



# **AN OPEN HEART**

**PRACTISING COMPASSION IN EVERYDAY LIFE**

## **THE DALAI LAMA**

**EDITED BY NICHOLAS VREELAND**

# Open Heart An Practising Compassion In Everyday Life

**Paul Gilbert, Choden**



## **Open Heart An Practising Compassion In Everyday Life:**

**An Open Heart** Dalai Lama XIV Bstan-'dzin-rgya-mtsho, Dalai Lama XIV, 2001 When His Holiness the Dalai Lama visited New York in August 1999 over 50 000 people flocked to hear him speak in Central Park for over two hours these New Yorkers a group of people noted more for their cynicism and indifference than their devout spirituality listened in rapt silence It was one of two public appearances by the Dalai Lama which encompassed the whole of Buddhist practice delineating the path to be followed in the pursuit of enlightenment The Dalai Lama's commentary in **An Open Heart** provides profound and practical guidance on how to develop qualities of compassion and loving kindness as well as generosity patience perseverance concentration and wisdom in striving towards the ultimate goal the state of Buddhahood The book has been edited by Nicholas Vreeland a Buddhist monk who now directs New York's Tibet Centre co sponsor of the Dalai Lama's visit It features approximately 40 photographs from the Dalai Lama's descent to the tarmac at Kennedy and greeting from host Richard Gere to his bowing before Central Park's huge crowd With the enormous success of the *Art of Happiness* and *Ethics for the New Millennium* both New York Times bestsellers this more conventionally Buddhist book by the Dalai Lama will serve the public's growing interest in the profound wisdom he embodies **An Open Heart** The Dalai Lama, Bstan-'Dzin-Rgy, 2014-05-21 Provides a basic understanding of Buddhism including some of the key methods which Buddhist practitioners use to cultivate compassion and wisdom in their lives **An Open Heart** Dalai Lama XIV Bstan-'dzin-rgya-mtsho, 2001 *The Compassionate Mind* Paul Gilbert, 2009-06-01 Wise and perceptive It teaches self compassion and the consolations of kindness I recommend it SALLY BRAMPTON author of *Shoot the Damn Dog* DEVELOP YOUR FEELINGS OF COMPASSION AND INCREASE YOUR SENSE OF WELL BEING In societies that encourage us to compete with each other compassion is often seen as a weakness Striving to get ahead self criticism fear and hostility towards others seem to come more naturally to us The *Compassionate Mind* explains the evolutionary and social reasons why our brains react so readily to threats and reveals how our brains are also hardwired to respond to kindness and compassion Research has found that developing kindness and compassion for ourselves and others builds our confidence helps us create meaningful caring relationships and promotes physical and mental health Far from fostering emotional weakness practical exercises focusing on developing compassion have been found to subdue our anger and increase our courage and resilience to depression and anxiety As one of Britain's most insightful psychologists Gilbert illuminates the power of compassion in our lives OLIVER JAMES AUTHOR OF *AFFLUENZA* **Mindful Compassion** Paul Gilbert, Choden, 2013-03-28 Based on the latest work from Professor Paul Gilbert OBE bestselling author of *The Compassionate Mind* and Buddhist expert Choden Professor Gilbert has spent the past twenty years developing a new therapy called Compassion Focused Therapy CFT which has gained international following In recent years mindfulness is being used increasingly to treat common mental health problems such as depression stress and stress related insomnia In this ground breaking new book Professor Gilbert along

