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The title of this book, 'Awakening the Mind, Lightening the Heart' is, in essence, the core topic of this book. This book is entirely dedicated on teaching us how to awaken our minds and lighten our hearts. His Holiness's eloquence and understanding of compassion are great and vast as an ocean. I realized this while reading the book.

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Awakening the Mind, Lightening the Heart By: Dalai Lama

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Once he had arrived, greeted the eminent Lamas and the audience and taken his seat on the throne, the 'Heart Sutra' was chanted once more in Russian. "So to conclude this series of teachings, today we'll conduct a ceremony for generating the awakening mind of bodhichitta," His Holiness announced.

Generating the Awakening Mind | The 14th Dalai Lama

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The Library of Tibet. The second volume in the prestigious Library of Tibet series. Building on, but independent from the first volume in the series (The Way to Freedom) Awakening the Mind, Lightening the Heart is a practical Buddhist instruction book to develop compassion in our daily lives through simple meditations that directly relate to past and present relationships.

Awakening the Mind, Lightening the Heart by His Holiness ...

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