

THE HEART OF THE BUDDHA



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The Heart of the Buddha reflects Trungpa's great appreciation for Western culture and deep understanding of the Tibetan Buddhist tradition, which enabled him to teach Westerners in an effective, contemporary way.

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The Heart of the Buddha Entering the Tibetan Buddhist

The heart of the buddha is a very open heart. That heart would like to explore the phenomenal world; it is open to relating with others. That heart contains tremendous strength and confidence in itself, which is called fearlessness.

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The Heart of the Buddha s Teaching Transforming Suffering into Peace, Joy, and Liberation If there is a candidate for Living Buddha on earth today, it is Thich Nhat Hanh.

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