

# OPEN HEART, OPEN MIND

*Awakening the Power of Essence Love*

TSOKNYI RINPOCHE  
*with Eric Swanson*  
FOREWORD by RICHARD GERE

# Open Heart Open Mind Awakening The Power Of Essence Love

**Emily McRae, George Yancy**



## **Open Heart Open Mind Awakening The Power Of Essence Love:**

**Open Heart, Open Mind** Tsoknyi Rinpoche, 2012-04-03 In *Open Heart Open Mind* Tsoknyi Rinpoche one of the most beloved of the contemporary generation of Tibetan Buddhist meditation masters explains that a life free of fear pain insecurity and doubt is not only possible it is our birthright We long for peace for the ability to love and be loved openly and freely and for the confidence and clarity to meet the various challenges we face in our daily lives Within each of us resides a spark of unparalleled brilliance an unlimited capacity for warmth openness and courage which Rinpoche identifies as essence love Timeless and imperishable essence love is often layered over by patterns of behavior and belief that urge us to seek happiness in conditions or situations that never quite live up to their promise Drawing on rarely discussed teachings of Tibetan Buddhism Rinpoche describes how such patterns evolve and offers a series of meditation exercises to help us unravel them and in the process reawaken an energy and exuberance that can not only bring lasting fulfillment to our lives but ultimately serve to enliven and inspire the entire world as well With great humor intelligence and candor Tsoknyi Rinpoche also details his own struggles to reconnect with essence love Identified at an early age as the incarnation of a renowned Tibetan master and subjected to a rigorous monastic training he ultimately renounced his vows married and is now the father of two daughters As he recounts his own efforts to strike a balance between the promptings of his heart and an obligation to preserve and protect the teachings of Tibetan Buddhism Rinpoche provides a bridge between ancient wisdom and modern life and encourages each of us to rediscover the openness fearlessness and love that is the essence of our own life [Open Heart, Open Mind](#) Tsoknyi Rinpoche, Eric Swanson, Tsoknyi, 2012 Offers advice for using meditative practices from the Tibetan Buddhist tradition to achieve a life of openness and freedom from negative emotions by tapping into the essential love that is part of our basic nature

**How Compassion Works** John Makransky, Paul Condon, 2025-06-24 Uncover your innate capacity for love presence and wisdom with compassion training adapted from Tibetan Buddhism and contemporary psychology Everything we care about our mental and physical well being our relationships our spiritual life our ability to be useful to others depends on our ability to access love and compassion within ourselves first This clear step by step guide offers a way to cultivate this power through an evidence based meditation method called Sustainable Compassion Training SCT With practices drawn from Tibetan traditions attachment theory and cognitive science How Compassion Works uses a progressive series of meditations to gradually build our capacity for mindfulness and presence and to help us avoid empathic distress compassion fatigue or burnout Organized into three categories receptive mode deepening mode and inclusive mode these practices help us cultivate unconditional care and discernment from within With a flexible framework that allows practitioners to integrate their own religious or spiritual beliefs this book offers practices suitable for people of all faiths and those seeking a purely secular path *Effortless Mindfulness* Lisa Dale Miller, 2014-03-21 Effortless Mindfulness promotes genuine mental health through the direct experience of awakened presence an effortlessly embodied fearless understanding

of and interaction with the way things truly are The book offers a uniquely modern Buddhist psychological understanding of mental health disorders through a scholarly clinically relevant presentation of Theravada Mahayana and Vajrayana Buddhist teachings and practices Written specifically for Western psychotherapeutic professionals the book brings together traditional Buddhist theory and contemporary psychoneurobiosocial research to describe the conditioned and unconditioned mind and its in depth exploration of Buddhist psychology includes complete instructions for psychotherapists in authentic yet clinically appropriate Buddhist mindfulness heartfulness practices and Buddhist psychological inquiry skills The book also features interviews with an esteemed collection of Buddhist teachers scholars meditation researchers and Buddhist inspired clinicians

**Mindfulness for Teachers** Patricia A. Jennings,2015-02-16 Mindful awareness practices to help teachers recognize and regulate emotional reactivity in their classrooms Teaching is one of the most rewarding professions but also one of the most demanding This book offers simple ready to use and evidence proven mindfulness techniques to help educators manage the stresses of the classroom cultivate an exceptional learning environment and revitalize both their teaching and their students knowledge acquisition Drawing on basic and applied research in the fields of neuroscience psychology and education as well as the author s extensive experience as a mindfulness practitioner teacher and scientist it includes exercises in mindfulness emotional awareness movement listening and more all with real time classroom applications

