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Enlightenment to Go: The Classic Buddhist Path of Compassion and Transformation

By David Michie

Bolinda Audio, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. For the past thirty years the Dalai Lama has consistently recommended Shantideva's A Guide to the Bodhisattva's Way of Life as essential reading for those interested in applying Buddhist philosophy to daily life. In Enlightenment to Go, David Michie provides a lively and accessible guide to the best of Shantideva. Sharing his enthusiasm for Shantideva's radical insights, life-changing psychological tools and transcendent wisdom, he draws on a wide variety of scientific sources from mindfulness training to cognitive behaviour therapy, from neuropsychology to quantum physics to show how Shantideva's Guide is as relevant as ever. Whether you are a newcomer to Buddhism or a seasoned practitioner, Enlightenment to Go offers a glimpse of a radiantly different reality and a beautiful illumination of why the Dalai Lama recommends Shantideva's Guide above all others. The compassionate wisdom of Shantideva is brought alive in this practical and helpful guide. Jetsunma Tenzin Palmo, Tibetan Buddhist nun.



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