

# Pay Attention For Goodness Sake Practicing The Perfections Of Heart Buddhist Path Kindness Sylvia Boorstein

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“Buddha also said that the Dharma, like a bird, needs two wings to fly, and that the wing that balances Wisdom is compassion.”

— Sylvia Boorstein, Pay Attention, for Goodness' Sake: Practicing the Perfections of the Heart--The Buddhist Path of Kindness

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Pay Attention, for Goodness' Sake: The Buddhist Path of Kindness, by Sylvia Boorstein Reviewed By Norman Fischer (320 pp., Ballantine Books, 2002) This is Sylvia Boorstein's fourth book of dharma teachings, and her readers will immediately feel right at home. “My ...

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About Pay Attention, for Goodness' Sake. According to the Buddha, the path of kindness is the path of happiness. Now Sylvia Boorstein, nationally bestselling author of It's Easier Than You Think, has taken the 2500-year-old practice of developing the qualities of a compassionate heart—the core of the Buddha's own practice—and made it accessible to all.

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Pay Attention for Goodness' Sake is the first book ever to guide Western readers on the path of the Buddha's Ten Paramitas, the Perfections of the Heart. Boorstein combines traditional Buddhist teachings and parables with stories from her own life, as well as easy-to-follow meditations, ...

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Books — Sylvia Boorstein

But turning our attention to the moment-by-moment experience of the life of body can accomplish something much greater. It can help free us from an obsessive identification with a small, embattled self. It can be the key to living a much bigger life — a good life in the deepest sense. Tracy Cochran, Pay Attention, for Goodness Sake

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Her many best-selling books include Pay Attention, for Goodness' Sake and Happiness Is An Inside Job. Topics: Buddha , Four Noble Truths , Shambhala Sun - Sept '02 , Sylvia Boorstein , Teachings , The Eightfold Path

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--The Buddha GENEROSITY

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English | September 30, 2003 | ISBN: 0345448111 | EPUB | 306 pages | 0.9 MB

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