**The Royal Seal of Mahamudra, Volume One** Rinpoche Khamtrul,2015-01-20 An unusually detailed clear and complete instruction manual for the meditation practice of Mahamudra by a renowned eighteenth century Tibetan master in the Drukpa Kagyu lineage This guidebook for cultivating the meditative practices of stability and insight the first major work from the Drukpa Kagyu lineage to become available in English stands out among works of its kind as one of the clearest and most comprehensive presentations of coemergence or mahamudra In it the eighteenth century Tibetan master Ngawang Kunga Tenzin the Third Khamtrul Rinpoche details a step by step program of spiritual exercises that bring the meditator directly to clear realization of the fully perfect ever present nondual nature of mind Beginning with the close relationship between phenomena and mind and the immense benefits of meditating on the nature of mind the Third Khamtrul Rinpoche offers careful instructions on the four yogas of mahamudra together with advice on how to recognize genuine progress and how to remove obstacles that arise during meditation Characteristic of the Drukpa Kagyu approach is that he presents explanations even to those in the earliest stages of training that are grounded in insight into the nature of mind demonstrating how all experience thoughts and perceptions may be used as the path to enlightenment

*The Trauma-Sensitive Classroom* Patricia A. Jennings,2018-11-13 Selected as a Favorite Book for Educators in 2018 by Greater Good From the author of *Mindfulness for Teachers* a guide to supporting trauma exposed students Fully half the students in U S schools have experienced trauma violence or chronic stress In the face of this epidemic it falls increasingly to teachers to provide the adult support these students need to function in school But most educators have received little training to prepare them for this role In her new book Tish Jennings an

internationally recognized leader in the field of social and emotional learning shares research and experiential knowledge about the practices that support students healing build their resilience and foster compassion in the classroom In Part I Jennings describes the effects of trauma on body and mind and how to recognize them in students behavior In Part II she introduces the trauma sensitive practices she has implemented in her work with schools And in Part III she connects the dots between mindfulness compassion and resilience Each chapter contains easy to use practical activities to hone the skills needed to create a compassionate learning environment

**Holistic Energy Magic** Tess Whitehurst, 2015-05-08 You are a magical being Access your natural abilities to create positive change and manifest success in every area of your life Interweaving both ancient and modern spiritual techniques in a uniquely accessible way this book will help you transform your personal challenges into beautiful opportunities for growth expansion and new understanding Holistic Energy Magic provides instructions for tool free magic and important insights into the foundations of personal power intention visualization symbolic action grateful expectation and alignment with All That Is In this exceptionally empowering book you ll learn how to Cultivate and deepen your relationship with the five elements Develop your invisible magical toolbox Create an energetic palette of color light crystals flowers and sounds Develop working relationships with angels ancestors animals and other allies Interpret symbols and dreams for a deeper alignment with All That Is Complete with a spellbook of charms and invocations for protection serenity love and prosperity this book shares the precious secrets of attuning your life to the frequency of your truest and most authentic desires

**Rise Above** Scott Barry Kaufman, PhD, 2025-04-22 An empowering call to reject the victim mindset and become the hero of your life by the renowned psychologist and host of The Psychology Podcast Does life feel smaller than it used to Does it seem that the people around you have taken a step back from doing hard things preferring to stay in their comfort zone In the era of TikTok as therapy it s tempting to see ourselves as damaged and powerless defined by our past traumas our emotions and the struggles we face But it s more important than ever to rise above the limiting beliefs and widespread anxiety that puts us in boxes lowers our expectations and holds us back In this empowering book renowned psychologist Dr Scott Barry Kaufman unpacks the dangerous myths and misleading buzzwords swirling around the popular imagination revealing the truth about managing our emotions the double edged sword of self esteem the surprising gifts of sensitivity and ultimately the power each of us has to overcome challenges and to shape the course of our own lives Urgently needed Rise Above speaks to what ails us offering not just empathy insight and a dose of humor but also actionable solutions to own your life and reach your full potential

