



To Dispel the Misery of the World: Whispered Teachings of the Bodhisattvas

Ga Rabjampa

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"Offered here is the pith advice on mind training according to the great vehicle. This is the path followed by all the buddhas and their children of the past, present, and future, the most profound instruction of the oral lineage, and the quintessence of the ocean of all the excellent teachings."

--Ga Rabjampa

This short book contains a wealth of advice for those wanting to become more fully human. When we are disconnected from others we flounder; only by recognizing the profound interdependence of all beings do we flourish and grow. The famous Seven-Point Mind Training, in just a few pages of one-line instructions, provides direct and powerful advice for breaking through the chronic barriers that separate us from those around us. It is easy to see why it is one of the most cherished texts in all of Tibetan Buddhism.

Ga Rabjampa, an influential master of the fifteenth century, here uses the Seven-Point Mind Training as the basis for illuminating the essential teachings on Buddhism, giving special attention to the practices of giving and taking (tonglen) and of transforming adversity into opportunities for spiritual growth.



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