

The Awakening Mind: The Foundation Of Buddhist Thought - Tashi Geshe

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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. Author:

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