



## Freeing the Heart and the Mind: Part One: Introduction to the Buddhist Path

By Trizin, His Holiness Sakya.

Wisdom. 1 Paperback(s), 2011. soft. Book Condition: New. In this book, the 41st leader of the Sakya lineage one of the four primary schools of Tibetan Buddhism presents the essential Buddhist teachings of the four noble truths, universal compassion, and the proper motivation for practice. His Holiness Sakya Trizin opens this book by sharing a private teaching that His Holiness gave to a young newcomer seeking to understand this great master's spiritual heritage, and his advice inspires us to integrate the living power of these teachings into our daily lives. Here too is an explanation of the Matchless Compassion teaching by the Indian saint Virupa, and a selection of commentaries on the Parting from the Four Attachments. 171.



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