



Freeing the Heart and Mind: Introduction to the Buddhist Path

His Holiness the Sakya Trizin

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His Holiness Sakya Trizin, the head of the glorious Sakya lineage, one of the four primary schools of Tibetan Buddhism, presents here the essential Buddhist teachings of the four noble truths, universal compassion, and the proper motivation for practice. This book opens by sharing a private teaching His Holiness gave to a young newcomer seeking to understand this great master's spiritual heritage. His Holiness's advice inspires us to integrate the living power of these teachings into our daily lives.

Full of timeless wisdom, *Freeing the Heart and Mind* contains, in addition to this introduction, an explanation of the teaching Matchless Compassion by the Indian saint Virupa, and a selection of commentaries on the essential teaching called Parting from the Four Attachments. Developed as the first volume in a course of study for students of the Sakya tradition, it nonetheless stands alone as an excellent entry into the teachings of the Buddha.

Freeing the Heart and Mind includes a full-color photo insert of Sakya lineage masters.

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