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If things are going well and we are happy, we are not defensively trying to deny the possibility of suffering. This unity, this integration, comes from deeply accepting darkness and light, and therefore being able to be in both simultaneously.”. — Sharon Salzberg, Lovingkindness: The Revolutionary Art of Happiness.

Lovingkindness Quotes by Sharon Salzberg

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Lovingkindness : The Revolutionary Art of Happiness by Sharon Salzberg is by far one of the best books ever written. And

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contrary to what others have said in their reviews, I believe that this book can be read by anyone. If meditation makes you uncomfortable, think of it as a positive affirmation.

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