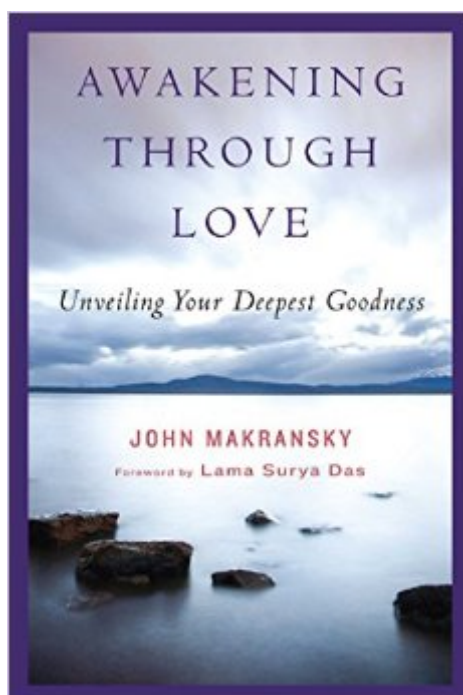


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# Awakening Through Love: Unveiling Your Deepest Goodness



## Synopsis

Mother Theresa. The Dalai Lama. Nelson Mandela. Gandhi. Some admire such figures from afar and think, "How special they are; I could never be like that." But, as John Makransky has learned, the power of real and enduring love lies within every one of us. *Awakening Through Love* is his guide to finding it. In *Awakening Through Love*, he pioneers new ways of making Tibetan meditations of compassion and wisdom accessible to people of all backgrounds and faiths. Drawing from Tibetan teachings of compassion and the Dzogchen teachings of innate wisdom, and using plain, practical instruction, he helps readers uncover the unity of wisdom and love in the very nature of their minds. Then Lama John describes how to actualize those qualities in every aspect of family life, work, service and social action.

## Book Information

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Average Customer Review: 4.8 out of 5 stars Â See all reviews Â (23 customer reviews)

Best Sellers Rank: #157,982 in Books (See Top 100 in Books) #229 in Â Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice #988 in Â Books > Self-Help > Spiritual #1090 in Â Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

## Customer Reviews

The other 10 reviews for this book are all suspiciously 5-star reviews, during the same several days, in August of 2007. Whether or not they are authentic, I suspect these people are practitioners who know the author personally or through their community. Having looked through this book, it seems to be a more secular practice of the Bodhisattva path. Learning to awaken that unconditional love by practicing lovingness in its many forms (through meditative practices) onto an increasingly large and increasingly unconditional group of people. You start with those close to you and slowly, over time, extend practicing the meditation of these qualities to people you are less familiar with and those you feel judgment for ('enemies'), etc. It's a gradual softening of the conditions of love and ultimately opens up that sensation of unconditional love that expands one's heart and energy in life. Life then

feels incredible, always (seemingly). However, I got the impression that this had something to do with Dzogchen, given that the description mentioned such. Dzogchen is a formless (abstract) meditation (visualization, etc) different than Bodhisattva training, and unfortunately this book does NOT cover that. But all in all, from what the title/subtitle says, it seems to focus ok on it. I appreciate it's secularization since I think we need to disconnect the real meaning from the Tibetan culture/history/monasticism, which hasn't always been as rosy as we'd like to believe. Even the Tibetan sects have exhibited extreme 'conservatism' where they feel insistent upon their authenticity and the falseness of everyone/thing else, to the point of argument, hostility and anything BUT love.

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