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Sister Chan Khong was born in a village on the Mekong River Delta in 1938. Propelled by her passionate dedication to social change, she began working in the slums of Saigon as a teenager, distributing food, helping the sick, and teaching children. In 1964, she joined Zen master Thich Nhat Hanh in founding the School of Youth for Social Service, which grew to an organization of over 10,000 young people organizing medical, educational, and agricultural facilities in rural Vietnam, and rebuilding villages destroyed by the war. this unique autobiography tells the gripping story of a woman who not only lived but made history, and whose single-minded dedication to humility and courageous integrity can serve as an inspiration for all. Learning true love reflects Siter Chan Khong's spiritual growth against the backdrop of the suffering in her war-torn country, and offers many inspiring examples of how to resolve difficulties and celebrate the joys of a life of service. Chan Khong has for more than three decades worked closely with Thich Nhat Hanh in Vietnam and at his community-in-exile in France, Plum village. -- Publisher description. Cut through the busyness and anxieties of daily life to discover the simple happiness of living in the present moment, as taught by a world-renowned Zen monk In this book, Thich Nhat Hanh—Zen monk, author, and meditation master—distills the essence of Buddhist thought and practice, emphasizing the power of mindfulness to transform our lives. But true mindfulness, Hanh explains, is not an escape. It is being in the present moment, totally alive and free. Based on a retreat that Thich Nhat Hanh led for Westerners, You Are Here offers a range of effective practices for cultivating mindfulness and staying in the present moment—including awareness of breathing and walking, deep listening, and skillful speech. These teachings will empower you to witness the wonder of life and transform your suffering, both within and outside you, into compassion, tenderness, and peace. As Thich Nhat Hanh declares, “the energy of mindfulness is the energy of the Buddha, and it can be produced by anybody.” It is as simple as breathing in and breathing out. Discusses how a Buddhist approach to

love can help break bad habits, improve the bonds of partnership, and foster a more comfortable emotional and spiritual environment that benefits both people in a relationship. A collection of real-life Buddhist love stories, with commentary and guided exercises for couples developed by Peggy Rowe-Ward and Larry Ward, senior students and ordained Dharma teachers in the tradition of Zen Master Thich Nhat Hanh. These personal stories, from couples of a range of different ages and experiences, illustrate how Buddhist principles can help couples navigate any stage of their relationship. It took the authors some good living and good loving before they realized that the love that they were seeking was already present and available in the depths of their hearts and mind. Love does not depend on anything that is happening "Out There" and is not dependent on anything "he" or "she" might do. It depends on our own willingness to look within and to act. This insight is a result of practicing the teachings of the Buddha on right diligence and right effort. The authors have been studying and practicing with Zen master Thich Nhat Hanh and they are happy to report that the practices work. In "The practice is not difficult. We simply need to get in touch with and nourish the practices that are helping us to experience peace. And then we need to stop doing the things that keep us from experiencing peace." Larry Ward Foreword by Thich Nhat Hanh The secret to happiness is to acknowledge and transform suffering, not to run away from it. In *No Mud, No Lotus*, Thich Nhat Hanh offers practices and inspiration transforming suffering and finding true joy. Thich Nhat Hanh acknowledges that because suffering can feel so bad, we try to run away from it or cover it up by consuming. We find something to eat or turn on the television. But unless we're able to face our suffering, we can't be present and available to life, and happiness will continue to elude us. Nhat Hanh shares how the practices of stopping, mindful breathing, and deep concentration can generate the energy of mindfulness within our daily lives. With that energy, we can embrace pain and calm it down, instantly bringing a measure of freedom and a clearer mind. *No Mud, No Lotus* introduces ways to be in touch with suffering without being overwhelmed by it. "When we know how to suffer," Nhat Hanh says, "we suffer much, much less." With his signature clarity and sense of joy, Thich Nhat Hanh helps us recognize the wonders inside us and around us that we tend to take for granted and teaches us the art of happiness. *Buddhism Plain and Simple* offers a clear, straightforward treatise on Buddhism in general and on awareness in particular. When Buddha was asked to sum up his teaching