

A 21-DAY COURSE WITH JACK KORNFIELD

Ask Jack: Dharma Wisdom for Life's Real Struggles

For the moments when spiritual practice meets real life.

You want to practice. And then life happens.

For decades, people have brought Jack the questions that don't have easy answers.

How do I accept what happened to my body?

How do I stop being so afraid?

How do I love someone without trying to change them?

What do I do with my anger?

How do I keep my heart open when the world feels unbearable?

For 21 days, listen as real people bring Jack the questions that arise when life gets difficult. Hear how he responds, pause with a reflection, and take one small practice into your own life that day.

These exchanges are pre-recorded, so you can listen whenever works best for you.

21

DAYS

~16 min

OF LISTENING A DAY

1

SMALL PRACTICE A DAY

2

LIVE GATHERINGS WITH JACK

Walk the 21 days with a community practicing alongside you. Twice along the way, bring your own life to Jack.

**Twenty-one days isn't long enough to fix a life.
It is long enough to change how you meet one.**

Day 0 is available when you join. Day 1 begins Friday, October 9, 2026.

A WORD FROM JACK

Come as you are

Dear friend,

I'm delighted to welcome you to Ask Jack: Dharma Wisdom for Life's Real Struggles. This course grew from the questions of people trying to bring spiritual practice into the real circumstances of their lives—fear and uncertainty, difficult relationships, anger, illness, loss, and the suffering of our world.

Their questions are also our questions. In each exchange, we discover that the Dharma is not separate from ordinary life. Our struggles themselves can become gateways to compassion, freedom, and a deeper trust in who we really are.

As you listen, allow the teachings to become personal. Notice what touches your heart, pause when you need to, and bring the practices into your own life. You do not have to fix everything or have all the answers. You can begin by meeting this moment with loving awareness.

May these teachings help you live with greater courage, tenderness, and wisdom—and remind you that even amid difficulty, you carry within you a beautiful and trustworthy heart.

With metta, Jack

WHAT THIS COURSE IS

A seat beside Jack

You want to practice. And then life happens. Fear wakes you at night. Your body changes. Someone hurts you. You cannot fix someone you love. The news breaks your heart. When life gets difficult, what does practice actually look like?

For 21 days, sit beside Jack as real people bring him questions from their lives. The course explores eight major themes through real conversations, teachings, meditations, and blessings. Listen as Jack meets one person at a time with humor and tenderness. Hear what touches your own experience, pause with a reflection, and try one small practice that day. Their questions may be your questions, too.

Small practices for real moments

Each day offers one practice, sometimes simply listening and sitting. A few you will take into life:

When worry appears: Place a hand on your heart and ask, “What do I care about beneath this worry?”

When love needs a boundary: Set or restate one boundary without punishment or expectation.

Before a difficult conversation: Pause for sixty seconds and ask, “What is my best intention?”

When you remember things change: Give an ordinary object, relationship, or moment your full appreciation: “This too will change.”

By Day 21, you’ll carry with you

1. **A way to meet what you cannot change** — the heart at ease where you are, even as you keep hoping and caring.
2. **A kinder relationship with your inner critic** — and words to answer it: “Thank you for trying to protect me. I’m actually fine.”
3. **The care underneath your anger** — and a sixty-second pause that lets you speak from it.
4. **Compassion that includes you** — the clean “no,” and “I don’t know what to say, but I care.”
5. **An open heart in a troubled world** — at a size you can sustain.
6. **A vow in your own words** — spoken aloud before a witness, and a practice for returning to loving awareness whenever life asks.

HOW YOU’LL LEARN

A path you walk, one day at a time

Each morning, a new day opens. There is a little to listen to, a question to reflect on, and one practice to try. Let the shared rhythm support you. If you miss a day, return when you can; nothing expires and the course is yours to keep.

The daily rhythm

Listen → Reflect → Practice in Life → Share if you like. Listening averages about 16 minutes a day; no day’s listening exceeds 24 minutes.

1 Listen

A short teaching and real conversations with Jack: someone brings an actual situation, and Jack meets it with attention and care. Some days offer a teaching and meditation to sit with.

2 Reflect	Pause with one journal question about your own life. Your reflections stay private; there is no right answer.
3 Practice in life	Try one small, sincere act that same day — a call, a boundary, a hand on the heart. On meditation days, listening and sitting are the practice.
4 Share, if you like	Offer a tap, a line, or a photo about what you tried. You never need to share your journal or tell a private story. Simply witnessing others is a way to take part.

Your 21 days in three movements

Begin with a welcome and blessing from Jack, available as soon as you join. Then walk the 21 days together, moving from meeting your own experience to bringing practice into relationships and the wider world.

Meet • Days 1–10

Meet life as it is: illness, uncertainty, fear, and the weight of the judging mind. Through real people's questions, explore acceptance, discover the care beneath worry, and find a kinder way to meet yourself. Begin to act with courage even when doubt is still present.

Engage • Days 11–17

Bring practice into the places where it is often hardest: close relationships, difficult conversations, anger, and a troubled world. Explore love without fixing, boundaries with compassion, and ways to respond from care. Find a way to participate in a life that you can sustain.

