



Heart Jewel: The essential practices of Kadampa Buddhism

Geshe Kelsang Gyatso

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A Bodhisattva is a friend of the world who, motivated by compassion, spontaneously seeks enlightenment to benefit all living beings.

In this practical guide to compassionate living, Geshe Kelsang explains in detail how to take and keep the Bodhisattva vows, how to purify downfalls, and how to practise the Bodhisattva's deeds of giving, moral discipline, patience, effort, concentration and wisdom.

With this handbook as our companion, we can enter the Bodhisattva's way of life and progress along the path to full enlightenment.

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