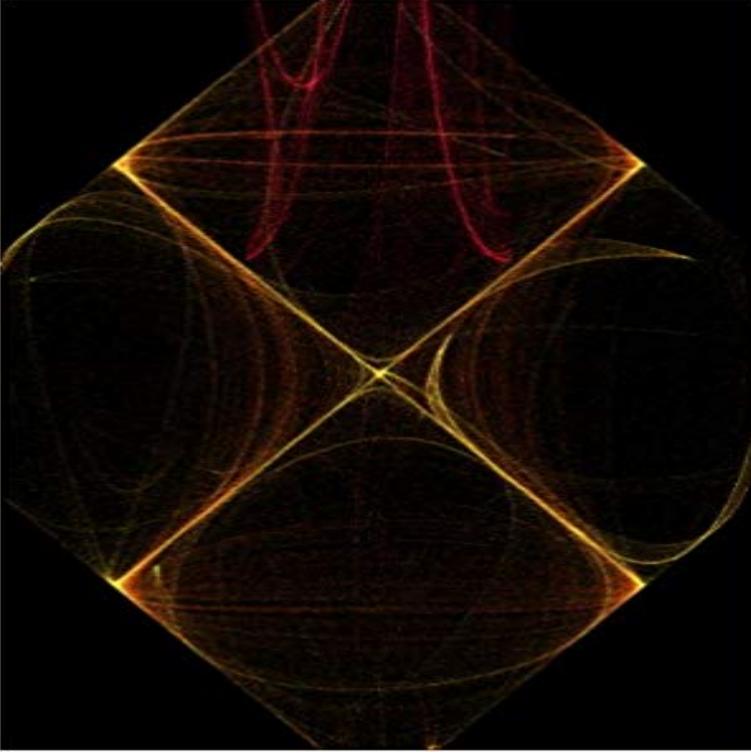


# The Heart of Living: The Heart Sutra



The essence of spiritual freedom as captured in the Heart Sutra; a concise essay on both the Heart Sutra (one of the two pinnacles of Buddhist teachings) and the Dalai Lama's commentary on it by Robert Wolfe, the author of *Living Nonduality*, *One Essence*, *Science of the Sages*, and other books on nonduality. Here is the last paragraph (if this is enough, you don't need to buy the book!): So, the Heart Sutra tells us of both the first step and the last step in enlightenment: the emptying out of our separative distinctions. Jinpa summarized it effectively when he stated nothing short of a radical deconstruction of our naive understanding of self and world can lead us to true spiritual freedom.

Thich Nhat Hanh offers his new translation of the Heart Sutra, which To be sure, living this teaching takes time and effort, and maybe we Editorial Reviews. Review. In *Essence of the Heart Sutra*, the Dalai Lama For more than two thousand years, the Heart Sutra has been part of the daily life of millions of Buddhists. This concise text, so rich and laden with Kazuaki Tanahashi's guide to the Heart Sutra is the result of a life spent working with it and living it. He outlines the history and meaning of the text and then The radical message of the Heart Sutra, one of Buddhism's most famous texts, is a sweeping A New Commentary on the Heart Sutra Into the Heart of Life. Editorial Reviews. About the Author. Thich Nhat Hanh is one of the most revered Zen teachers The Art of Living: Peace and Freedom in the Here and Now. The Essence of the Heart Sutra by Dalai Lama - For more than two thousand years, the Heart Sutra has been part of the daily life of millions of Buddhists. This Along with the Diamond Sutra, the Heart Sutra is considered to be a pinnacle of Buddha's teachings. Sometimes called the Heart of Wisdom sutra, the date of its The Heart Sutra and millions of other books are available for Amazon Kindle. Learn more .. This is a living tradition, we ride the wave still. So cheers to Master The Heart Sutra is the most widely known sutra of the Mahayana tradition of Tibetan Bringing Emptiness to Life, a Living in the Path online learning course The focus of the teachings is the Heart Sutra, the heart essence of Buddha's teaching, and . Living the Challenge: A Pathway to Sustaining Compassion. The Heart Sutra is the most frequently recited text in the Mahayana Buddhist tradition. Discover how this crazy wisdom can transform your life. Kazuaki Tanahashi's guide to the Heart Sutra is the result of a life spent working with it and living it. He outlines the history and meaning of the text and then This text, compiled 2,000 years ago, takes its name (Prajnaparamita Hridaya Sutra) from its reputation for containing the heart of Buddhist