in a single word, he said, "Awareness." The Buddha taught how to see directly into the nature of experience. His observations and insights are plain, practical, and down-to-earth, and they deal exclusively with the present. Longtime teacher of Buddhism Steve Hagan presents the Buddha's uncluttered, original teachings in everyday, accessible language unencumbered by religious ritual, tradition, or belief. *How to Love* is the third title in Parallax's Mindfulness Essentials Series of how-to titles by Zen Master Thich Nhat Hanh, introducing beginners and reminding seasoned practitioners of the essentials of mindfulness practice. This time Nhat Hanh brings his signature clarity, compassion, and humor to the thorny question of how to love. He distills one of our strongest emotions down to four essentials: you can only love another when you feel true love for yourself; love is understanding; understanding brings compassion; deep listening and loving speech are key ways of showing our love. Pocket-sized, with original two color illustrations by Jason DeAntonis, *How to Love* shows that when we feel closer to our loved ones, we are also more connected to the world as a whole. With sections on Love vs. Need, Being in Love, Reverence, Intimacy, Children and Family, Reconciling with Parents, and more, *How to Love* includes meditations you can do alone or with your partner to go deep inside and expand your own capacity to love. Scientific studies indicate that meditation contributes tremendously to well-being, general health, and longevity. *How to Love* is a unique gift for those who want a comprehensive yet simple guide to understanding the many different kinds of love, along with meditative practices that can expand the understanding of and capacity for love, appropriate for those practicing in any spiritual tradition, whether seasoned practitioners or new to meditation. A LOS ANGELES TIMES BESTSELLER In the face of systemic racism and state-sanctioned violence, how can we metabolize our anger into a force for liberation? White supremacy in the United States has long necessitated that Black rage be suppressed, repressed, or denied, often as a means of survival, a literal matter of life and death. In *Love and Rage*, Lama Rod Owens, coauthor of *Radical Dharma*, shows how this unmetabolized anger--and the grief, hurt, and transhistorical trauma beneath it--needs to be explored, respected, and fully embodied to heal from heartbreak and walk the path of liberation. This is not a book about bypassing anger to focus on happiness, or a road map for using spirituality to transform the nature of rage into something else. Instead, it is one that offers a potent vision of anger that acknowledges and honors its power as a vehicle for radical social change and enduring spiritual transformation. *Love and Rage* weaves the inimitable wisdom and lived experience of Lama Rod Owens with Buddhist philosophy, practical meditation exercises, mindfulness, tantra, pranayama, ancestor practices, energy work, and classical yoga. The result is a book that serves as both a balm and a blueprint for those seeking justice who can feel overwhelmed with anger--and yet who refuse to relent. It is a necessary text for these times. Bestselling author and Zen Master Thich Nhat Hanh transforms an ancient folktale into a timeless parable of a young woman who dares to risk her life for her faith. Born to an aristocratic family in rural Vietnam, Kinh Tam's uncommon beauty and intelligence were obvious to all she encountered. From an early age she was drawn to the teachings of Buddha and the rewards of a monastic life, but to please her family she agreed to walk the traditional path of marriage. Throughout her marriage, Kinh Tam's mind was devoted to her husband but her heart never waived from her true calling. She wanted to be a monk. And yet Buddhism was still new to Vietnam and temples accepted only men for ordination. Making a decision that would forever change her life, Kinh Tam left town, disguised herself as a man, and joined a monastery as a novice. Despite the many challenges of living as a man, Kinh Tam thrived and became a beloved member of the community. Years of profound joy and peace passed until a local woman accuses the novice of fathering her unborn child. Kinh Tam is torn between two impossible choices: keep her secret and endure brutal punishment or reveal the truth that would prove her innocence but put an end to her spiritual path. Facing the unbearable with the boundless heart of Buddha, her choice forever changes her life, her country, and her faith. In spare, elegant prose, Thich Nhat Hanh reminds us that we, too, face our own injustices and suffering, and by connecting with love, we can, like Kinh Tam, discover a mind and heart that are peaceful, happy, and free. By pulling together some of Lama Yeshe's introductory teachings on Buddhism, meditation, compassion and emptiness, and combining them with the definitive explanation of tantra, this one valuable volume will inspire