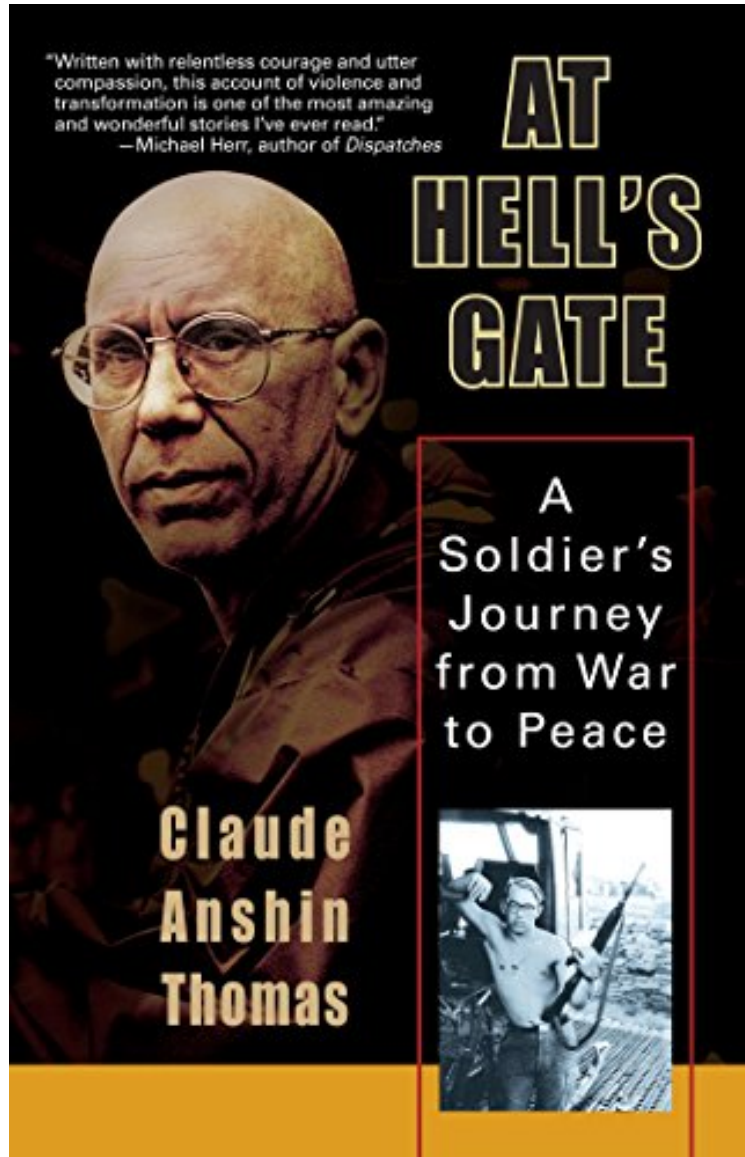


(Free and download) At Hell's Gate: A Soldier's Journey from War to Peace

At Hell's Gate: A Soldier's Journey from War to Peace

Von Claude Anshin Thomas

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Von Claude Anshin Thomas : At Hell's Gate: A Soldier's Journey from War to Peace before purchasing it in order to gage whether or not it would be worth my time, and all praised At Hell's Gate: A Soldier's Journey from War to Peace:

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Am Tor zur HlleVon Kaeld EldarIn seinem sehr direkten und schonungslos offenen Buch beschreibt Claude Anshin Thomas die Auswirkungen von Gewalt und Krieg auf den Menschen. Ausgehend von seinen eigenen Erfahrungen mit

hustlicher Gewalt, Gewalt beim Militär und im Vietnamkrieg entwirft er ein Gegenkonzept, mit dessen Hilfe der unselige Kreislauf des Leidens durchbrochen werden kann. Er beschreibt den langen und schwierigen Weg aus seiner persönlichen `Hölle` hin zu einem lebenswerten und verantwortungsbewussten Dasein. Dieser Weg ist für ihn der Zen-Weg. Nach langen Jahren der Alkoholsucht und der Drogenabhängigkeit - immer auf der Flucht vor seinen traumatischen Kriegserfahrungen und getrieben von der Angst, damit immer wieder konfrontiert zu werden - macht er 1983 eine Entziehungskur und lernt sieben Jahre später den buddhistischen Lehrer Thich Nhat Hanh kennen, der ihm erstmals einen Ausweg aufzeigt. Er entscheidet sich für die Gewaltlosigkeit und wird Zen-Mönch. Anshin Thomas' Buch ist eine tiefgründige Analyse des verzehrenden Kreislaufs von (auch alltäglicher) Gewalt und Krieg und ihrer Auswirkung auf das Leben aller; es zeigt aber auch Alternativen auf, mit deren Hilfe ein Ausbruch aus der - nur scheinbar - ausweglosen Situation gelingen kann. 0 von 0 Kunden fanden die folgende Rezension hilfreich. Speaking about the unspeakable Von Remo Uherek Touching and moving memoir by Claude AnShin Thomas about his service in Vietnam, his subsequent emotional collapse, and how he was ultimately able to find healing and peace. He speaks about the unspeakable, and his ability to transform his life is very inspiring. I know Claude AnShin Thomas in person, and participated in several retreats with him, including a street retreat.

