



The Little Book of Loving Kindness

Darren Lamb

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Why is it when tragedy strikes, we hear so many people sending their thoughts and prayers to those effected? There's something instinctive in our nature that wants to ease the suffering of those around us. Can simply wishing someone well have any type of effect upon them? Are our prayers ever answered? In Tibetan Buddhism there is a meditation called Tonglen, which teaches us how to harness the power of our compassion, and develop our awareness of the interconnectedness we all share. This tiny book will teach you how to do basic Tonglen meditation, and contains over 100 prayers, some traditional, some comical, but all can help you generate positive karma and give loving kindness to all. Om Mani Padme Hum. May all beings be free from suffering.

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