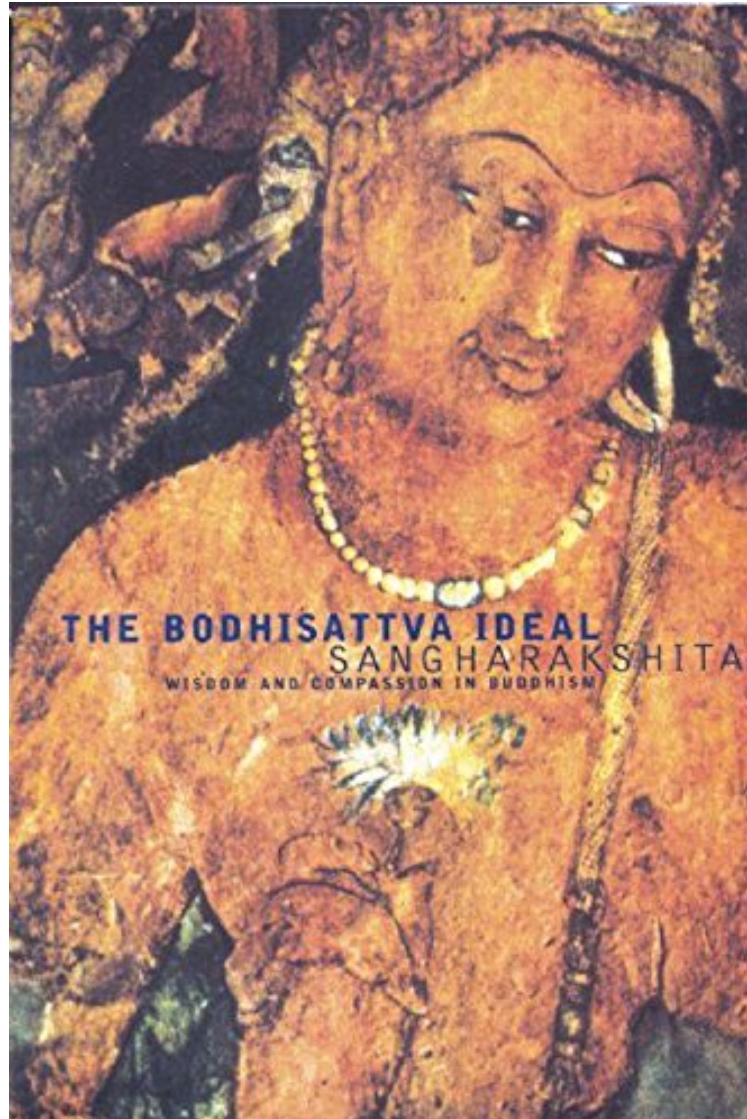


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The Bodhisattva Ideal : Wisdom and Compassion in Buddhism

Sangharakshita

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How can we be happy and at the same time responsive to the suffering of others? It can be done: this is the message of the Bodhisattva ideal. The image of the Bodhisattva, one who wishes to gain Enlightenment for the sake of all beings, lies at the heart of much of Indian, Tibetan and Chinese Buddhism. For one wishing to follow this path, the development of inner calm and positivity that leads to true wisdom is balanced by a genuine and active concern for others which flowers into great compassion. Sustained by a deep understanding gained through meditation and reflection, the Bodhisattva is able to work tirelessly for the benefit of all. Sangharakshita places the ideal of the Bodhisattva within the context of the entire Buddhist tradition. Unfolding this vision of our potential, he demonstrates how we ourselves can move towards this ideal.

About the AuthorA respected translator and author of over fifty books, Sangharakshita began studying BUddhism at the age of 16. After 20 years studying in India he returned to England and set up the Friends of the Western Buddhist Order which has over 65 centres worldwide, including the USA.