

The heart of Buddhas 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. El corazon de la practica budista es cultivar un amor y una compasion incondicionales hacia todos los seres. Aplicando los poderosos metodos del adiestramiento de la mente que se revelan en esta obra, adquiriremos esta preciosa mente de compasion universal. Estos metodos se han utilizado con exito durante siglos para resolver los problemas cotidianos y curar las enfermedades fisicas y mentales. En este aclamado comentario del famoso texto Adiestramiento de la mente en siete puntos, Gueshe Kelsang expone con gran claridad la manera de transformar incluso las situaciones mas adversas en oportunidades para el desarrollo espiritual. Este libro constituye un companero indispensable en nuestra vida diaria.

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