



Freeing the Heart and Mind: Introduction to the Buddhist Path

His Holiness the Sakya Trizin

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His Holiness Sakya Trizin, the head of the glorious Sakya lineage, one of the four primary schools of Tibetan Buddhism, presents here the essential Buddhist teachings of the four noble truths, universal compassion, and the proper motivation for practice. This book opens by sharing a private teaching His Holiness gave to a young newcomer seeking to understand this great master's spiritual heritage. His Holiness's advice inspires us to integrate the living power of these teachings into our daily lives.

Full of timeless wisdom, *Freeing the Heart and Mind* contains, in addition to this introduction, an explanation of the teaching Matchless Compassion by the Indian saint Virupa, and a selection of commentaries on the essential teaching called Parting from the Four Attachments. Developed as the first volume in a course of study for students of the Sakya tradition, it nonetheless stands alone as an excellent entry into the teachings of the Buddha.

Freeing the Heart and Mind includes a full-color photo insert of Sakya lineage masters.

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Thersa Davenport:

The reason? Because this Freeing the Heart and Mind: Introduction to the Buddhist Path is an unordinary book that the inside of the book waiting for you to snap the item but latter it will surprise you with the secret it inside. Reading this book beside it was fantastic author who all write the book in such amazing way makes the content within easier to understand, entertaining means but still convey the meaning fully. So , it is good for you for not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of advantages than the other book have such as help improving your skill and your critical thinking way. So , still want to postpone having that book? If I have been you I will go to the e-book store hurriedly.

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