



Transforming the Mind: Teachings on Generating Compassion

the Dalai Lama His Holiness

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The Dalai Lama on one of the most important spiritual practices to develop wisdom and compassion. *

Based on three days of teaching in London, May 1999, this book is an edited version of the Dalai Lama's

discourse on The Eight Verses on Generating Compassion. * The Verses are one of the most profound and

sacred texts in the Tibetan Buddhist tradition. * The title of the book comes from the Tibetan word for the

Verses: 'lojong' - literally, transforming your mind. * The lucid, straightforward commentary on these

teachings includes instruction on how to transform difficult situations into opportunities for spiritual growth.

* The author also offers practical methods as to how to develop positive ways of thinking and compassion.

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