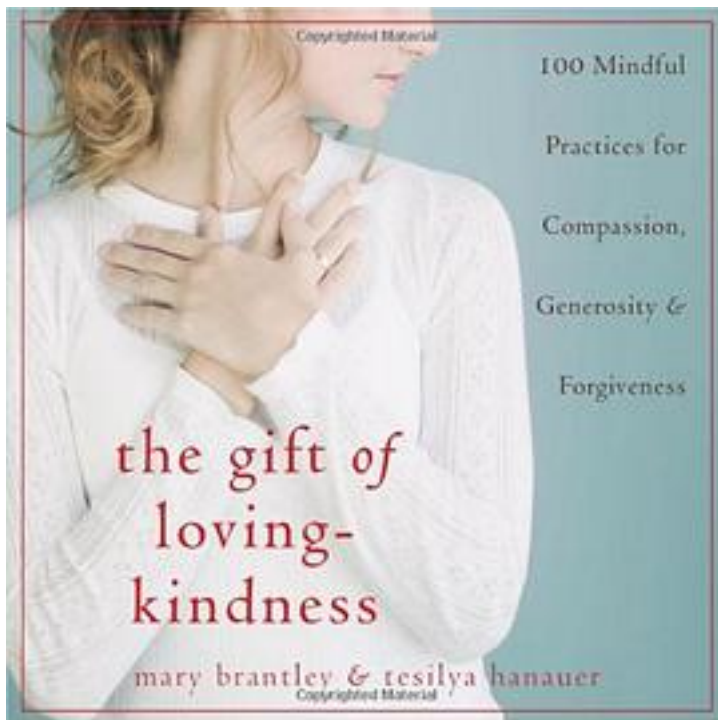


# The Gift of Loving-kindness



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著者:Brantley, Mary/ Hanauer, Tesilya

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The concept of loving-kindness is an ancient one. Loving-kindness is defined as 'unconditional well-wishing and an openhearted nurturing of ourselves and others, just as we are'. In meditation practice, loving-kindness meditation begins when we offer unconditional kindness and compassion to ourselves, then to those we love, then to those we are ambivalent about, and then to those we have problems with. The practice allows the meditator to experience a feeling of love and compassion for all beings. In this book, readers will learn specific techniques, meditations, mindfulness exercises, and actions that they can take to cultivate kindness towards themselves and others. Readers will learn the skills of forgiveness (of self and others) and of taking

compassionate action in the world. When we plant the seeds of loving-kindness, we can overcome our own fears, judgments, and worries, and face our own pain with greater compassion. We can then extend that compassion out into the world and become a healing force for others.

作者介绍:

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