



Awakening the Mind, Lightening the Heart: Core Teachings of Tibetan Buddhism

Dalai Lama XIV , Donald S. Lopez, Jr.

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The second volume by His Holiness the Dali Lama in the "Library of Tibet" series shows how to awaken compassion for others and motivates us to better our world.

Awakening the Mind, Lightening the Heart: Core Teachings of Tibetan Buddhism Details

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From Reader Review Awakening the Mind, Lightening the Heart: Core Teachings of Tibetan Buddhism for online ebook

Jan-Maat says

[at least at the kind of professional level undertaken by people who have taken serious vows, lay people presumably make do with everyday worries! (hide spoiler)]

Ryan says

Very insightful book, the Dalai Lama is describing and analyzing the practice of Seven Point Mind Training. It was easy to read, well organized, and sprinkled with interesting and even funny anecdotes. It is also includes several practical, helpful hints but is much more interestingly done than other introductions I have seen. Some highlights:

"The awakening mind is like a seed for the attainment for Buddhahood. It is like a field in which to cultivate all positive qualities. It is like the ground on which everything rests. It is like the god of wealth who removes all poverty."

"The essence of Buddhist teachings can be summarized as the view of interdependence coupled with the conduct of nonviolence. These are the fundamentals I want you to remember." (p. 30)

"Whereever great compassion exists, there is the Buddha's doctrine." (p.92)

Sharang Limaye says

This was disappointing. I am not sure who's the target audience for this book. It certainly won't tell anything new to practicing Buddhists. To the ones trying to learn about the faith, it may be an off-putting experience with all the talk of rebirth and afterlife. One gets to hear a lot about how Buddhist principles could help one lead a peaceful life even if they are not necessarily devout or pious. If its true, this is certainly not the work that would be of much use.

Lisa says

Too much theology but if that's what you're looking for than it's a good book. The concepts and philosophys the book discussed I liked and applied to my life.

Angel says

So far so good, will report more later.

Abhi says

Lots of good stuff in here (a little repetitive at places), mostly irrefutable. But the best and unique part about this instruction is that it doesn't try to convince you of anything, but asks you to accept them only after you analyze them for yourself. Deepens my respect for the Dalai Lama XIV and Buddhism.

Ramzi says

Very insightful and an easy read. Helped me to comprehend similarities when compared with Islamic teachings. The last chapter was a little complex, left me hanging for most parts but overall a good read.

Alex Lake says

Challenges the individual to rethink his/her's place in society and observe the sufferings of both themselves and the people around us. Can be a bit repetitive in times but is probably necessary for successfully nailing down key points the Dalai Lama wants to address.
