



Selfless Love: Beyond the Boundaries of Self and Other

Ellen Jikai Birx

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Selfless Love shows how meditation can help us realize that we don't love—we *are* love.

Gentle, elegant, and radically inspiring, *Selfless Love* presents a holistic, experiential meditative path that enables us to see beyond our preconceived notions of identity, spirituality, and humanity. Drawing equally from Zen parables, her experience as a mental health therapist, and the Gospels, Ellen Birx shows us that through meditation we can recognize that our true selves are not selves at all - that all beings are united in unbounded, infinite awareness and love, beyond words.

Recognizing the limitations of language in describing the indescribable, Birx concludes each chapter in the Zen tradition of "turning words" with a verse meant to invite insights.

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