



The Heart of Meditation: Discovering Innermost Awareness

H.H. the Fourteenth Dalai Lama, Jeffrey Hopkins

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His Holiness the Dalai Lama provides intimate details on an advanced meditation practice called Dzogchen using a visionary poem by the 19th-century saint Patrul Rinpoche, author of the Buddhist classic *Words of My Perfect Teacher*.

The Dalai Lama deftly connects how training the mind in compassion for other beings is directly related to—and in fact a prerequisite for—the very pinnacle of Buddhist meditation. He presents his understanding, confirmed again and again over millennia, that the cultivation of both compassion and wisdom is absolutely critical to progress in meditation and goes into great depth on how this can be accomplished.

While accessible to a beginner, he leads the reader in very fine detail on how to identify innermost awareness—who we really are—how to maintain contact with this awareness, and how to release oneself from the endless stream of our thoughts to let this awareness, always present, become consistently apparent.

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Judy Newberry:

A lot of people always spent their very own free time to vacation or go to the outside with them family or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you would like try to find a new activity this is look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you simply read you can spent all day every day to reading a book. The book *The Heart of Meditation: Discovering Innermost Awareness* it is quite good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. When you did not have enough space to create this book you can buy typically the e-book. You can m0ore simply to read this book from the smart phone. The price is not too costly but this book features high quality.

Houston Estes:

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