

Two Treasures



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This compact volume contains two sutras, The Sutra on the Eight Realizations of Great Beings and its complementary text, The Discourse on Happiness. They explain in practical detail how to progress step-by-step towards the Buddhist ideals of simplicity, generosity, compassion, and enlightenment. The first sutra is comprised of eight essential subjects for meditation that, though simple in form, are profound in content. Reflecting the insights gained by the bodhisattvas in their lifelong practice of compassion and understanding, the realizations help all beings recognize suffering in the world. The second sutra uses more peaceful language and is a gentle reminder of the common human values and endeavors that are often forgotten in daily life, and reminds readers of the happiness derived from simple things. Thanks to Thich Nhat Hanh's warm, thoughtful commentary and contemporary language, both teachings are unusually approachable and can be read and enjoyed by those new to the art of mindful living.

作者介绍:

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