

Enlightenment To Go: Shantideva And The Power Of Compassion To Transform Your Life - David Michie

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The Dalai Lama always recommends a classic text by the Buddhist sage Shantideva as essential reading for those seeking a practical approach to Buddhism. With its life-changing psychological tools and transcendent wisdom, it is one of the worlds great spiritual treasures. In Enlightenment to Go, David Michie provides a lively, accessible introduction to the 'best of' Shantideva. He shows how modern psychology confirms the insights of Shantideva's Guide to the Bodhisattvas Way of Life, and he unpacks its powerful antidotes to contemporary problems, including stress, anxiety and depression. He also offers a structured meditation program to help readers integrate transformational insights at deeper levels of consciousness where genuine change becomes possible. Recounting stories from his own journey, Michie illustrates the relevance of Shantidevas breakthrough teachings to a typically busy Westerner with warmth and humor. Whether you are a newcomer to Buddhism or a seasoned practitioner, Enlightenment to Go offers a glimpse of a radiantly different reality. Author: Michie, David Publisher: Wisdom Publications Illustration: N Language: ENG Title: Enlightenment to Go: Shantideva and the Power of Compassion to Transform Your Life Pages: 00286 (Encrypted EPUB) / 00286 (Encrypted PDF) On Sale: 2011-12-13 SKU-13/ISBN: 9780861717576 Category: Body, Mind & Spirit : Meditation Category: Self-Help : Meditation Category: Psychology : Mental Health

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