**Mindful Games** Susan Kaiser Greenland, 2016-11-15 A practical and playful guide for cultivating mindfulness in kids with 50 simple games to develop attention and focus and to identify and regulate emotions Playing games is a great way for kids to improve their focus and become more mindful In this book The Mindful Child author Susan Kaiser Greenland shares how parents caregivers and teachers can bring mindfulness into the classroom or home She provides 50 entertaining games that develop what she calls

the new A B C s Attention Balance and Compassion for your child s learning happiness and success offering context and guidance throughout She introduces Anchor games that develop concentration Visualization games that encourage kindness and focus Analytical games that cultivate clear thinking Awareness games for sensory awareness self regulating emotions and gaining insight into ourselves others and relationships Even though the games are designed for kids they can be just as fun and transformative for adults Greenland encourages parents and caregivers to develop their own Attention Balance and Compassion and to explore the universal concepts that she presents Our own mindfulness has a powerful effect on everyone in our lives especially our children A wonderful fun and engaging way to bring mindfulness into a child s life Daniel Goleman author of Emotional Intelligence     Mindfulness Meditations for Anxiety Michael Smith,2019-10-01 Ease your anxiety and calm your mind any time of the day Anxiety can throw off your day in a matter of minutes Bring yourself back into balance with Mindfulness Meditations for Anxiety These 100 practical meditations equip you to handle your physical and mental responses no matter when fight or flight feelings strike Reduce nervousness and fear with a variety of breathing and mindfulness exercises designed by a licensed psychologist and meditation instructor Develop the ability to target specific types of anxiety whether they involve time of day physical circumstances or stressors like insomnia Every exercise lists how long it takes there are even chapters devoted to 5 minute and do anywhere meditations so you can find one for any occasion Mindfulness Meditations for Anxiety includes Meditation basics Get started with an intro to mindfulness as an anxiety treatment then follow the 6 meditations that lay the foundation for the book s exercises 100 simple practices Helpful exercises include Traffic Light Meditation Feel Your Body and Breathe Get Back to Sleep Quiet the Inner Critic and more Inspiring words Contemplative quotes about consciousness meditation and mindfulness help expand your understanding and lift your spirits Stop anxiety and start your day again with Mindfulness Meditations for Anxiety     *Turning Confusion into Clarity* Yongey Mingyur Rinpoche,Helen Tworikov,2014-07-08 Advice and encouragement from a leading spiritual teacher and popular author on how to approach the foundational practices of Tibetan Buddhism For anyone interested in Buddhist practice and philosophy Turning Confusion into Clarity gives detailed instruction and friendly inspiring advice for those eager to embark on the Tibetan Buddhist path By offering guidance on how to approach the process and instruction on specific meditation and contemplation techniques author and teacher Yongey Mingyur Rinpoche provides gentle yet thorough commentary companionship and inspiration for committing to the Vajrayana path     **Into the Mirror** Andy Karr,2023-05-23 Into the Mirror examines the materialism of the modern world through the profound teachings of Mahayana Buddhism and offers an accessible and powerful method for investigating the way our minds construct our worlds Into the Mirror combines contemporary Western inquiries into the nature of consciousness with classical Buddhist investigations into the nature of mind to offer deep insights into the nature of reality Andy Karr invites the reader to make this a personal experiential journey through study contemplation and meditation The first part of the book presents the Mahayana Buddhist approach to the path

of freedom from suffering It explores foundational teachings such as the four truths the notion of enlightenment and the practice of meditation from a fresh perspective The second part deconstructs assumptions about mind and the material world using easily understood tools from contemporary Western philosophy Part three presents a series of contemplative practices ethics and insights starting with the Middle Way teachings on emptiness and interdependence through Yogachara s subtle understanding of non duality to the view that buddha nature is already within us to be revealed rather than something external to be acquired Into the Mirror concludes with a call to cultivate compassion for beings and the environment right within this world of illusion

**Buddhism and Whiteness** Emily McRae, George Yancy, 2019-05-13 The motivation behind this important volume is to weave together two distinct but we think complementary traditions the philosophical engagement with race whiteness and Buddhist philosophy in order to explore the ways in which these traditions can inform correct and improve each other This exciting and critically informed volume will be the first of its kind to bring together essays that explicitly connect these two traditions and will mark a major step both in understanding race and whiteness with the help of Buddhist philosophy and in understanding Buddhist philosophy with the help of philosophy of race and theorizations of whiteness We expand upon a small but growing body of work that applies Buddhist philosophical analyses to whiteness and racial injustice in contemporary U S culture Buddhist philosophy has much to contribute to furthering our understanding of whiteness and racial identity the mechanisms that create and maintain white supremacy and the possibility of dismantling white supremacy We are interested both in the possible insights that Buddhist metaphysical epistemological and ethical analyses can bring to understanding race and whiteness as well as the potential limitations of such Buddhist inspired approaches In their chapters contributors draw on Buddhist philosophical and contemplative traditions to offer fresh insightful and powerful perspectives on issues regarding racial identity and whiteness including such themes as cultural appropriation mechanisms of racial injustice and racial justice phenomenology of racial oppression epistemologies of racial ignorance liberatory practices with regard to racism Womanism and the intersections of gender based raced based and sexuality based oppressions Authors make use of both contemporary and ancient Buddhist philosophical and contemplative traditions These include various Asian traditions including Theravada Mahayana Tantra and Zen as well as comparatively new American Buddhist traditions

