



Universal Compassion: Inspiring Solutions for Difficult Times

Geshe Kelsang Gyatso

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The heart of Buddha's teachings is unconditional love and compassion. In this inspired explanation of the popular Buddhist poem "Training the Mind in Seven Points," Geshe Kelsang reveals powerful and far-reaching methods for us to develop these altruistic states.

Ancient meditative techniques that have been tried and tested for centuries are brought alive and made relevant to our everyday experiences. Also included is a practical and uplifting explanation of how we can transform our day-to-day living--including even the most demanding and difficult conditions--into opportunities for personal and spiritual development. By pointing the way to an unchanging freedom and happiness, this immensely readable book challenges us to grow, and will have a remarkable impact on our life.

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