

# Daily Wisdom 365 Buddhist Inspirations

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open up daily wisdom and find page after page of illuminating words you'll encounter ancient buddhist sages and contemporary meditation masters offering encouragement and quiet counsel some in spacious poetry others in lucid prose on love and living wisely on meditation and mindfulness on the pitfalls of anger and necessity of compassion whether you're seeking morning inspiration or a few uplifting words to help keep a difficult day in perspective daily wisdom is a valuable companion includes words of wisdom from the dalai lama lama yeshe ayya khema bhante g thich nhat hanh b allan wallace lorne ladner sandy boucher lama zopa rinpoche master hsing yun sakyia pandita milarepa kalu rinpoche and many more

like its successful predecessor daily wisdom more daily wisdom draws on the richness of buddhist writings to offer a spiritual cornucopia that will illuminate and inspire day after day year after year sources span a spectrum from ancient sages to modern teachers from monks to

laypeople from east to west from poetry to prose each page and each new day reveals another gem of daily wisdom entries included are from some of buddhism s best known figures the dalai lama sylvia boorstein bhante gunaratana mindfulness in plain english lama zopa rinpoche transforming problems into happiness lama yeshe introduction to tantra ayya khema being nobody going nowhere and of course the buddha himself

offering an inspiring balance of useful insights subtle spiritual teachings and compassionate encouragement more daily wisdom will become a trusted companion to casual readers and committed seekers alike every selection is drawn from wisdom publications uncommonly broad and deep collection of buddhist titles presenting timeless guidance in many distinctive voices and in powerful harmony within these pages you ll hear the heartening words and quiet counsel of ancient and modern masters in both shining poetry and crisp clear prose on love and living wisely mindfulness and generosity working with fear and finding joy in every moment just as it is whether you re looking for morning inspiration or a few words to help keep a difficult day in perspective this collection will help you light a path into your own daily wisdom book jacket

robert sach's interweaves traditional buddhist thought with the concerns of the modern couple he clarifies how buddhist practices not only can be integrated into a modern lifestyle but also can be powerful tools for the many changes that occur in any loving relationship

from one of the world s most influential meditation teachers comes the engrossing story of his life and his journey along the path to mindfulness

discover daily peace and wisdom with this pocket sized collection of quotes from buddhist teachers writers and philosophers inside you will find 365 quotes from some of the greatest buddhist thinkers of all time including thich nhát hạnh pema chödrön alan watts and of course the buddha himself dive in and begin your own spiritual journey

told in blissfully simple language the thoughts and messages in saying yes to life even the hard parts provide inspiration for each day these nuggets of wisdom range from a page long reflection to a simple aphorism and stress the importance of drawing meaning from life s paradoxes opening to the unwanted recognizing the happiness in difficulty and living for now rather than later page after page reveals truths that can be put into action in the moment yet also stand up to multiple interpretations and thorough examination insightful and never convoluted saying yes to life even the hard parts is a great companion for life s long journey

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