



The Awakening Mind: The Foundation of Buddhist Thought, Volume 4

Geshe Tashi Tsering

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Bodhichitta, often translated as "great compassion," is the gem at the heart of Buddhism. From this altruistic desire to serve others, all other Buddhist practices naturally flow, therefore, this state of mind is one Buddhists should understand and cultivate. In *The Awakening Mind*, Geshe Tashi Tsering leads us through the two main methods to develop bodhichitta that have been developed by the great Indian and Tibetan Buddhists over the centuries: the seven points of cause and effect, and equalizing and exchanging the self with others.

This is the fourth release from Geshe Tashi's Foundation of Buddhist Thought series, which individually and collectively represent an excellent introduction to Tibetan Buddhism. These unique and friendly books are based on the curriculum of a popular course of the same name, developed by Geshe Tashi himself.

Geshe Tashi's presentations combine rigor and comprehensiveness with lucidity and accessibility, never divorced from the basic humanity and warmth of his personality. In Geshe Tashi, we encounter the new generation of Tibetan monk-scholars teaching in the West who are following in the footsteps of such revered and groundbreaking teachers as Geshe Wangyal and Geshe Sopa.

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