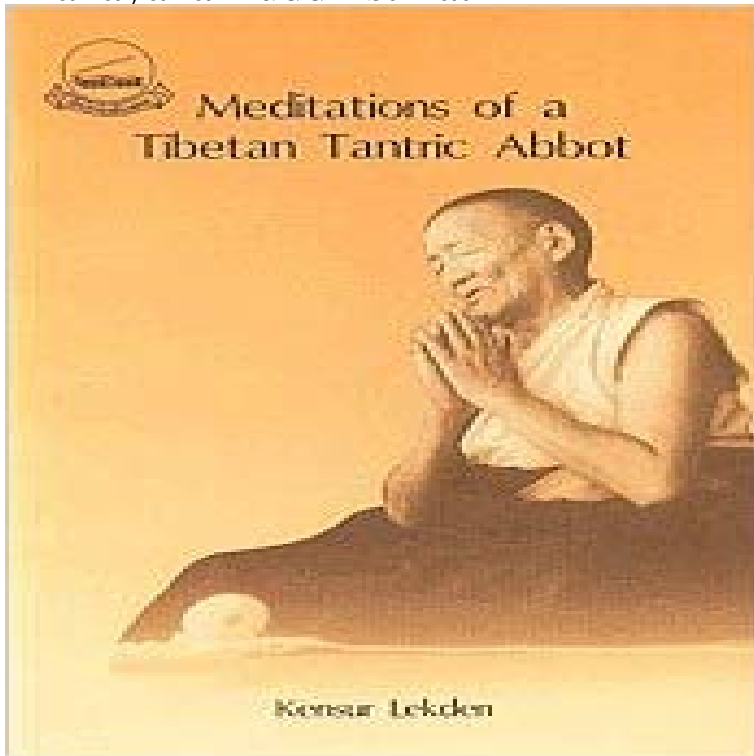


The Meditations of a Tibetan Tantric Abbot: The Main Practices of the Mahayana Buddhist Path



With the intimate freshness of a personal teaching, this book presents the main practices of the Mahayana Buddhist path. It details the attitudes cultivated in meditation - ranging from turning away from cyclic existence to developing love and compassion for all beings, and to understanding the profound view of emptiness.

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