



Buddha Mind

By Aloka

Windhorse Publications. Paperback. Book Condition: new. BRAND NEW, Buddha Mind, Aloka, Buddhism teaches that the mind can function in two ways: reactively, by habit and reflex or in a more constructive and independent manner. In this book, Sangharakshita challenges us to look at what holds us back from being truly alive to the present moment, as well as challenging us to overcome barriers of habit with energy and awareness. For over 2500 years the Buddha's teachings have helped shed light on the mystery of the human mind. Drawing on those teachings, Sangharakshita shows us how to work on our mental habits, steadily directing them towards the positive, until at last we break through - in an explosion of creative energy - into the freedom of Enlightenment.



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