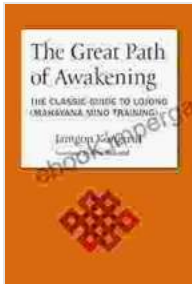


The Classic Guide to Lojong: Mahayana Mind Training



The Great Path of Awakening: The Classic Guide to Lojong (Mahayana Mind Training)

★★★★☆ 4.7 out of 5

Language : English
File size : 1131 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 99 pages



About the Book

The Classic Guide to Lojong: Mahayana Mind Training is a comprehensive guide to the ancient Buddhist practice of Lojong, which translates to "mind training." This practice teaches us how to transform our minds and hearts to live more compassionate and fulfilling lives.

The book is divided into two parts. The first part provides an overview of the Lojong teachings, including the four main pillars of the practice: cultivating a kind heart, developing wisdom, engaging in ethical conduct, and practicing patience.

The second part of the book offers a series of guided meditations and exercises that can help you to integrate the Lojong teachings into your own life. These meditations and exercises are designed to help you to:

- Develop a deeper understanding of your own mind
- Learn how to cultivate positive emotions, such as compassion and love
- Overcome negative emotions, such as anger and hatred
- Live a more mindful and present life

Benefits of Lojong Mind Training

There are many benefits to practicing Lojong mind training. Some of these benefits include:

- Reduced stress and anxiety
- Increased compassion and empathy
- Improved mental health and well-being
- Greater resilience in the face of adversity
- A deeper sense of purpose and meaning in life

Who is this Book For?

The Classic Guide to Lojong: Mahayana Mind Training is for anyone who is interested in learning more about the Lojong teachings or who is looking for a way to develop their own mindfulness and compassion practices.

The book is written in a clear and accessible style, and it is suitable for both beginners and experienced practitioners.

About the Author

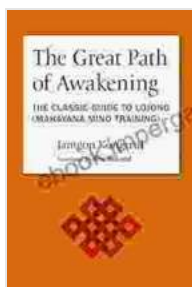
Thrangu Rinpoche is a renowned Tibetan Buddhist teacher and author. He is the founder of the Nyingma Institute in Berkeley, California, and the author of many books on Buddhism, including *The Heart of the Buddha's Teachings* and *Transforming Adversity into Joy*.

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