Embody • Days 18–21

Explore impermanence, loss, and what you can trust as life changes. Return to loving awareness and consider how these teachings might become a way of living. Close with a vow in your own words—an intention to carry into the life that continues after these 21 days.

THE SHARED JOURNEY

Twice during the journey, bring your own life to Jack

As you listen and practice, your own questions begin to take shape. A conversation you keep avoiding. Fear that returns at night. A boundary you are learning to hold. Twice during these 21 days, the community gathers live with Jack to bring the teachings into the circumstances of your life. You can bring a question in your own words and listen as Jack responds to the questions people bring. You do not have to have a polished question or a story to tell. Listening to someone else ask the thing you have been carrying can be part of your practice, too.

Along the way After meeting fear and the judging mind, gather with Jack around what you are carrying. Bring the place where a teaching has become personal — or where you have found it hard to put into practice.

Near the end Gather again as you ask how this practice will continue beyond the course. Bring the intention you want to live by; your vow can be spoken and witnessed here.

Each live gathering takes place on Zoom for about 60 minutes. Both are captioned and recorded. You can send a question ahead of time if you cannot attend live. Sharing and speaking are always optional.

Walk the 21 days together

Each morning, everyone in the cohort receives the same teaching and tries the same practice in their own life. You may be making a call, sitting with fear, or pausing before a difficult reply. Knowing that others are practicing alongside you can help you begin — and return tomorrow.

One small sign that you practiced. After you try the day's practice, you can offer a simple check-in: "I made the call," "I sat with fear," or "I paused before responding." A tap is enough. A line or a photo is welcome if you want to share more. You never need to post your journal, introduce yourself in a forum, or explain the private circumstances of your life.

Each check-in is a small sign of practice in an ordinary life. This is a shared journey, with room for silence: you can read, listen, and belong without posting anything. Go at the pace your life allows. If you miss a day, you are still part of the journey.

Why take this class, and what's special about it

Most of us carry a question we've never quite said out loud. How do I live in a body that's failing me? How do I love someone without needing them to change? What do I do with anger that won't leave? How do I keep my heart open when loss keeps arriving?

In this course, real people brought those questions to Jack — and he answered, with warmth, honesty, and a practice you can use that same afternoon.

For twenty-one days, you sit beside those conversations. One arrives each morning. You listen, notice which part of the question is also yours, and carry Jack's answer into your own day. Twenty-one days. Eight themes. One simple practice. Nothing to catch up on, nothing to binge.

You don't walk it alone. Everyone in the cohort is facing the same hard things at the same time, and twice along the way you can bring your own question to Jack live. On Day 21, you speak aloud what you intend to carry forward, witnessed by the people who walked it with you.

If you've ever wished you could just ask Jack — this is the closest thing to it.

Is this for you?

You want spiritual practice to be available when you need it most—in a difficult conversation, a fearful night, or a change you didn't choose.

Perhaps you're new to practice and want somewhere to begin. Perhaps you've practiced for years, yet find that what you know can feel far away when life gets hard. Or perhaps you simply want to walk through this season with wise guidance and others beside you.

You don't need to be Buddhist, have a steady meditation practice, or feel ready to share. Come with the life you have.

Join us for the 21 days

On Day 21, put your vow into your own words—an intention to return to as life unfolds. You can keep it private, speak it aloud to yourself, or invite someone you trust to witness it. Sharing is always optional.

We begin Friday, October 9, 2026. Your welcome and blessing from Jack are available as soon as you join.

Your enrollment includes the full course, two live gatherings with Jack, and a community walking beside you. The course is yours to keep.

Enrollment closes: Oct 16th, 2026

[Join Ask Jack →]

PRACTICALITIES

Before you begin

How much time does it take each day?

Listening averages about sixteen minutes a day; no day's listening exceeds twenty-four minutes. Allow a few quiet minutes to reflect. Most practices fit within your ordinary day; some invite a brief pause or a small action. The two live gatherings are about 60 minutes each.

Do I need to be a meditator, or a Buddhist?

Not at all. The people asking Jack questions include lifelong practitioners and people who have never meditated. Jack's way of teaching asks nothing of you but honesty.

What if I fall behind?

Then you fall behind, and that is completely fine. Days keep arriving, nothing expires, and the course is yours to keep. It is a path to return to, not a race.

Do I have to share?

Never. Sharing is invited, never required. A tap, a line, or a photo about what you tried is enough; your journal stays private. You may participate quietly throughout, including at the live gatherings.

What if it isn't for me?

Write to us within seven days of beginning and we will refund you in full, with our good wishes.

What's included

- 43 short videos with Jack, arriving one day at a time
- A daily reflection, a practice for life, and an invitation to share
- A community walking the 21 days together, with optional practice check-ins
- Two live gatherings with Jack to bring questions from your own life
- A closing on Day 21, where your vow is witnessed (optional)
- Yours to keep—return to any conversation whenever life asks
- Captions, transcripts, and audio-only versions for walking

Key dates

Next course begins: Friday, October 9, 2026 (Day 0 opens the moment you join)

Enrollment closes: [October 16th]

Live gatherings with Jack: [dates and times, Pacific / Eastern / UK]

Questions: [info@jackkornfield.com]

A BLESSING FROM JACK

Who you are is love. What you have to offer is freedom. This is your birthright.

With metta, Jack