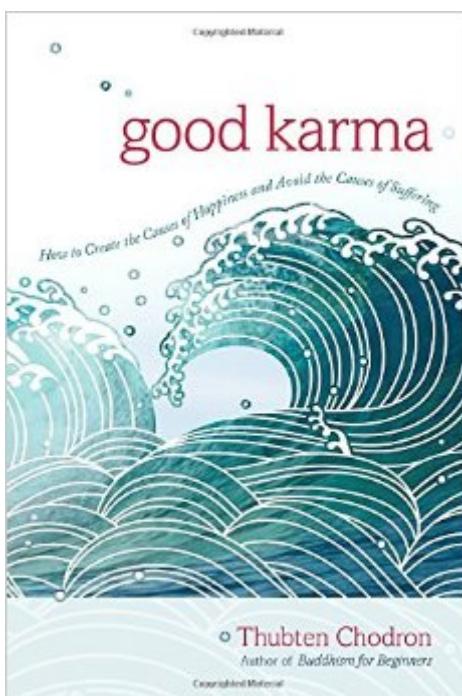


The book was found

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

Paperback: 272 pages

Publisher: Shambhala; 1 edition (August 9, 2016)

Language: English

ISBN-10: 161180339X

ISBN-13: 978-1611803396

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars (See all reviews) (3 customer reviews)

Best Sellers Rank: #47,602 in Books (See Top 100 in Books) #2 in Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts > Karma #20 in Books > Politics & Social Sciences > Politics & Government > Public Affairs & Policy > City Planning & Urban Development #20 in Books > Politics & Social Sciences > Social Sciences > Urban Planning & Development

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.

[Download to continue reading...](#)

Good Karma: How to Create the Causes of Happiness and Avoid the Causes of Suffering The Essential Buddha: Core Teachings on Enlightenment, Karma, Freedom, Suffering, Non-Self, and Happiness The Sole Panacea: A Brief Commentary on the Seven-Line Prayer to Guru Rinpoche That Cures the Suffering of the Sickness of Karma and Defilement The Karma Queens' Guide to Relationships: The Truth About Karma in Relationships Steps on the Path to Enlightenment, Karma: Steps on the Path to Enlightenment: A Commentary on Tsongkhapa's Lamrim Chenmo, Volume 2: Karma (Vol.2) Hack Your Mind to Become Bulletproof: How to control perceptive filtering, create happiness on command, interrupt destructive patterns, unlock the power ... to Create a New Future Series Book 1) God So Loved the World: Clues to Our Transcendent Destiny from the Revelation of Jesus: 3 (Happiness, Suffering, and Transcendence) NEVER BE BANKRUPT - AVOID FILING BANKRUPTCY & START OVER WITH A NEW NAME, IDENTITY & CREDIT - LEGAL, FAST & EASY IN 50 STATES (Disappear, Privacy, New Name) (HOW TO BOOK & GUIDE TO AVOID DISASTER 4) The Great Cholesterol Con: The Truth About What Really Causes Heart Disease and How to Avoid It If God Is Good: Faith in the Midst of Suffering and Evil Before Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change Happiness Is a Choice: The Symptoms, Causes, and Cures of Depression Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Gay Marriage: Why It Is Good for Gays, Good for Straights, and Good for America The Looneyspoons Collection: Good Food, Good Health, Good Fun! Believe, Ask, Act:Â Divine Steps to Raise Your Intuition, Create Change, and Discover Happiness Manifest in 5 Easy Steps With the Law of Attraction (Create Love, Success and Happiness With Easy Manifestations Book 1) The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep Forgive for Good: A Proven Prescription for Health and Happiness How To Create Word Forms With ActiveX Controls (How To Create Forms In Word & Excel 2010)

[Dmca](#)