



# 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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