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Only in relation to them can we develop love, compassion, and the awakening mind. Compassion, for example, is a state of mind that comes about when we focus on the sufferings of other sentient beings and cultivate a strong wish that they be free from such sufferings. Therefore, without other sentient beings as the object, we would be unable to cultivate compassion.

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## **MEDITATION BY HIS HOLINESS THE DALAI LAMA Bodhicitta**

MEDITATION HIS HOLINESS THE DALAI LAMA. Would you like to participate in an experiment in meditation? First, look to your posture: arrange the legs in the most comfortable position; set the backbone straight as an arrow.

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## **The Path To Bliss A Practical Guide To Stages Of**

The Dalai Lama s The Path to Bliss is a welcome practical guide to stages of meditation and is easily accessible to beginners. It describes the Lamrim Tibetan meditation system developed in the eleventh century. It is based on oral teaching given in 1988 by The Dalai Lama at Dharamsala on Panchen Lobsang Choeyki Gyaltzen s Lamrim system as set out in his book Path to Bliss leading to

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## **Great Compassion Buddha and His Holiness the Dalai Lama**

The Buddha is here among us. Why do I often say that His Holiness the Dalai Lama is Chenrezig, the

Buddha of Compassion? The purpose of becoming buddha is to benefit the world, to benefit all sentient beings.

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### **Compassion as the Source of Happiness The 14th Dalai Lama**

Secondarily, compassion gives us inner strength; it gives us self-confidence and that reduces fear, which, in turn, keeps our mind calm. Therefore, compassion has two functions: it causes our brain to function better and it brings inner strength. These, then, are the causes of happiness. I feel it is like that.

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- His Holiness the Dalai Lama With extraordinary grace and insight, the dalai Lama shows how Tibetan Buddhist teaching on compassion can be practiced in our daily lives, through simple meditations that relate directly to past and present relationships. While many world religions have mind-transforming or purifying techniques, Buddhists have placed particular emphasis on these practices for more

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