



Awakening the Mind, Lightening the Heart : Core Teachings of Tibetan Buddhism

Lama Dalai

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The second volume in the landmark Library of Tibet series, *Awakening the Mind, Lightening the Heart* examines the next step of the Path: Compassion. Based on a classic fourteenth-century Tibetan poem famous for its ability to awaken compassion in the human heart, this elegant primer combines the mind training and stages of the path traditions of Tibetan Buddhism with enduring simplicity and illuminating prose.

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