

Kindness A Treasury Of Buddhist Wisdom For Children And Parents Little Light Of Mine Series

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Jataka Tales - Ellen C. Babbitt
1923

Bankei Zen - Yoshito Hakeda
2007-12-01
The teachings of the groundbreaking Buddhist Zen Master: "Should remain for

years to come the standard source book for the Western student of Zen" (Douglas Harding, The Middle Way). The eccentric Bankei (1622-1693) has long been an underground hero in the world of Zen. At a time when Zen was becoming

overly formalized in Japan, he stressed its relevance to everyday life, insisting on the importance of naturalness and spontaneity. This volume presents his teachings—as refreshing and iconoclastic today as they were three hundred years ago—in a fluent translation by Peter Haskel, accompanied by a vivid account of Bankei’s life and times, illustrations, and extensive notes for the scholar. “Mr. Haskel has furnished us with an accurate and polished translation that fully captures the lively colloquial style of the original. The late Professor Hakeda has rendered invaluable assistance in resolving many linguistic problems and in furnishing important insights into the text itself.” —Philip Yampolsky “A splendid record of a dramatically different Zen master.” —Huston Smith “Bankei Zen has given us the essence of Bankei’s unique teaching . . . one which seems particularly appropriate to our time.” —Nancy Wilson Ross

Harmony - Sarah Conover

2010-06

Traditional Chinese sayings to sum up practical wisdom and ethical principles. These sayings are usually associated with a traditional story, passed down by word or mouth over the centuries, that illustrates what the saying means. Young or old, rich or poor, virtually all Chinese people are familiar with these sayings and the lessons they convey. In Chinese and English side-by-side with a retelling of each story. Includes map, timeline, and a guide to pronunciation.

Teachings of the Buddha - Jack Kornfield 2012-03-13

This treasury of essential Buddhist writings draws from the most popular Indian, Tibetan, Chinese, and Japanese sources. Among the selections are some of the earliest recorded sayings of the Buddha on the practice of freedom, passages from later Indian scriptures on the perfection of wisdom, verses from Tibetan masters on the enlightened mind, and songs in praise of meditation by Zen teachers. The book also includes

traditional instruction on how to practice sitting meditation, cultivate calm awareness, and live with compassion. Jack Kornfield, one of the most respected American Buddhist teachers, has compiled these teachings to impart the essence and inspiration of Buddhism to readers of all spiritual traditions.

Kindness - Sarah Conover
2010

Collection of traditional Buddhist tales following the Buddha through his various prior births.

An Open Heart - Dalai Lama
2008-11-16

An introduction to the core of Buddhism by its greatest teacher, *An Open Heart* is the successor to the bestselling *The Art of Happiness*, the Dalai Lama's clear and simple guide to finding compassion and happiness. 25 photos. (World Religions)

I Once Was a Monkey - Jeanne M. Lee
2016-08-30

A colorful introduction to Buddhist fables A monkey, caught in a monsoon, finds shelter in a cave amid the

rubble of a temple. The monkey is not alone. A lion, a jackal, a turtle, and a dove bicker in the cramped space, until a statue of Buddha comes to life. "Hush, children, hush." Buddha says. "I will tell you a story to pass the time." From the tale of the clever monkey outwitting a hungry crocodile to that of a bird and turtle rescuing a friend, the six amusing parables told by the Buddha will introduce young readers to the famous cycle of fables in Buddhist literature known as the Jatakas, or birth stories, which Buddha originally told to his disciples to illustrate his teachings. Joined with stunning linocut illustrations, Jeanne M. Lee's *I Once Was a Monkey* form a book notable for both its beauty and its wisdom.