**Mystic Nomad** Annette Knopp, 2025-10-28 A must read for anyone on the path of awakening Roshi Joan Halifax A raw and revelatory spiritual memoir that chronicles a woman s quest for love healing and awakening across multiple continents From the emotional barrenness of a postwar German childhood to the false promise of guru culture the ecstasy of mystical experience and the crucible of human intimacy Annette Knopp s unflinchingly honest account illuminates both the pitfalls and rewards of the spiritual path and her work as a teacher assisting others in navigating the path to wholeness Struggling with depression and lack of meaning prompts the author to leave her fianc and successful career in Spain to travel to the Osho ashram in Pune Her journey takes her further to the Dalai Lama in Northern

India the nightclubs and Shinto shrines in Japan facing a female Buddha in New Zealand working nightshifts in an opal mine in Australia s outback diving into somatic therapy and Tibetan Buddhism in Amsterdam shamanism in Peru teaching in the US until the opening of a retreat center with her husband in Costa Rica Annette experiences profound shifts of spiritual awakening and the shattering of illusions in her encounters with various teachers and traditions Her path takes a dark turn when she is sexually assaulted by a trusted spiritual mentor plunging her into a crisis of faith and a deep descent into unresolved trauma With unflinching honesty and vulnerability she illuminates the complexities of the teacher student relationship the dangers of spiritual bypassing and the importance of personal empowerment and discernment on the spiritual path Sharing her healing and integration process Knopp weaves insights from Eastern contemplative traditions Western psychology earth based wisdom practices and somatic approaches to trauma resolution

**Why Can't I Meditate?** Nigel Wellings, 2016-04-12 An accessible guide from an expert on Mindfulness on how to get the most out of meditation and make the practice a permanent part of your daily life Meditation is supposed to be a practice that s relaxing and beneficial so why is it so hard to commit to While many people have taken workshops in meditation a significant number don t maintain their practice for long after the class is finished Mindfulness can help us relax and is great for coming to grips with thoughts that make us depressed or anxious but it can also bring us into a more intimate relationship with ourselves a prospect that can make some feel uncomfortable Yes lots of good things come out of meditation practice but keeping it up is challenging This is where Why Can t I Meditate comes in Full of practical ways to help our mindfulness practice flourish it also features guidance from a wide spectrum of secular and Buddhist mindfulness teachers and personal accounts by new meditators on what they find difficult and what helps them overcome those blocks It takes what is boring painful or downright scary about meditating and shows how these struggles can become an invaluable part of our path If you have been considering meditating but doubted your ability if you are having a hard time continuing or if you ve reluctantly stopped Why Can t I Meditate will help you get your mindfulness practice back on track

**The Stress Prescription** Elissa Epel, PhD, 2022-12-27 A preeminent expert sheds light on how to handle the daily hassles of life It s not just a manual for managing stress it s a toolkit for preventing it Adam Grant 1 New York Times bestselling author of Think Again From world renowned psychologist and New York Times bestselling author Dr Elissa Epel a simple yet powerful plan to turn your stress into your strength in just seven days We can t avoid stress But we can embrace it and transform it Whether we re facing deadlines difficulties with family or friends personal crises or just the uncertainty of the world stress is the ocean we swim in Even our negative thoughts can trigger our body s stress response so we rarely experience periods of ease and deep restoration In The Stress Prescription Dr Epel distills decades of research infused with wisdom into a practical yet transformative seven day plan of science based techniques that can help you harness stress through more positive challenge and purpose The seven day prescription will lead you through these exercises Day 1 Things Will Go Wrong And That s All Right Day 2 Control What



