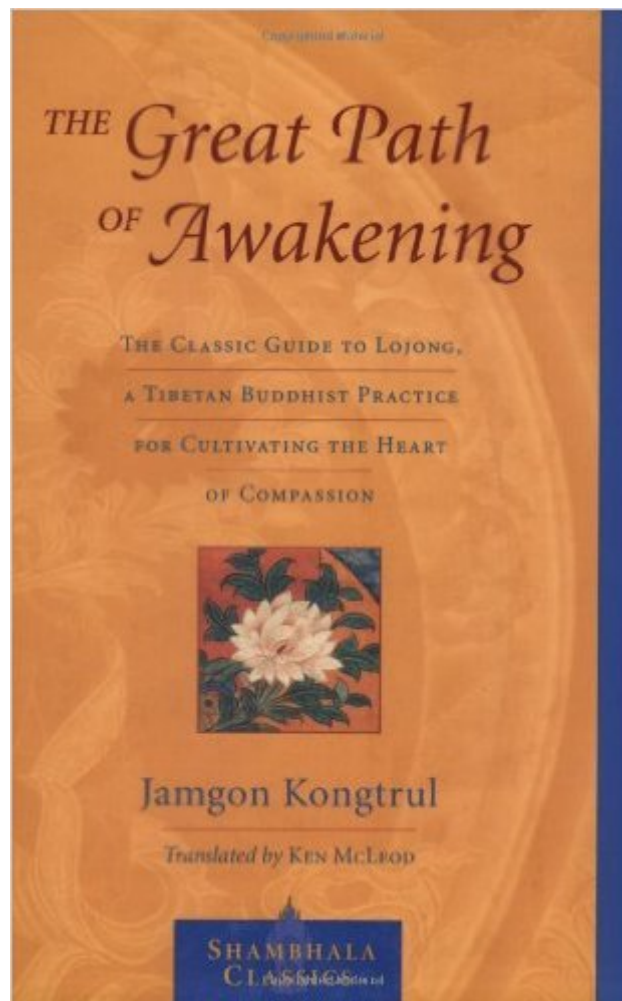


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The Great Path Of Awakening: The Classic Guide To Lojong, A Tibetan Buddhist Practice For Cultivating The Heart Of Compassion (Shambhala Classics)



Synopsis

Here is a practical Buddhist guidebook that offers techniques for developing a truly compassionate heart in the midst of everyday life. For centuries, Tibetans have used fifty-nine pithy slogansâsuch as "A joyous state of mind is a constant support" and "Don't talk about others' shortcomings"âas a means to awaken kindness, gentleness, and compassion. While Tibetan Buddhists have long valued these slogans, recently they have become popular in the West due to such books as *Start Where You Are* by Pema ChÃ¶drÃ¶n and *Training the Mind* by ChÃ¶gyam Trungpa. This edition of *The Great Path of Awakening* contains an accessible, newly revised translation of the slogans from the famous text *The Seven Points of Mind Training*. It also includes illuminating commentary from Jamgon Kongtrul that provides further instruction on how to meet every situation with intelligence and an open heart.

Book Information

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Customer Reviews

Of the three guides to Lojong practice: *Start Where You Are* (by Pema ChÃ¶drÃ¶n), *Seven-Point Mind Training* (by Alan B. Wallace), and *Training the Mind* (by ChÃ¶gyam Trungpa), this one is more advanced in presentation and is more esoteric (Vajrayana) in nature. The aforementioned texts present the material more for the beginner. All of these texts are excellent, although Wallace's book is not transcendental in nature. This book is mentioned on the rear cover of Chogyam Trungpa's, "Training the Mind". It is a wonderful translation and the notes/glossary is helpful and

extensive.

This is a fresh, readable, and clear guide to the Lojong teachings. I use it in combination with other books on Lojong (Pema Chodron, *Start Where You Are*; the Practice of Lojong, Traleg Kyabgon, and others). For me, it's ideal to have a variety of interpretations available, as I never know what aspect of a Lojong slogan is going to resonate in my life on any particular day. That said, Jamgon Kongtrul's commentaries are always concise and reliable. I have confidence in these teachings, and they have enhanced my spiritual practice.

This is an excellent older text, and Ken McLeod is an excellent translator. I don't recommend it for beginners unless you feel drawn to it -- because I believe that people are drawn to that which is right for them. The lojong is my main practice and I only recommend three books (though I have read others and many are fine, they are not recommended, assuming that you are not buying 20 texts.) In order of beginning to advanced: Pema Chodron: *Start Where You Are*, Chogyam Trungpa: *Training the Mind and Cultivating Loving-Kindness* and this book (he was one of Trungpa's teachers, which is how I moved to him as I progressed).

This is among the two or three best books on Buddhist practice that I have ever used, and I use it almost daily.

This is a book that I have known for decades in various editions. The material is pretty basic and advanced at the same time. The instructions are simple but it is hard to apply them on a regular basis. Exchanging my welfare for the welfare of others is the basic Buddhist teaching. You don't need much besides that. I study other texts and do other practices, but this is the basis of everything. I am a Buddhist to the extent I take refuge in Buddha and seek to promote the welfare of other beings. Sounds simple but it's not easy to do. I hope you may come to treasure this book as I do.

Ken is a great translator and does a fine job with this one. Of course, not enough good things can be said about lojong.

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