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Jack Kornfield was trained as a Buddhist monk in Thailand, Burma, and India and has taught around the world since 1974. He also holds a Ph.D. in clinical psychology

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Jack leads a Big Sky Bell Meditation. Taken from a talk originally recorded October 24, 2013. Jack Kornfield is one of the leading Buddhist teachers in America.

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Jack Kornfield, Ph.D. is a meditation teacher, author, and psychotherapist. After returning in 1972 from Asia, where he lived as a Buddhist monk for five years, Jack