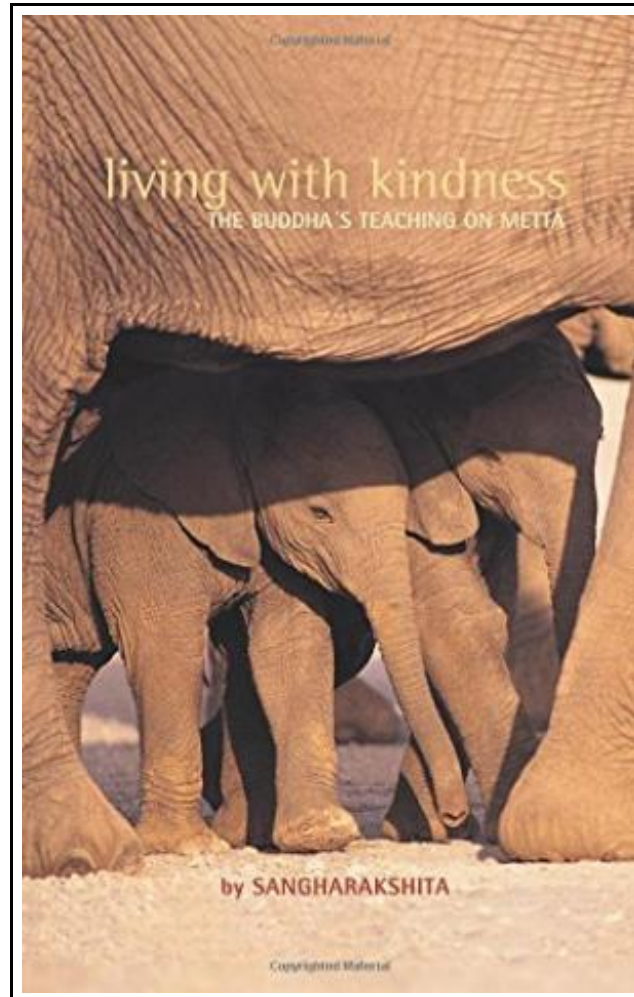


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LIVING WITH KINDNESS: THE BUDDHA'S TEACHING ON METTA



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Windhorse Publications. Paperback. Book Condition: new. BRAND NEW, Living with Kindness: The Buddha's Teaching on Metta, Bikshu Sangharakshita, Growing the seed to happiness Kindness is one of the most basic qualities we can possess, and one of the most powerful. In Buddhism it is called metta - an opening of the heart to all that we meet. Any friendly feeling contains the kernel of metta. It is a seed that is waiting to be developed, right here amidst the conditions of our daily life. Living with Kindness is a pithy commentary on the Buddha's teaching of metta in the Karaniya metta sutta. In it, Sangharakshita, a teacher of Buddhism for over fifty years, shows us how to cultivate many of the facets of kindness in ordinary, everyday life. Outlining the nurturing conditions the seed of kindness needs to grow, he encourages us to follow the path that leads to a warm and expansive heart - and beyond. And with that heart, we can be happier and more fulfilled in ourselves and empathise with the joys and sufferings of all living beings. An excellent companion to Living with Awareness, also by Sangharakshita, which is a commentary on the Satipattana Sutta (Living with Awareness, ISBN 1899579389).



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