students to go more deeply into the Yoga Method of Buddha Maitreyaa tantric practice. Throughout our lives we long to love ourselves more deeply and find a greater sense of connection with others. Our fear of intimacy--both with others and with ourselves--creates feelings of pain and longing. But these feelings can awaken in us the desire for freedom and the willingness to take up the spiritual path. In this inspiring book, Sharon Salzberg, one of America's leading spiritual teachers, shows us how the Buddhist path of lovingkindness can help us discover the radiant, joyful heart within each of us. This practice of lovingkindness is revolutionary because it has the power to radically change our lives, helping us cultivate true happiness in ourselves and genuine compassion for others. The author draws on simple Buddhist teachings, wisdom stories from various traditions, guided meditation practices, and her own experience from twenty-five years of practice and teaching to illustrate how each one of us can cultivate love, compassion, joy, and equanimity. Thich Nhat Hanh's beautiful language and teachings help us cultivate confidence in ourselves so that we too can touch our own deepest desire and inspire in ourselves and others joy, energy and hope. Weaving together traditional stories, personal experiences, and a deep understanding of the Buddha's way of mindful living, Thich Nhat Hanh provides step-by-step practices that foster understanding and intimacy in any relationship and extend our love even to those that cause us pain. *Teachings on Love* is a treasure-trove of guidance for couples, co-workers, or friends who wish to nourish the gift and strength of their relationships and deal creatively with their weaknesses and difficulties. We all yearn to experience a love that is deeper and

more joyful. Teachings on Love provides a time-tested path that anyone can follow to nurture the deepest love in ourselves and others. With a new introductory chapter by Thich Nhat Hanh The unconditional love that we all long for can be experienced in the practice of loving-kindness. In this popular form of meditation, the love inherent to our own nature is gradually expanded until it embraces infinite beings. Tulku Thondup introduces a new four-stage format for this practice, rooted in the traditional teachings of Tibetan Buddhism: We first meditate on the Buddha of Loving-Kindness as a body of unconditional love and receive his blessings. This spontaneously awakens his unconditional love in our heart. We then find the whole world reflecting back to us as a world of love and peace. Finally, we remain in oneness in the realization of ultimate love. For nearly 30 years Sister Chan Khong's Deep Relaxation practice has been a highlight for thousands of people who have attended Order of Interbeing Buddhist retreats. With Deep Relaxation the reader/listener will learn to meditate and relax body and mind at the deepest level, leading to a measurable reduction of stress levels. Sister Chan Khong effectively guides readers/listeners through the practice with a combination of spoken words and traditional songs from around the world, initiating a process that shows how we can achieve a more positive and healthy life as we move out of the meditation and into the world. With her soothing voice, her pacing, her extensive experience of practicing mindfulness in everyday life—and with the beauty of the gentle music—practitioners are able to achieve a state of profound relaxation. The relaxation practice is designed not only for those interested in mindfulness or Buddhism, but for anyone who needs to relieve stress. Working with the body's innate capacity to heal itself, these exercises will bring the listener/reader to experience ever deeper levels of relaxation that can activate the body's natural healing abilities. The book will leave the reader with a deep sense of well-being. This book takes a look into how drugs and alcohol can destroy the mind. In this book, Gerald talks about his journey from success to dark times and back to good mental health. With the love of his family, Gerald teaches sports meditation and YCHYL workshops. Gerald is proof you can come back from adversity. This book looks at the psychological and emotional courage to overcome mental illness. It is a must-read account of a man determined to help others overcome the demons that hold them back. In Beginning Anew, Sister Chân Không shares a concrete, four-part process that can help anyone clear up misunderstandings, communicate more honestly and openly with the people around them, and heal relationships. Thousands have been introduced to the beginning anew practice at the retreats led worldwide each year by Zen Master Thich Nhat Hanh. When we're upset with someone, we're often afraid to say anything. We tell ourselves, "Oh, it's just a small matter; it's not important." But the accumulation of many small issues can create an explosive situation, and can even cause relationships to break. Beginning Anew gives us a