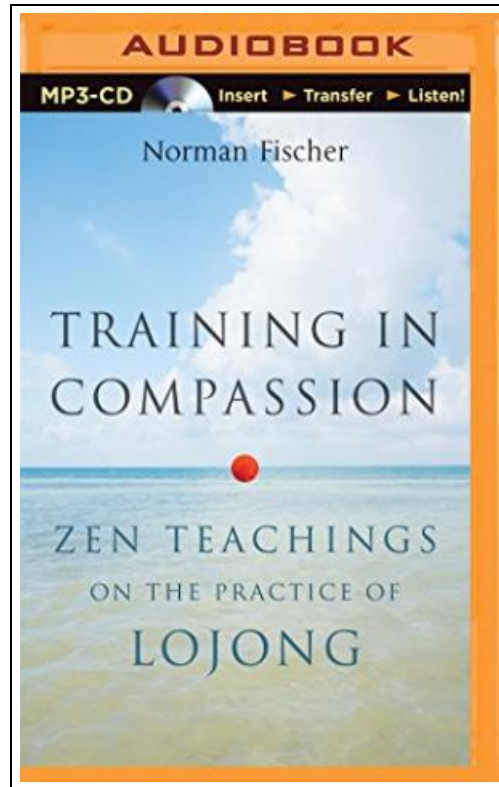


Training in Compassion: Zen Teachings on the Practice of Lojong



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Reviews

An exceptional ebook along with the typeface employed was intriguing to see. It really is simplistic but surprises within the fifty percent of the ebook. It is extremely difficult to leave it before concluding, once you begin to read the book.
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TRAINING IN COMPASSION: ZEN TEACHINGS ON THE PRACTICE OF LOJONG



Brilliance Corporation, United States, 2015. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Lojong is the Tibetan Buddhist practice that involves working with short phrases (called slogans) as a way of generating bodhichitta, the heart and mind of enlightened compassion. Though the practice is more than a millennium old, it has become popular in the West only in the last twenty years or so--and it has become very popular indeed, because it s a practice that one can fit very well into an ordinary life, and because it works. Through the influence of Pema Chodron, who was one of the first American Buddhist teachers to teach it extensively, the practice has moved out of its Buddhist context to affect the lives of non-Buddhists too. It s in this spirit that Norman Fischer offers his commentary on the lojong slogans. He applies Zen wisdom to them, showing how well they fit in that related tradition, but he also sets the slogans in the context of resonant practices throughout the spiritual traditions. He shows lojong to be a wonderful method for everyone, including those who aren t otherwise interested in Buddhism, who don t have the time or inclination to meditate, or who d just like to morph into the kind of person who s focused rather than scattered, generous rather than stingy, and kind rather than thoughtless.



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