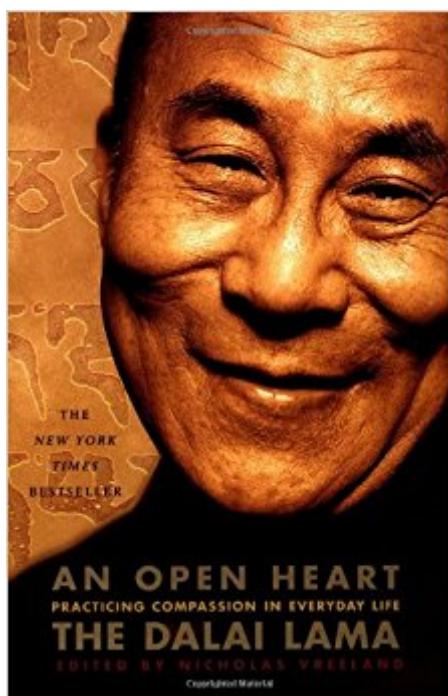


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# An Open Heart: Practicing Compassion In Everyday Life



## Synopsis

Compassion-sympathy for the suffering of others and the desire to free them from it-is wrestled with in all spiritual traditions. Yet how does one actually become a compassionate person? What are the mechanisms by which a selfish heart is transformed into a generous heart? In this acclaimed bestseller, His Holiness the Dalai Lama writes simply and powerfully about the everyday Buddhist practice of compassion, offering a clear, practical, inspiring introduction to the Buddhist path to enlightenment.

## Book Information

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## Customer Reviews

In the summer of 1999, the Dalai Lama addressed an audience of over 40,000 in Central Park on how to live a better life. Open Heart is derived from this and other popular lectures given in New York. Here, the Dalai Lama progresses beyond his bestsellers The Art of Happiness and Ethics for the New Millennium by introducing specific practices that can engender happiness. Spiritual practice, according to the Dalai Lama, is a matter of taming unwanted emotions, which means becoming aware of how the mind works. Through the methods of analytical and settled meditation, the Dalai Lama shows how we can cultivate helpful states of mind and eliminate harmful states, leading us to develop compassion for others and happiness for ourselves. But there is no preaching of a single, right method. This revered but humble monk merely invites the reader to understand the causes of one's suffering and consider how best to alleviate it. Open Heart should draw crowds to the bookstores and lead us all to more satisfactory living. --Brian Bruya --This text refers to an out of

print or unavailable edition of this title.

A paperback reissue of last year's hardcover makes His Holiness the Dalai Lama's wisdom a bit less expensive: "Just as musicians train their hands, athletes their reflexes and techniques, linguists their ears, scholars their perceptions, so we direct our minds and hearts." And so with his characteristic deftness, here he builds bridges from the realities of everyday life to sublimely spiritual pursuits. This compilation, based on teachings delivered by His Holiness in New York in 1999, is founded upon a weaving of two ancient Buddhist texts. These are made accessible here in part by Vreeland's skillful editing and in part by the unflagging style of the Dalai Lama, who continues to spread his message of loving compassion beyond the borders of Buddhism. Readers who savored his *The Art of Happiness and Ethics for the New Millennium* will likely be ready to take these next steps into practical approaches for everyday living that are supremely grounded in Buddhist philosophy, but extend an open heart to all types of believers and nonbelievers as well. While not a manual in the traditional Western sense of highly sequenced steps, this book is a treasury of teachings that point clearly to a better way to live. Exquisite, perfectly matched photographs round out such chapters as "The Desire for Happiness," "Karma," "Compassion," "Calm Abiding" and "Wisdom." Many books today receive the Dalai Lama's blessing, but this one issues a special invitation to receive ancient wisdom through the mind and heart of a modern spiritual master. Copyright 2002 Reed Business Information, Inc.

I first read this book in 2002 as I was heading into a divorce. I was devastated...suffering. I can't remember how this book wound up in my hands, but it spoke to my soul. I was able to acknowledge my own suffering, and even identify the root cause of it. When I had that down, my focus turned to compassion. Once I began to practice this I felt immediate and sincere solace. I could even forgive and feel compassion for my ex, who had broke my heart into pieces. I believe this is the only way to ease our suffering...by feeling compassion for others. I have to keep coming back to this book to remind myself of this. I continually buy new copies because I give mine away all the time. Passing on the love. There's no other book I'd recommend more. If you are hurting, for any reason, read this book. If you are angry, for any reason, read this book. If you are happy and content, read this book. Pass it on and on. This is the message to spread. This is the weapon we have against our dark side (fear, suffering, anger, jealousy, war...etc): love and compassion.

This book is essentially a transcription of his speech in NYC over several days. It does not include

material from his speech at Central Park. The speech was organized by the Richard Gere (yes him) Foundation. His Holiness the Dalia Lama spoke for several days to a packed audience. One previous reviewer noted that the book was disorganized - it was, well, organized to be a presentation and it was excellent at that. If you've read several of these shorter texts by him, you'll notice quiet a bit of repetition. That's natural. However, on my salary, I'll let my guru repeat and re-repeat at no financial cost to me. He provides an outstanding overview of Buddhism and the Dharma. He discussed such topics as emptiness and compassion. Suggestions for meditation were sort of generic - i mean how do you teach meditation to 3,000 of your closest friends? The presentation / book nicely balances the desire to provide detail for advanced students and a general overview for the novice. In his words I can see him, his charism shine through! That in itself is awesome! If you've read a few of his shorter books, you might simply borrow this from the library or another traveler. If you haven't, this certainly isn't a bad place to begin. This book ought to be included in public and university libraries, as well as Buddhist Centers and individuals' libraries. As with everything, I give a letter grade. Because of the original presentation format and limited new information, I give this an "A-". I highly recommend it.

Learning about his teachings gives us a different perspective of life because he lives a lovable compassionate life in a world of war and hate. It's up to us to become a better person. Love and compassion is not something to question but to give and receive.I recommend any of his books.Thank you Dalai Lama for sharing your experiences with us.

any thing by HH dali lama is good and worth reading. he gives the groundwork the rest is up to the reader

Another wonderful look into the heart of The Dalai Lama. This is good medicine for those searching for and striving for a life of compassion, forgiveness and generosity in the midst of an often heartless world.

Beautiful book, so helpful, causes one to truly reflect deeply on one's own behaviors and life in general. LOVE!

The books I have ordered arrived in excellent condition. The message inside the book is wonderful. Thank you!

This book is powerful. One of my favorite thoughts was something to the effect that we have eons ahead of us in which we will have opportunities to become more compassionate. Oddly reassuring...

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