



# **Awakening the Heart: A Somatic Training in Bodhicitta**

*Reginald A. Ray Ph.D.*

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# Awakening the Heart: A Somatic Training in Bodhicitta

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There is no more powerful vehicle for knowing yourself and others than the human heart. For it is through the opening of the heart that we touch our own deepest experience—and come to connect with each other. Drawing on the extensive compassion-training methods within Tibetan Buddhism, Dr .Reggie Ray shares an 18-CD curriculum designed to help us dismantle the walls around our hearts and dwell in *bodhicitta* (literally “awakened heart mind”). With training in Vajrayana Tonglen, *maitri*, the 1,000 Petal Lotus of the Heart practice, and more, this intensive program is meant to assist listeners in directly experiencing and embodying these profound teachings.

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