Not Turning Away - Susan Moon
2004-04-27

The term "engaged Buddhism" was coined by the Zen teacher Thich Nhat Hanh as a way of asserting that Buddhism should not be passive or otherworldly, but on the contrary, that Buddhists should be deeply, compassionately involved in

every aspect of society where suffering arises. Not Turning Away is a treasury of writings on the philosophy and practice of engaged Buddhism by some of the most well-known and respected figures in the movement, gleaned from the pages of the magazine that is the primary forum for engaged Buddhism in America and elsewhere: Turning Wheel: The Journal of the Buddhist Peace Fellowship. Not Turning Away provides a history of the engaged Buddhism movement, an analysis of its underlying principles, and inspiring practical examples of real people's experiences in putting spiritual practice to the test on the personal, national, and global levels. The range of topics—from political oppression to prison work, disability, racism, poverty, nonviolence, forgiveness, the student-teacher relationship, and homelessness—demonstrates the applicability of Buddhist teaching to every concern of modern life. Contributors include: Robert Aitken Jan

Chozen Bays Melody Ermachild
Chavis Zoketsu Norman
Fischer Thich Nhat Hanh Jack
Kornfield Kenneth Kraft Joanna
Macy Jarvis Jay Masters Fleet
Maull Susan Moon Wendy
Egyoku Nakao Maylie Scott
Gary Snyder Robert Thurman
Joan Tollifson Diana Winston

**Ornament of Precious
Liberation** - Gampopa
2017-02-07

A welcome new translation of Gampopa's classic overview of the Buddha's teachings. Discover the heart of the Buddha's teachings in this new and beautiful translation of Gampopa's classic guidebook. Ornament of Precious Liberation is a spiritual and literary treasure of Tibetan Buddhism and of the Kagyü lineage in particular. Laying out step-by-step the path to buddhahood that is open to us all, to read Gampopa's text is like receiving the teachings directly from the master himself. It is a quintessential guide to enlightenment that students will return to again and again for its insights into living an awakened life.

The Foundation of Buddhist Practice - Thubten Chodron
2018-05-15

The second volume in the Dalai Lama's definitive and comprehensive series on the stages of the Buddhist path, The Library of Wisdom and Compassion. Volume 1, *Approaching the Buddhist Path*, contained introductory material that set the context for Buddhist practice. This second volume, *The Foundation of Buddhist Practice*, contains the important teachings that will help us establish a flourishing Dharma practice. The *Foundation of Buddhist Practice* begins with the four seals shared by all Buddhist philosophies, and moves on to an explanation of the reliable cognition that allows us to evaluate the veracity of the Buddha's teachings. The book provides many other essential Buddhist teachings, including: the relationship of a spiritual mentor and student, clarifying misunderstandings about this topic and showing how to properly rely on a spiritual

mentor in a healthy, appropriate, and beneficial manner; how to structure a meditation session; dying and rebirth, unpacking the often difficult-to-understand topic of multiple lives and explaining how to prepare for death and aid someone who is dying; a fruitful explanation of karma and its results; and much more. His Holiness's illumination of key Buddhist ideas will support Western and contemporary Asian students in engaging with this rich tradition.

The New Heart of Wisdom - Geshe Kelsang Gyatso
2012-07-26

This special presentation of Buddha's teachings by the author of *Modern Buddhism*, offers truly liberating insights and advice for the contemporary reader. It reveals the profound meaning of the very heart of Buddha's teachings - the *Perfection of Wisdom Sutras*. The author shows how all our problems and suffering come from our ignorance of the ultimate nature of things, and how we can abandon this ignorance

and come to enjoy pure, lasting happiness by developing a special wisdom associated with compassion for all living beings. 'Many people are very intelligent in accomplishing worldly attainments. This intelligence is not wisdom because worldly attainments such as a high position, reputation, wealth and success in business are deceptive. If we die tomorrow, they will disappear tomorrow, and nothing will be left for our future. Wisdom, however, will never deceive us. It is our inner Spiritual Guide, who leads us to the correct path. It is the divine eye through which we can see what we should know, what we should abandon, what we should practise and what we should attain.' -Venerable Geshe Kelsang Gyatso Rinpoche

Luminous Mind - Kalu Rinpoche 1997

Gathers selected teachings and stories that illustrate the principles of Buddhism

Ocean of Dharma - Chogyam Trungpa 2008-04-08

Here is an inspiring collection

of short teachings from the writings of the renowned Tibetan meditation master Chögyam Trungpa. Pithy and immediate, these teachings can be contemplated and practiced every day—or any day—of the year. Drawn from a wide variety of sources—including never-before-published writings—*Ocean of Dharma* addresses a range of topics, including fear and fearlessness, accepting our imperfections, developing confidence, helping others, appreciating our basic goodness, and everyday life as a spiritual path.

