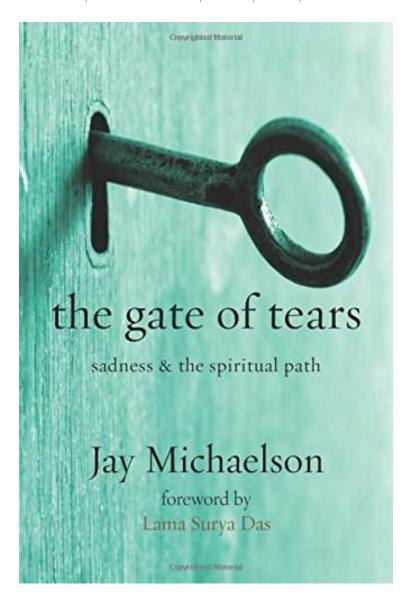
The Gate of Tears: Sadness and the Spiritual Path

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7 of 7 review helpful Necessary Ballast By Eric Maroney Jay Michaelson rsquo s The Gate of Sadness Sadness and the Spiritual Path seeks to create a much need corrective path from New Age books talks and seminars devoted to finding and attaining happiness through spiritual and religious pursuits Rather than viewing sadness as an impediment to the spiritual path Michaelson frames it quite correctly as integral withou The Gate of Tears Sadness and the Spiritual Path explores the counter intuitive insight that sadness and joy are not opposites and that human capacities often suppressed or rejected can instead be gateways to deep joy creativity and liberation Its eighty two short poetic sometimes epigrammatic chapters draw on contemplative traditions art even pop songs They are reflections on the path of surrender alchemy and the sacred Written over a ten y Teaching us how to distinguish sadness from depression and sorrow from despair Michaelson shows us how to walk through the gate of tears into a territory full of the promise of healing and redemption His book is an invitation to awaken to and acce

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