



# **The Great Path of Awakening: The Classic Guide to Lojong, a Tibetan Buddhist Practice for Cultivating the Heart of Compassion (Shambhala Classics)**

*Jamgon Kongtrul*

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## **The Great Path of Awakening: The Classic Guide to Lojong, a Tibetan Buddhist Practice for Cultivating the Heart of Compassion (Shambhala Classics) Jamgon Kongtrul**

Here is a practical Buddhist guidebook that offers techniques for developing a truly compassionate heart in the midst of everyday life. For centuries, Tibetans have used fifty-nine pithy slogans—such as "A joyous state of mind is a constant support" and "Don't talk about others' shortcomings"—as a means to awaken kindness, gentleness, and compassion. While Tibetan Buddhists have long valued these slogans, recently they have become popular in the West due to such books as *Start Where You Are* by Pema Chödrön and *Training the Mind* by Chögyam Trungpa. This edition of *The Great Path of Awakening* contains an accessible, newly revised translation of the slogans from the famous text *The Seven Points of Mind Training*. It also includes illuminating commentary from Jamgon Kongtrul that provides further instruction on how to meet every situation with intelligence and an open heart.

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