THE JATAKAS - Sarah Shaw
2006-06-08

When my concentrated mind was purified; I directed it to the knowledge of the recollection of past lives' —The Buddha on the night of his enlightenment Associated with the living traditions of folk tale; drama and epic; the Jatakas recount the development of the Bodhisatta—the being destined to become the present Buddha in his final life—not just through the events of one lifetime but of hundreds.

Written in Pali; the language of the Theravada Buddhist canon; the Jatakas comprise one of the largest and oldest collections of stories in the world dating from the fifth century BCE to the third century CE. Generations in South and South-East Asia have grown up with these tales. This volume contains twenty-six stories drawn from various ancient sources; and each story reflects one of the ten perfections—giving; restraint; renunciation; wisdom; strength; acceptance; truthfulness; resolve; loving kindness and equanimity. A detailed introduction elaborates on the ten perfections; explains the forms of enlightenment as well as the structure; and the historical and geographical contexts of the stories. Sarah Shaw brings to life the teachings of Buddhism for the scholar and lay reader alike.

The Pocket Pema Chodron - Pema Chödrön 2008-12-09

A portable collection of short inspirational readings by “one of the world's wisest women”—the American

Buddhist teacher and author of *When Things Fall Apart* (O, the Oprah Magazine) Pema Chödrön, beloved Buddhist nun and best-selling author, offers this treasury of 108 short selections from her more than four decades of study and writings. Here she presents teachings on breaking free of destructive patterns; developing patience, kindness, and joy amid our everyday struggles; becoming fearless; and unlocking our natural warmth, intelligence, and goodness. Designed for on-the-go inspiration, this is a perfect guide to Buddhist principles and the foundations of meditation and mindfulness. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is

collectible, reader-friendly, and applicable to everyday life.

The Bodhisattva Path of Wisdom and Compassion -

Chogyam Trungpa 2014-04-15

Chögyam Trungpa continues his study of the three “yanas” of Tibetan Buddhism with this overview of the teachings of the mahayana. This three-volume collection presents in lively, relevant language the comprehensive teachings of the Tibetan Buddhist path of the hinayana, mahayana, and vajrayana. Considered Chögyam Trungpa’s magnum opus, *The Profound Treasury of the Ocean of Dharma* will resonate with new and senior students of Buddhism. In this second volume, Chögyam Trungpa presents the bodhisattva teachings of the mahayana. At this point—having trained and seen the benefits of looking within—the student begins to shift their focus outward to the broader world. Formal entry into the mahayana occurs with taking the bodhisattva vow. Mahayana practitioners dedicate themselves to the

service of all sentient beings, aspiring to save them from sorrow and confusion, and vowing to bring them to perfect liberation. This stage of the path emphasizes the cultivation of wisdom through the view and experience of emptiness, or shunyata, in which all phenomena are seen to be unbounded, completely open, ungraspable, and profound. From the ground of shunyata, compassionate activity is said to arise naturally and spontaneously. In addition to mindfulness and awareness, the mahayanist practices lojong, or “mind training,” based on the cultivation of the paramitas, or “transcendent virtues”: generosity, discipline, patience, exertion, meditation, and prajna, or “knowledge.” As a component of lojong, tonglen, or “sending and taking,” is practiced in order to increase maitri, or loving-kindness. Other topics covered in detail in this volume include bodhichitta, skillful means, Buddha nature and basic goodness, Madhyamaka, the ten bhūmis, the three kayas,

and more.

Always Maintain a Joyful Mind - Pema Chödrön 2007-07-31

The author of *When Things Fall Apart* reveals the meaning behind 59 Buddhist teachings and how you can use them as touchstones for daily living. For centuries Tibetan Buddhists have relied on a collection of 59 pithy teachings—called lojong in Tibetan—to help them develop wisdom and compassion amid the challenges of daily living. In this book, Pema Chödrön introduces these transformative teachings and offers guidance on how to make them part of our everyday lives. Each lojong, or slogan, is followed by Pema Chödrön's accessible and succinct commentary on how to understand and apply it. The lojong teachings include: · "Always maintain only a joyful mind." · "Don't be swayed by external circumstances." · "Don't be so predictable." · "Be grateful to everyone." Inside *Always Maintain a Joyful Mind* readers will also find a link to an online audio program

entitled "Opening the Heart."