Kurzbeschreibung In this raw and moving memoir, Claude Thomas describes his service in Vietnam, his subsequent emotional collapse, and his remarkable journey toward healing. At Hell's Gate is not only a gripping coming-of-age story but a spiritual travelogue from the horrors of combat to the discovery of inner peace a journey that inspired Thomas to become a Zen monk and peace activist who travels to war-scarred regions around the world. "Everyone has their Vietnam," Thomas writes. "Everyone has their own experience of violence, calamity, or trauma." With simplicity and power, this book offers timeless teachings on how we can all find healing, and it presents practical guidance on how mindfulness and compassion can transform our lives. This expanded edition features: Discussion questions for reading groups A new afterword by the author reflecting on how the current wars in Iraq and Afghanistan are affecting soldiers and offering advice on how to help returning soldiers to cope with their combat experiences Pressestimmen "Thomas's presentation of this difficult experience is searingly honest." Shambhala Sun "This gripping spiritual memoir bears witness to the transforming meditation and mindfulness in the life of a Vietnam Veteran." Spirituality and Health "Let me start by simply recommending that you buy, read, and think about Claude Anshin Thomas's book, At Hell's Gate. It was a long time coming but worth the wait, especially in this time of war and rampant violence." Turning Wheel "What gives Thomas's perspective so much weight is that it carries the rare and undeniable authority of one who has seen firsthand the extremes of both good and evil that lie in the human soul." What Is Enlightenment? "This is a book of great power. Thomas's story has the power to heal, to inspire, to teach." John Laurence, former CBS News correspondent and author of The Cat from Hu: A Vietnam War Story "A powerful, wise, and genuinely profound spiritual odyssey from the insanity of violence (in the world, within ourselves, and in the assumptions of American culture) to the peace and compassion of mindfulness practice. Thomas beautifully models Zen teachings in his daily life, and by doing so he enlightens and liberates us all." Charles Johnson, winner of the National Book Award for Middle Passage "Claude Anshin Thomas has been an inspiration to me. Our world urgently needs to listen to him tell of his life in war and then in peace." Maxine Hong Kingston, author of The Woman Warrior "In these strange times, when fear and aggression often seem to be the only responses we can imagine to a perceived threat, this powerful book provides an honest, open-hearted, and very moving testimony to the power of Buddhist practice to break this cycle. Thomas is a hero in the truest sense of the word: having undergone an epic trial, he has generously come back to help others in need." George Saunders, author of Pastoralia and Civil War Land in Bad Decline "Thomas's journey from the killing fields of Vietnam to the path of peace and pilgrimage testifies to his and our powerful urge to awaken. At the same time, this is not a pretty story. Anshin Thomas has lived in hell, knows its smell and taste, and continues to confront it every day of his life. Yet he remains undeterred in his work to make peace in himself and the world at large." Bernie Glassman, author of Instructions to the Cook and Bearing Witness Kurzbeschreibung In this raw and moving memoir, Claude Thomas describes his service in Vietnam, his subsequent emotional collapse, and his remarkable journey toward healing. At Hell's Gate is not only a gripping coming-of-age story but a spiritual travelogue from the horrors of combat to the discovery of inner peace a journey that inspired Thomas to become a Zen monk and peace activist who travels to war-scarred regions around the world. "Everyone has their Vietnam," Thomas writes. "Everyone has their own experience of violence, calamity, or trauma." With simplicity and power, this book offers timeless teachings on how we can all find healing, and it presents practical guidance on how mindfulness and compassion can transform our lives. This expanded edition features: Discussion questions for reading groups A new afterword by the author reflecting on how the current wars in Iraq and Afghanistan are affecting soldiers and offering advice on how to help returning soldiers to cope with their combat experiences