You Can And Put Down the Rest Day 3 Be the Lion Day 4 Train for Resilience Day 5 Let Nature Do the Work Day 6 Don t Just Relax Restore Day 7 Start Full End Full Dr Epel shows us how we can stress better by training our minds and bodies to shift towards a flexible beneficial stress response that can actually enhance health You will develop a more robust mindset build the resources you need to turn stress into strength and fill your days with more joy connection and ease **Old and New Horizons of Sandplay Therapy** Martin Kalff,2021-11-30 This thoughtful and comprehensive book sheds new light on Sandplay Therapy a method founded in the 1960s by Dora Kalff It is based on the psychology of C G Jung and Margaret Lowenfeld with inspiration from eastern contemplative traditions This method is effectively used for psychotherapy psychological counselling and development of the personality with children and adults This book grew out of the collaboration of a supervision and research group with Italian therapists which regularly met for a period of over 10 years under the guidance of Martin Kalff It focuses on how to understand in more depth the processes clients experience in Sandplay Therapy An important feature of Sandplay is the possibility to create scenes in a box with sand Worlds arise through the shaping of the sand and the use of miniatures humans animals trees etc These creations manifest inner conflicts as well as untouched healing potential This book discusses a number of techniques based on mindfulness such as spontaneous embodiment the use of colours spontaneous poetry entering into the dream to understand the work done in a Sandplay process and dreams and presents examples of clinical cases These techniques are not only valuable for supervision but can also be used in therapy to help clients reconnect with body and feelings **Real Life** Sharon Salzberg,2023-04-11 Merging the insights of inspiring voices with her own understanding of mindfulness New York Times bestselling author Sharon Salzberg shows us how we can recover from the emotional effects of crisis When confronted with pain and obstacles we often shrink back and contract out of fear and disappointment That can become a way of life In Real Life Sharon Salzberg lets us know it doesn t have to be that way When we feel alone cut off or trapped we can let those difficulties steer us onto a path toward an authentic flourishing life living in a way that allows us to find the wholeness that lies within Even when we re alone a sense of community can accompany us through the stormy times Our words hearts and actions can line up with a larger vision rather than the smaller views our anxious fearful thoughts arouse in us To live in a less constricted way with a more spacious open sense of possibility creativity connection and joy Salzberg says we need to get real about what s most important to ask ourselves What do I most deeply yearn for What would I benefit from letting go of What do I believe is possible for me We accomplish the journey to expansive freedom Real Life through developing tools like mindful awareness friendship and a greater sense of purpose aspiration We learn to take some risks with what we dare to imagine take an interest in internal states we might normally try to avoid take an interest in people we might normally try to avoid Real Life is about the journey we make when we decide to live the life that speaks to our innermost longing to live free Real-World Enlightenment Susan Kaiser Greenland,2024-07-16 Wisdom and encouragement from mindfulness psychology science and

time honored traditions Featuring 50 practical tools to ease anxiety overwhelm and stress by recognizing the enduring sense of love and well being that s with us regardless of our circumstances Enlightenment isn t a lofty and unattainable goal Real world enlightenment is always here and you can find it any time in life s highs lows and everything in between Beloved mindfulness teacher best selling author and longtime Buddhist practitioner Susan Kaiser Greenland explores time honored themes that tap into a sense of love connection and well being that is with us regardless of our circumstances These universal themes including Change Humility Interdependence Concentration Joy Kindness and Discernment among many others emphasize attitudes and mindsets that lead to emotional and psychological freedom by lessening our reactivity broadening our perspectives and deepening our relationships Kaiser Greenland draws from science psychology Buddhism wisdom traditions and personal stories to give us a view of real world enlightenment where we shift from a narrow survival driven frame of mind to one that is grounded and as vast as the sky When we cultivate this expansive worldview from the inside out we become more resilient and that s just the beginning A view as vast as the sky charts the course for kind resilient people to build a kinder and more resilient world To help us do this she offers valuable methods and takeaways that allow you to apply these life changing universal themes every day They include Practical ways to recognize the basic goodness within and around you by tapping into sensory pleasures like music or nature Robust tools to manage stress and develop attention by focusing on a sight sound image word or phrase Catchy slogans that promote emotional balance when you feel overwhelmed like right now I m okay drop the baggage or don t play the scene before you get there These and other phrases can interrupt spiraling thoughts and move you back into your comfort zone Accessible meditation methods to experience life with greater equanimity by slowing down your thinking process to heighten awareness of the natural movement of your mind Time tested life hacks to care for yourself and others with greater kindness and compassion Insightful strategies that bring greater ease and effortlessness into your life and relationships by helping you remain flexible and creative even in challenging situations And much more

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