Here, Pema Chödrön offers in-depth instruction on tonglen meditation—a powerful practice that anyone can undertake to awaken compassion for oneself and others.

Katha Sagar, Ocean of Stories - Sarah Conover 2016

A captivating collection full of the sights and sounds of India, with stories selected from Hindu epics and folk tales. Lavishly illustrated in brilliant colors. A resources section provides background information on Hinduism.

Pith Instructions - Dilgo Khyentse Rinpoche 2015-10-06

This small collection of commentaries and verse by Dilgo Khyentse Rinpoche, one of the greatest spiritual leaders of the twentieth century, contains exposition on different stages of the Buddhist path from the perspective of meditative experience and actually putting the teachings into practice. Originally given orally to Western students, the texts afford a rare glimpse into the direct transmissions of a

master teacher. The commentaries are on ? • The Wheel of Investigation and Meditation That Thoroughly Purifies Mental Activity by Jamgön Mipham • The Lamp That Dispels Darkness by Jamgön Mipham • A Wondrous Ocean of Advice for the Practice of Retreat in Solitude by Jigme Lingpa. These, along with the five selected poems in the final section, provide an introduction to the wisdom and compassion of Khyentse Rinpoche.

*Survey of Buddhism, a /
Buddha's Noble E -
SANGHARAKSHITA
2018-03-27*

*Training the Mind &
Cultivating Loving-kindness -
Chögyam Trungpa 2005*
An introduction to the Tibetan Buddhist practice of lojong features a collection of classical "slogans" designed to help promote clarity, intelligence, compassion, and other virtues, in a guide that demonstrates how to overcome such challenges as fear and self-centeredness. Original.

Mindfulness - Joseph Goldstein 2013-11-01

The mind contains the seeds of its own awakening—seeds that we can cultivate to bring forth the fruits of a life lived consciously. With *Mindfulness*, Joseph Goldstein shares the wisdom of his four decades of teaching and practice in a book that will serve as a lifelong companion for anyone committed to mindful living and the realization of inner freedom. Goldstein's source teaching is the Satipatthana Sutta, the Buddha's legendary discourse on the four foundations of mindfulness that became the basis for the many types of Vipassana (or insight meditation) found today. Exquisite in detail yet wholly accessible and relevant for the modern student, *Mindfulness* takes us through a profound study of: Ardency, clear knowing, mindfulness, and concentration—how to develop these four qualities of mind essential for walking the path wisely The Satipatthana refrain—how deeply contemplating the four

foundations of mindfulness
opens us to bare knowing and
continuity of mindfulness
Mindfulness of the body,
including the breath, postures,
activities, and physical
characteristics Mindfulness of
feelings—how the experience
of our sense perceptions
influences our inner and outer
worlds Mindfulness of
mind—learning to recognize
skillful and unskillful states of
mind and thought Mindfulness
of dhammas (or categories of
experience), including the Five
Hindrances, the Six Sense
Spheres, the Seven Factors of
Awakening, and much more
"There is a wealth of meaning
and nuance in the experience
of mindfulness that can enrich
our lives in unimagined ways,"
writes Goldstein. In
Mindfulness you have the tools
to mine these riches for
yourself.

**A Child's Book of Animal
Poems and Blessings** - Eliza
Blanchard 2010

Collects animal poems and
blessings from a variety of
cultures.

