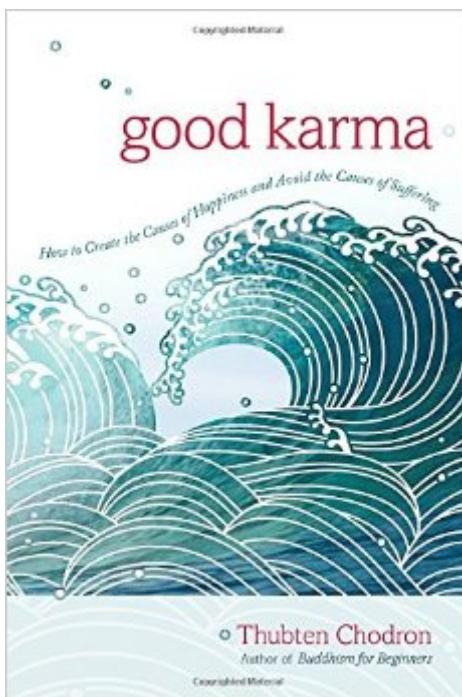


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# Good Karma: How To Create The Causes Of Happiness And Avoid The Causes Of Suffering



## Synopsis

Training the mind in the habit of happiness--enlightening commentary on a classic Tibetan Buddhist teaching poem by a popular modern teaching nun. Lojong, or "mind-training" is a practice that has gained astonishing popularity in recent years--because it works in transforming hearts and minds. Here is a presentation of lojong teachings that predates the "slogan" practice with which people have become so familiar through the books of Pema Chödrön and others, and that is every bit as powerful for imbuing the mind with intelligence and the heart with compassion. It is Thubten Chodron's commentary on a Tibetan poem with the imposing title "Wheel of Sharp Weapons." It is, as the title of this book indicates, an explanation of how karma works in our lives. But in explaining how to create good karma and avoid the negative effects of bad karma, it shows us how to live our lives with kindness and honesty--which makes things better not only for ourselves, but also for everyone else in the world.

## Book Information

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## Customer Reviews

This is an awesome book written by a great teacher. Whether you are Buddhist or not, the information might help someone live a happier life and be kinder to others. I have every one of Venerable Thubten Chodron's books, of which all are well written, easy to understand even as a novice. In my opinion, a great asset to the bookshelf.

This book has a lot of food for thought , it should be read in small sections and time taken to reflect

on and understand what is being said. An invaluable aid to anyone wanting guidance toward a more spiritual life.

wonderful clear commentary of this ancient text by the Buddhist sage Dharmarakshita on overcoming the self-centered attitude.

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