



Virtue and Reality Method and Wisdom in the Practice of Dharma

Lama Zopa Rinpoche

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This book contains methods for transforming everyday actions into the cause of enlightenment, anger into patience, and the ordinary view of phenomena as inherently existent into the wisdom realizing emptiness. It also includes several meditations led by Rinpoche, although everything in the book is a topic for meditation.

It would be hard to find a simpler, clearer, more practical explanation of the two fundamental paths of compassion and wisdom than the one Lama Zopa offers us here.

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