



Even as a mother protects with her life Her child, her only child, So with a boundless heart Should one cherish all living beings. -The Buddha Amid the delights and difficulties of parenting lie opportunities for real spiritual insights. Themes of this book include: the koan of loving and letting go, going beyond oneself to care for others, and developing a boundless heart. Within the daily challenges that being a parent presents, Sara Burns, mother and Buddhist practitioner, points out how caring for our children can become a profound spiritual journey.

作者介绍:

目录:

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