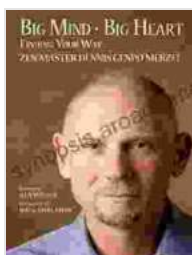


Big Mind, Big Heart: Finding Your True Self through Compassion and Wisdom



Big Mind Big Heart: Finding Your Way by Dennis Genpo Merzel

★★★★☆ 4.1 out of 5

Language : English
File size : 513 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 192 pages
Lending : Enabled



In a world that often feels chaotic and overwhelming, it can be difficult to find our true selves and live a life of meaning and purpose. *Big Mind, Big Heart* is a comprehensive guide to help us do just that. Written by the renowned Buddhist teacher and author Chogyi Nyima Rinpoche, this book offers practical teachings and insights to help us cultivate a spacious and compassionate mind, overcome obstacles, and live a life of meaning and purpose.

The book is divided into three parts. The first part, "Big Mind," introduces us to the nature of mind and how to cultivate a spacious and compassionate mind. The second part, "Big Heart," teaches us how to develop compassion for ourselves and others and how to use compassion to overcome obstacles. The third part, "Finding Your Way," offers practical advice on how to integrate the teachings of *Big Mind* and *Big Heart* into our daily lives.

Throughout the book, Chogyi Nyima Rinpoche emphasizes the importance of meditation and mindfulness as tools for cultivating a spacious and compassionate mind. He also teaches us how to use these tools to overcome obstacles and live a life of meaning and purpose.

Big Mind, Big Heart is a valuable resource for anyone who is interested in exploring Buddhism and meditation. It is also a helpful guide for those who are looking for ways to cultivate a more compassionate and spacious mind and live a life of meaning and purpose.

About the Author

Chogyi Nyima Rinpoche is a renowned Buddhist teacher and author. He is the founder of the Ligmincha Institute, a worldwide network of Buddhist centers and retreat centers. Chogyi Nyima Rinpoche has written over fifty books on Buddhism and meditation, including *The Heart of Compassion* and *The Rainbow Body*.

Reviews

"Big Mind, Big Heart is a wonderful book that offers practical teachings and insights to help us cultivate a spacious and compassionate mind. Chogyi Nyima Rinpoche is a gifted teacher who has a deep understanding of the human condition. This book is a valuable resource for anyone who is looking for ways to live a more meaningful and compassionate life."—Pema Chodron, author of *When Things Fall Apart*

"Big Mind, Big Heart is a timely and important book. Chogyi Nyima Rinpoche's teachings are clear, concise, and practical. This book is a valuable resource for anyone who is interested in exploring Buddhism and meditation or who is looking for ways to cultivate a more compassionate and spacious mind."—Jack Kornfield, author of *A Path with Heart*

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Big Mind, Big Heart is available now at all major bookstores and online retailers. Free Download your copy today and start your journey to finding your true self through compassion and wisdom.

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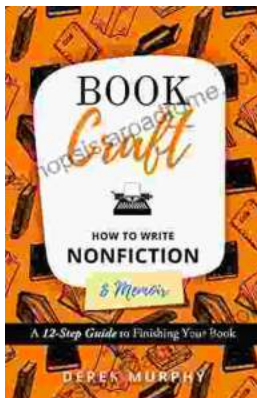


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