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# The Awakening Mind: The Foundation Of Buddhist Thought, Volume 4



## Synopsis

Bodhichitta, often translated as "great compassion," is the gem at the heart of Buddhism. From this altruistic desire to serve others, all other Buddhist practices naturally flow, therefore, this state of mind is one Buddhists should understand and cultivate. In *The Awakening Mind*, Geshe Tashi Tsering leads us through the two main methods to develop bodhichitta that have been developed by the great Indian and Tibetan Buddhists over the centuries: the seven points of cause and effect, and equalizing and exchanging the self with others. This is the fourth release from Geshe Tashi's Foundation of Buddhist Thought series, which individually and collectively represent an excellent introduction to Tibetan Buddhism. These unique and friendly books are based on the curriculum of a popular course of the same name, developed by Geshe Tashi himself. Geshe Tashi's presentations combine rigor and comprehensiveness with lucidity and accessibility, never divorced from the basic humanity and warmth of his personality. In *Geshe Tashi*, we encounter the new generation of Tibetan monk-scholars teaching in the West who are following in the footsteps of such revered and groundbreaking teachers as Geshe Wangyal and Geshe Sopa.

## Book Information

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## Customer Reviews

Some of the deepest teachings that has taken me into new views of the in the world that we live.

I am on volume 2 in the series. It is very well written. Easy to understand. The author spent 7 years

just learning how the western mind thinks. I highly recommend the whole series.

Crystal clear to understand Buddhism.

Wonderful book for getting to the nitty-gritty of basic Buddhist philosophy. Anyone interested in Buddhism who is just starting out will get a great deal from his books. Jim Chaffee

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