Moffitt would say. Skillful living consists of “a sense of ease and direction in life,” Moffitt writes. “Although you can't make your life perfect, you can, without question, learn to live more skillfully.” But how is that possible, when our monkey mind is so energetic and persistent in its pursuit of unskillful living?

In his latest book, *Emotional Chaos to Clarity*, Moffitt unravels the mental knots that allow us to undermine ourselves with self-defeating thought

YOGA SKILLS FOR THERAPISTS

Effective Practices for Mood Management

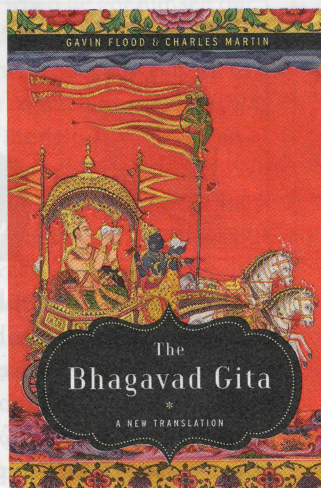


AMY WEINTRAUB

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patterns. He explains that we are not our emotions, history, ego, obligations, habits, or persona—noting that these are all “conditioned mind states”—and points to an “authentic self” we can discover: the self that is “defined by the values from which you respond to these mind states.” Through the examples of many of his students and clients, as well as some 20 contemplative practices and exercises designed to develop “whole-some goals and skillful means that enable you to meet life more effectively and authoritatively,” Moffitt shows that change is not only possible but actually achievable.

Ultimately, skillful living means acting in a way that avoids inflicting suffering on ourselves and on others. Such skill comes from having what Moffitt calls a “wise heart” being “willing to accept and forgive life for being the mixed experience of suffering and joy that it is.” This is the yogi's essential quest: liberation that leaves one not only enlightened but also, by example, enlightening. A book like *Emotional Chaos to Clarity* can clear away the detritus obscuring the path to that kind of liberation; taking the first crucial steps on that path is up to each of us. —Phil Catalfo



Yoga Skills for Therapists Effective Practices for Mood Management

By Amy Weintraub

Amy Weintraub's new book, *Yoga Skills for Therapists*, goes a long way toward validating the use of “yoga-inspired mind-body strategies” in clinical therapy. In presenting this intermediate-level text specifically to psychology professionals, the author draws on her 20-plus years of

experience working with anxiety-based depression and mood management. The manual contains step-by-step instructions for presenting techniques to clients—how and when to use them—and suggests “layering strategies” for combining modalities like affirmations, mudras, and visualizations.

A chapter on pranayama provides guidance for using breathing exercises to enhance any treatment protocol. Weintraub also introduces several complex concepts that invite deeper study and practice. The value of this book is in its range: from Patanjali's *Yoga Sutra* to current scientific research, relevant psychology writings, and actual case studies, everything a therapist needs is right here. —Michelle Sharp

The Bhagavad Gita A New Translation

By Gavin Flood and Charles Martin

With many editions already available, it is virtually a necessity that each new translation of the classic Bhagavad Gita provides a rationale for itself. The justification here is straightforward—Flood and Martin, scholar and poet, have attempted to convey the philosophical and spiritual content of the Gita, while