way to address problems when they're small, so we can understand each other's words, actions, and intentions. Beginning Anew guides readers through steps of conscious breathing, loving speech, and compassionate listening designed to help us see people and situations more clearly, allowing our perceptions to better reflect reality. Sister Chân Không brings the practice to life by sharing stories of couples and families she has helped to reconcile using the practice. After a few minutes of quietly sitting together to become aware of our breathing and calm ourselves, each person speaks without being interrupted. The first step is to express appreciation of the other person, something we may forget to do in our busy lives, that can lead to the people around us to feeling taken for granted. The second step is to express any regrets we have. This is something we often put off doing, but the clear expression of misgivings and regrets gives practitioners the chance to clear the air and directly address any problems in the relationship. The last two steps of the practice are for expressing anger or difficulties and checking in with each other to be sure each was understood. Beginning Anew introduces a practice for anyone looking for a way to keep communication open and resolve conflicts. When practiced regularly, beginning anew will bring deeper understanding and harmony to any relationship. The renowned Zen master and peace activist introduces a Buddhist approach to practicing authentic love in our everyday lives In this eye-opening guide, Zen monk Thich Nhat Hanh offers timeless insight into the nature of real love. With simplicity, warmth, and directness, he explores the four key aspects of love as described in the Buddhist tradition: lovingkindness, compassion, joy, and freedom—explaining how to experience them in our day-to-day lives. He also emphasizes that in order to love in a real way, we must first learn how to be fully present in our lives, and he offers simple techniques from the Buddhist tradition that anyone can use to establish the conditions of love. Thich Nhat Hanh, a Vietnamese Zen Buddhist monk, is an internationally known author, poet, scholar, and peace activist who was nominated for the Nobel Peace Prize by Martin Luther King Jr. Zen and the art of falling in love . . . At once practical, playful, and spiritually sound, this book is about creating a new love story in your life. Drawing from Christian, Buddhist, Sufi and other spiritual traditions, If the Buddha Dated shows how to find a partner without losing yourself. Kasl, a practicing psychotherapist, workshop leader, and Reiki healer for thirty years, offers practical wisdom on using the path to love as a means of awakening. If the Buddha Dated teaches that when you stay loyal to your spiritual journey, you will bring curiosity, fascination, and a light heart to the dating process. The bestselling author of Mindfulness in Plain English invites us to explore the joyful benefits of living with loving-kindness. With his signature clarity and warmth, Bhante Gunaratana shares with us how we can cultivate loving-kindness to live a life of joyful harmony with others. Through personal anecdotes, step-by-step meditations, conversational renderings of the Buddha's words in the suttas, and transformative insights into how we live in and relate to the world, we learn that peace here and now is possible—within ourselves and in all our relationships. Bhante G speaks directly to how we can cultivate loving-kindness to find emotional clarity, overcome anger, and become more peaceful—both on and off the meditation cushion. Learning True Love, the autobiography of Sister Chân Không, stands alongside the great spiritual autobiographies of our century. It tells the story of her spiritual and personal odyssey, both in her homeland and in exile. Its anecdotal style presents an intensely personal portrait of a woman with astonishing courage, offering us a perspective on the suffering of the Vietnamese people. This unique autobiography tells the gripping story of a woman who not only lived but made history, and whose life of single-minded dedication to humanity can serve as an inspiration for us all. Sister Chân Không was born in a village on the Mekong River Delta in 1938. In her teens she devoted her life to the development and practice of nonviolence grounded in the Buddhist precepts of non-killing and compassionate action. Propelled by her passionate dedication to social change, she began working in the slums of Saigon, distributing food, working with the sick, and teaching children. When she was 21 years old she met the man who until to this day remains her teacher and spiritual companion: Thich Nhat Hanh. With him she co-founded the School of Youth for Social Service in 1964, which grew to an organization of over 10,000 young people organizing medical, educational, and agricultural facilities in rural Vietnam, and rebuilding villages destroyed in the fighting. Sister Chân Không became well known in the