Real Love - Sharon Salzberg

2017-06-06

The New York Times
bestselling author and a
central figure in the field of
meditation, Sharon Salzberg,
uses ancient Buddhist wisdom
to redefine love and experience
it in a more profound way. You
are a person worthy of love.
You don't have to do anything
to deserve all the love in the
world. Real Love is a creative
tool kit of mindfulness
exercises and meditation
techniques that help you to
truly engage with your present
experience and create deeper
love relationships with
yourself, your partner, friends
and family, and with life itself.
Sharon Salzberg, a leading
expert in Lovingkindness
meditation, encourages us to
strip away layers of negative
habits and obstacles, helping
us to experience authentic love
based on direct experience,
rather than preconceptions.
Across three sections, Sharon
explains how to dispel cultural
and emotional habits, and
direct focused care and
attention to recapture the
essence of what it is to love

and be loved. With positive reflections and practices, Sharon teaches us how to shift the responsibilities of the love that we give and receive to rekindle the powerful healing force of true connection. By challenging myths perpetuated by popular culture, we can undo the limited definitions that reduce love to simply romance or passion, and give the heart a much needed tune-up to connect ourselves to the truest experience of love in our daily lives.

Faces of Compassion - Taigen Dan Leighton 2012-05-15
Faces of Compassion introduces us to enlightened beings, the bodhisattvas of Buddhist lore. They're not otherworldly gods with superhuman qualities but shining examples of our own highest potential. Archetypes of wisdom and compassion, the bodhisattvas of Buddhism are powerful and compelling images of awakening. Scholar and Zen teacher Taigen Dan Leighton engagingly explores the imagery and lore of the seven most important of these

archetypal figures, bringing them alive as psychological and spiritual wellsprings.

Emphasizing the universality of spiritual ideas, Leighton finds aspects of bodhisattvas expressed in a variety of familiar modern personages - from Muhammad Ali to Mahatma Gandhi, from Bob Dylan to Henry Thoreau, and from Gertrude Stein to Mother Teresa. This edition contains a revised and expanded introduction that frames the book as a exciting and broad-scoped view of Mahayana Buddhism. It's updated throughout to make it of more use to scholars and a perfect companion to survey courses of world religions or a 200-level course on Buddhism.

Beautiful Signs - Sarah Conover 2004

Presents Islamic stories that offer a background in Islamic traditions, folk tales, and mystical verse.

Great Treasury of Merit - Geshe Kelsang Gyatso 2015-01-01

Great Treasury of Merit provides a full explanation of

how to practise Offering to the Spiritual Guide (Lama Chöpa), one of the most important meditation practices of Kadampa Buddhism. A work of unparalleled profundity and clarity, this book contains a wealth of accessible and practical instructions on Lamrim, Lojong and Tantric Mahamudra, the very essence of Buddha's teachings. An indispensable handbook for all those who wish to accomplish the swift path to enlightenment.

Interconnected - Damchö Diana Finnegan 2017-02-28
Plucked from a humble nomad family to become the leader of one of Tibet's oldest Buddhist lineages, the young Seventeenth Karmapa draws on timeless values to create an urgent ethic for today's global community. We have always been, and will always be, interconnected—through family, community, and shared humanity. As our planet changes and our world grows smaller, it is vital we not only recognize our connections to one another and to the earth

but also begin actively working together as interdependent individuals to create a truly global society. The Karmapa, Ogyen Trinley Dorje, is uniquely positioned to guide us in this process. Drawing on years of intensive Buddhist training and a passionate commitment to social issues, he teaches how we can move from a merely intellectual understanding to a fully lived experience of connection. By first seeing, then feeling, and finally living these connections, we can become more effective agents of social and ethical change. The Karmapa shows us how gaining emotional awareness of our connectedness can fundamentally reshape the human race. He then guides us to action, showing step by step how we can change the way we use the earth's resources and can continue to better our society. In clear language, the Karmapa draws connections between such seemingly far-flung issues as consumer culture, loneliness, animal protection, and self-reliance. In

the process, he helps us move beyond theory to practical and positive social and ethical change.

Wildmind - Bodhipaksa
2012-02-29

Meditation helps us to cut through the agonizing clutter of superficial mental turmoil and allows us to experience more spacious and joyful states of mind. It is this pure and luminous state that I call your Wildmind. From how to build your own stool to how a raisin can help you meditate, this illustrated guide explains everything you need to know to start or strengthen your meditation practice.

Eight Steps to Happiness - Kelsang Gyatso 2012-04

Offers suggestions for meditating on the eight verses of a classic Buddhist teaching in order to find happiness in daily life.

