

The Awakening Mind



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This new addition to the author's Foundation of Buddhist Thought series, based on his popular courses, continues his mission to create a simple, systematic introduction to Buddhist philosophy and practice. This volume explores the importance of compassion in our lives and the traditional techniques for developing bodhichitta, or "the mind of enlightenment," which aspires to buddhahood in order to liberate all beings from suffering. Topics include the seven-point cause-and-effect method for developing bodhichitta, the practice of exchanging oneself for others, and the ten deeds of a bodhisattva.

作者介绍:

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