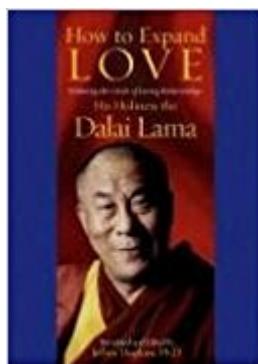


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# How To Expand Love: Widening The Circle Of Loving Relationships



## **Synopsis**

In How to Expand Love, His Holiness the Dalai Lama, winner of the Nobel Peace Prize, offers a simple yet illuminating program for transforming self-centered energy into outwardly directed compassion. Drawing on exercises and techniques established in Tibetan monasteries more than a thousand years ago, the Dalai Lama guides us through seven key stages. First, we learn ways to move beyond our self-defeating tendency to put others into rigid categories. We discover how to create and maintain a positive attitude toward those around us. By reflecting on the kindness that close friends have shown us we learn to reciprocate and help other people achieve their own long-term goals. And in seeking the well-being of others, we foster compassion, the all-encompassing face of love. In this accessible and insightful audiobook, His Holiness the Dalai Lama helps us to open our hearts and minds to the experience of unlimited love, transforming every relationship in our lives and guiding us ever closer to wisdom and enlightenment. --This text refers to an out of print or unavailable edition of this title.

## **Book Information**

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## **Customer Reviews**

Continuing the literary work he began with *The Art of Happiness*, in this book, Tibet's revered spiritual teacher the Dalai Lama discusses the importance of giving and receiving love as the quintessential step to achieving a life of true happiness and fulfillment. In his characteristic direct and simple-to-understand fashion, the Dalai Lama offers guidelines and illustrative examples from his own life that instruct readers on how to move away from self-centered egotistic concerns and

habitual tendencies to rigidly judge and categorize others, in order to become more compassionate and accepting of everyone we encounter throughout the day. To assist this process, he also shares exercises and techniques that have been part of Tibetan Buddhist teachings for many centuries. By committing ourselves to becoming more compassionate and nonjudgmental about others, the Dalai Lama maintains, we are primarily benefiting ourselves, for the end result is one of open-hearted relationships capable of transforming all aspects of our lives and leading us ever closer to a life guided by the principles of wisdom and unshakeable joy. As with all of his writings, *How To Expand Love* is written in a simple yet elegant style, while imparting profound and powerful teachings that, if committed to, can lead to a realization of our true state of oneness with all of life. This is a very valuable book for today's fractious times. Larry Trivieri Jr.

In this simple primer on compassion and kindness, the Dalai Lama teaches that "if we really want happiness, we must widen the sphere of love." The book draws on many of the same principles found in His Holiness's other works, most notably *The Art of Happiness*, but it presents them in a seven-step process that is both practical and wise. Readers are encouraged to use the warm feeling they have for their best friends as a model of how they can regard all people and extend their circle of loving relationships to include others, even enemies. Then they can proceed to the next steps: developing a "heroic intention" to further their personal enlightenment, having compassion for the suffering of others and committing to a life of altruism. Although the last few stages of this plan can be blurry and indistinct, the overall effect is valuable. This is a generous and sensible road map to not-so-random acts of kindness. (July 6) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Written so beautifully and simply. If you don't know the Dalai Lama let this be the book that introduces you to him.

Learning about his teachings gives us a different perspective of life because he lives a lovable compassionate life in a world of war and hate. It's up to us to become a better person. Love and compassion is not something to question but to give and receive.I recommend any of his books.Thank you Dalai Lama for sharing your experiences with us.

This is a repeat buy because I have loaned my copy out so many times and it needed to stay with the last recipient.

Take your time reading this book. Do the excercises suggested. You might need to take a year with one of the meditations generously offered by His Holiness. And watch your life change and your love expand. Amazing. True. On the mark.

Intellectually stimulating and at the same time practical.

Like all his books, excellent

The philosophy gets right to the core of what it means to be a human being and HH the Dalai Lama delivers the written message clearly and in an easy to read format as if it were a dialogue.

I truly appreciate The Dalai Lama's perspective on life and love. His writings always bring me a deeper understanding and an overall peace and calm.

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