with his co author Choden combines the best of Compassion Focused Therapy with the most effective mindfulness techniques The result is an extremely effective approach to overcoming everyday emotional and psychological problems and improving one s sense of wellbeing *An Open Heart* Dalai Lama,Nicholas Vreeland,2008-11-16 An introduction to the core of Buddhism by its greatest teacher An Open Heart is the successor to the bestselling The Art of Happiness the Dalai Lama s clear and simple guide to finding compassion and happiness 25 photos World Religions **An Open Heart** Dalai Lama XIV,Dalai Lama XIV Bstan-Ṭdzin-rgya-mtsho,Nicholas Vreeland,2001-10-04 In the Dalai Lama s own words It is my hope that the reader of this small book will take away a basic understanding of Buddhism and some of the key methods by which Buddhist practitioners have cultivated compassion and wisdom in their lives The methods discussed have been taken from three sacred texts of Buddhism I would like to stress at the outset however that one doesn t have to be a Buddhist to make use of these meditation techniques Meditation is merely the process whereby we gain control over the mind and guide it in a more virtuous direction Meditation may also be thought of as a technique by which we diminish the force of old thought habits and develop new ones Yet the techniques themselves do not lead to enlightenment or a compassionate and open heart That is up to you and the effort and motivation you bring to your spiritual practice **Unitas** ,2008 Empowering Your Life with Joy Gary McClain,Eve Adamson,2003 This volume has a unique hook that uses Beethoven s Ode to Joy as inspiration from the authors who co wrote The Complete Idiot s Guide to Zen Living The Affective Assistance of Counsel Marjorie A. Silver,2007 This book is subversive It aims to undermine the legal profession s prevailing gladiatorial paradigm It is to use Professor Leonard Riskin s phrase something off the lawyer s standard philosophical map It promises a vision of practicing law that is very different than that taught in most American law schools There exists tremendous discontent among the practicing bar Many lawyers have found themselves unhappy or unfulfilled in their practices Compared to other professionals lawyers suffer disproportionately from excessive stress substance abuse and other emotional difficulties Many find themselves demoralized or disillusioned about the practice of law Here s the good news recent years have witnessed a spate of both new and renewed approaches to the practice of law Disaffected by the adversarial model many practitioners have engaged in a quiet revolution a marriage of theory and practice designed to maximize the healing potential of the law The result has been a variety of approaches such as Therapeutic Jurisprudence Collaborative Law and Creative Problem Solving Lawyers are cultivating Emotional Intelligence Multicultural Competence and Mindfulness They are developing ways of working consistent with their spiritual and religious beliefs New pedagogy is informing old courses and new courses are evolving and taking their places in the curriculums of increasing numbers of law schools This book bears the fruit of many of these efforts The twenty contributors to this book come from widely diverse backgrounds What they share are visions for more therapeutic more beneficial more helping healing ways to practice law This book is a resource for law professors law students and lawyers who share those visions After nearly forty years of law practice I still look forward to coming to work

every morning This is because I have had incredible mentors who have taught me to practice law as a healer and peacemaker Now my heroes of the comprehensive law movement have each spoken in one outstanding collection edited by Marjorie Silver Their essays provide a road map for any lawyer to re invent himself or herself and achieve a law practice filled with joy meaning and passion I enthusiastically recommend this book John V McShane Esq Dallas Texas Law as a healing profession Marjorie Silver has collected a series of essays by leading writers engaged in such a career Readers will find a practical resource to assist in building the emotional competence necessary to practice law in the 21st century Buy it read it and practice in a more enlightened manner You owe it to your clients and to yourself G Andrew H Benjamin J D Ph D Affiliate Professor of Psychology Antioch University Affiliate Professor of Law University of Washington Director Parenting Evaluation Training Program This book represents a turning point in the history of thought on how attorneys should be trained and how they should practice law As is true of all pioneering works this one will go through several stages At first traditionalists may oppose it and even ridicule it Undoubtedly however its sheer wisdom will ultimately prevail and eventually be accepted as self evident Amiram Elwork Director of the Law Psychology Graduate Program at Widener University and author of Stress Management for Lawyers My experience is that it is a marvelous book and helped lay an academically sound foundation for the content of course I learned much from it and I know our students did too Jonathan R Cohen Professor of Law University of Florida Levin College of Law

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attempted suicide depression and more For psychiatrists and psychologists      **Critical Reading for College and Beyond** Deborah B. Daiek, Nancy M. Anter, 2004 Critical Reading for College and Beyond focuses on teaching intermediate to advanced level developmental education students the critical reading and thinking strategies they need to get the most out of college textbooks and other reading material The text teaches students specific steps to follow in organizing textbook information so that they can remember it and access it effectively when needed Regular journaling and self monitoring through CATs Classroom Assessment Techniques allow students to make adjustments necessary to improving their reading skills Publisher s description      **Creating Your Professional Path** Gerald Corey, 2010 In this inspirational book for graduate students and new counselors Gerald Corey writes about personal and professional experiences throughout his 50 year career as a counselor teacher counselor educator psychologist supervisor and writer He shares recommendations and lessons he has learned and is still learning as a way to mentor other professionals and to promote self election about creating one s own professional path In addition 18 graduate students and new professionals share stories from their journeys describe challenges they have faced discuss what was helpful to them in pursuing their career path and provide recommendations for getting the most from educational experiences

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