anti-war and peace community for her work promoting human rights and protesting repression and violence, often at risk of her own life. She continues to do this work today. After the war she became one of the co-founders of Plum Village, the spiritual center, that is home to Thich Nhat Hanh's community in France, where she continues to be deeply involved in the development and vision for this unique community. In January of 2005, after nearly 40 years in exile, Sister Chân Không was able to return on a 3-month visit to Vietnam. In this fully revised edition of Learning True Love she movingly describes the return to her homeland, the reunions with many old friends and fellow activists, and shares her impression of the "new Vietnam," where Buddhists still struggle for religious freedom and the re-establishment of their own organizations. Learning True Love is a moving personal memoir, an introduction to the mindfulness teachings and life of Thich Nhat Hanh and his community in exile, an overview to the development of the European and American peace and human rights movement, and an introduction to the engaged and practical style of Vietnamese Buddhism. It documents the process that brought an end to the US Vietnam war, and gives a lively summary of Vietnamese history from 1945 to the current political, social and

spiritual climate in Vietnam. Learning True Love also portrays some of the many remarkable people that shared Sister Chân Không 's path. Foremost however it is the remarkable and impressive story of a very courageous woman, whose journey from an accredited biologist at the University of Paris to a Buddhist nun, gives her unique insight into life's central questions and the ability to address them in an unflinching and straightforward manner. Forewords by Thich Nhat Hanh and Maxine Hong-Kingston Lessons on love and Dharma, from celebrated Vietnamese monk Thich Nhat Hanh and featuring a foreword by Natalie Goldberg In Cultivating the Mind of Love, Thich Nhat Hanh gives a most unusual Dharma teaching: the story of his first love. He pairs these personal memories with his insightful commentaries on classic Buddhist teachings, including the Diamond Lotus, Avatamsaka, and Vimalakirti Sutras. In combining personal experience and Dharma teachings, Nhat Hanh allows his readers to experience and to appreciate what is human and wonderful in all of us. He shows us how to cultivate our own "mind of love"—and how to bring joy and hope to ourselves and those around us. "I am continually amazed at how Thich Nhat Hanh is able to translate the Buddhist tradition into everyday life and make it relevant and helpful for so many people. Cultivating the Mind of Love just might be my favorite book of his." —Natalie Goldberg, author of Writing Down the Bones The Pali word *mettā*; is a multi-significant term meaning loving-kindness, friendliness, goodwill, etc. If these qualities of *mettā* are sufficiently cultivated through *mettābhāvanā* the meditation on universal love the result is the acquisition of a tremendous inner power which preserves, protects and heals both oneself and others. The present booklet aims at exploring the various facets of *mettā* both in theory and in practice. The examination of the doctrinal and ethical side of *mettā* will proceed through a study of the popular Karaniyametta Sutta, the Buddha's Discourse of Universal Love and several other short texts. The explanation of the meditation on universal love will give practical directions for developing this type of contemplation as set forth in the main meditation texts of the Theravada Buddhist tradition. What does healthy intimacy look like? How do we keep the energy and passion alive in long-term relationships? What practices can help us forgive our partner when he or she has hurt us? How can we get a new relationship off to a strong and stable start? What do we do if we feel restless in a relationship or attracted to someone outside of our partner? These are just some of the questions Zen master and Nobel Peace Prize nominee Thich Nhat Hanh has been asked by practitioners and readers alike. Deeply moved by the suffering that can be caused by these issues, he offers concrete guidance in his first ever writings on intimacy and healthy sexuality. Fidelity guides the reader to an understanding about how we can maintain our relationships; keep them fresh, and accepting and loving our partner for who they are. Fidelity gives concrete advice on how to stay attentive and nourishing of each other amidst the many responsibilities and pressures of daily life. Readers will learn how to foster open communication, dealing with anger and other strong emotions, learning to forgive, and practicing gratitude and appreciation. Fidelity is written for both couples in a committed relationship wanting to further develop a spiritual dimension in their lives together, and for those where infidelity or hurt may have occurred, and there is a need for best practices to re-weave the net of love and understanding. In