Approaching the Buddhist Path - Dalai Lama 2017-08-15

The Buddha wanted his students to investigate, to see for themselves whether what he said were true. As a student of the Buddha, the Dalai Lama

promotes the same spirit of investigation, and recognizes that new approaches are needed to allow seekers in the West to experience the relevance of the liberating message in their own lives.

This volume stands as an introduction to Buddhism, and provides a foundation for the volumes to come.

Ordinary Wisdom - Sa-skya Paṇḍi-ta Kun-dga'-rgyal-mtshan 2000

A popular guide to the art of living, the Sakya Legshe has been fundamental to the development of Tibetan culture and character. Pandita uses proverbs and stories to address the basic question of living peaceably. The only available English translation of the Sakya Legshe, this book reveals the heart of the Buddhist way of life.

Nightlights - David Fontana 2003-03

Includes "issues index."

Compassion and Emptiness in Early Buddhist Meditation - Analayo 2015-07-27

Analayo investigates the meditative practices of

compassion and emptiness by examining and interpreting material from the early Buddhist discourses. Similar to his previous study of satipaa'-a'-hana, he brings a new dimension to our understanding by comparing Pali texts with versions that have survived in Chinese, Sanskrit and Tibetan. The result is a wide-ranging exploration of what these practices meant in early Buddhism.

Muhammad - Sarah Conover 2013

In the pages of Muhammad: The Story of a Prophet and Reformer, young readers will encounter a man very different from the figure often presented in Western popular culture.

Drawing from biographies, the Quran, and hadith, Sarah Conover, co-author of *Ayat Jamilah: Beautiful Signs: A Treasury of Islamic Wisdom for Children and Parents*, relates the story of a radical prophet who challenged the rich and powerful, guided his community of followers through a dangerous time of

persecution and exile, formed alliances with people of different beliefs, and preached "love for humanity what you love for yourself." Before he became one of the most venerated, and most misunderstood, religious leaders in history, Muhammad was an orphaned child and a shepherd. Written for readers 12 and up, and with a foreword by Eboo Patel (founder of Interfaith Youth Core and a member of the President's Council on Faith-Based Neighborhood Partnerships), *Muhammad: The Story of a Prophet and Reformer* will educate and inspire young adults and adults of all faiths.

Aging as a Spiritual Practice

- Lewis Richmond 2012-12-31

Explains the aging process based on the Buddhist tenet about the inevitability of change, with descriptions of the four key stages of aging and advice about awareness, adaptation, and acceptance. *A Treasury of Wise Action* - Yeshe De Project 1993-01-01 For young and old.

Consequences of Compassion -

Charles Goodman 2014-07-31
"In Consequences of Compassion, Charles Goodman illuminates the relationship between Buddhism and Western ethical theories. Buddhist texts offer an interesting approach to the demands of morality and a powerful critique of what we would identify as the concept of free will - a critique which leads to a hard determinist view of human action. But rather than being a threat to morality, this view supports Buddhist values of compassion, nonviolence, and forgiveness, and leads to a more humane approach to the justification of punishment. Drawing on Buddhist religious values, Goodman argues against the death penalty and mandatory minimum sentences." "Every version of Buddhist ethics, says Goodman, takes the welfare of sentient beings to be the only source of moral obligations. Buddhist ethics can thus be said to be based on compassion in the sense of a motivation to pursue the welfare of others. On this interpretation, the

fundamental basis of the various forms of Buddhist ethics is the same as that of the welfarist members of the family of ethical theories that analytic philosophers call "consequentialism." Goodman uses this hypothesis to illuminate a variety of questions. He examines the three types of compassion practiced in Buddhism and argues for their implications for important issues in applied ethics. Goodman argues that the Buddhist tradition can and will ultimately make important contributions to contemporary global conversations about ethical issues while placing Buddhist views into the mainstream of current ethical analysis."--Jacket.

The Path of Individual Liberation - Chögyam Trungpa 2013

Second volume of a compilation of Ch'ogyam Trungpa Rinpoche's Vajradhatu Seminary teachings in three volumes.

Universal Compassion - Kelsang Gyatso 2002
In a commentary on the

Buddhist poem "Training the mind in seven points," a Tibetan Buddhist teacher

presents a series of methods for developing unconditional love and compassion.