addition to addressing everyday occurrences and challenges, Thich Nhat Hanh shows how traditional Buddhist teachings on attachment, deep listening, and loving speech can help energize and restore our relationships. Written in a clear and accessible style, and filled with personal stories, simple practices and exercises, Fidelity is for couples at all stage of relationships. It the guide book for anyone looking to create long-lasting and healthy intimacy. This book grew out of the conference, Women Practicing Buddhism: American Experiences, held at Smith College in Northampton, Massachusetts, in 2005. The conference brought together students, scholars, Buddhist teachers, practitioners, artists, activists, and healers to explore the diverse experiences of women practising Buddhism in contemporary America. The pieces here centre on issues of practice, bringing to bear women's particular experiences of Buddhism as it is spreading to North America and taking root in new contexts. They celebrate the ways in which women are changing Buddhism and explore the array of issues that women as Buddhists face today. Contributors include those recognizable as Buddhist teachers, as well as well-known (and even famous) practitioners. While many experts point to the enormous complexity in addressing issues ranging from the destruction of ecosystems to the loss of millions of species, Thich Nhat Hanh identifies one key issue as having the potential to create a tipping point. He believes that we need to move beyond the concept of the "environment," as it leads people to experience themselves and Earth as two separate entities and to see the planet only in terms of what it can do for them. Thich Nhat Hanh points to the lack of meaning and connection in peoples' lives as being the cause of our addiction to consumerism. He deems it vital that we recognize and respond to the stress we are putting on the Earth if civilization is to survive. Rejecting the conventional economic approach, Nhat Hanh shows that mindfulness and a spiritual revolution are needed to protect nature and limit climate change. Love Letter to the Earth is a hopeful book that gives us a path to follow by showing that change is possible only with the recognition that people and the planet are ultimately one and the same. Metta, or loving kindness, lies at the heart of Buddhism. It is kindness at its purest and strongest, a loving response to all life. In this book, seven experienced meditators share their reflections on the nature of metta, and give instructions and advice on its cultivation in meditation and in daily life. A little gem of a book. A direct, pithy, and accessible guide to the entire path of Tibetan Buddhism by one of the most beloved and respected contemporary lamas. Accessible, playful, and genuine, this concise guide shows how we can incorporate our own daily experiences into our spiritual path and awaken to how things truly are. By embracing sadness, love, and openness in our lives, we develop an altruistic attitude to help all beings who suffer and to reduce our own greed and aggression. This easy-to-read manual by one of the most widely loved and respected Tibetan Buddhist teachers of our time teaches us how to honestly explore and deal with our own hang-ups and neuroses. Through knowing our own true nature as aware and compassionate, we can progress, step-by-step, on the Buddhist path and use Rinpoche's pithy wisdom along the way as a touchstone. Chogyi Nyima Rinpoche's fresh and engaged approach to timeless Buddhist wisdom enables us to deeply connect with authentic teachings in a modern context. This work is a delight and inspiration to read, outlining the major teachings and practices of Buddhism in a succinct way. To apply a Buddhist viewpoint to relationships is eye-opening. It points to a radically different worldview, one that runs counter to the spirit of much of the conventional advice we receive. Broken hearts, resentment, affairs, divorce. Why is it so hard to make relationships work? New York Times bestselling author and mindfulness expert Susan Piver applies classic Buddhist wisdom to modern romance, including her own long-term relationship, to show that ancient philosophies have timeless--and unexpected--wisdom on how to love. The Four Noble Truths of Love will challenge the expectations you have about dating, sex, and romance, liberating you from the habits, traumas, and expectations that have been holding back your relationships. This mindful approach toward love will help you open your heart fearlessly, deepen communications with your partner, increase your compassion and resilience, and lead you toward a path of true happiness. You have nothing to lose and everything to gain: expansive, real love for yourself and others. Sister Chan Khong was born in a village on the Mekong River Delta in 1938. In her teens she devoted her life to the development and practice of nonviolence grounded in the Buddhist precepts of non-killing and compassionate action. This book tells her story.