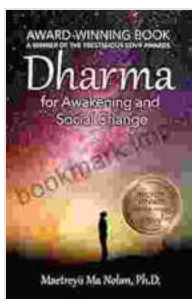


# Dharma for Awakening and Social Change

## The Power of Wisdom and Compassion to Transform Ourselves and the World

In a world that is increasingly divided and polarized, it is more important than ever to find ways to bridge our differences and work together to create a more just and sustainable future. Dharma for Awakening and Social Change offers a powerful framework for ng just that.



### Dharma: For Awakening and Social Change

★★★★☆ 4.5 out of 5

Language	: English
File size	: 648 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 149 pages
Lending	: Enabled



Drawing on the ancient teachings of Buddhism and the latest research in neuroscience, psychology, and social activism, the book explores the transformative power of Dharma wisdom and compassion to create lasting change in ourselves and the world.

The book is divided into three parts.

### Part One: The Foundations of Dharma

This part introduces the basic principles of Dharma, including the Four Noble Truths, the Eightfold Path, and the bodhisattva ideal. It also explores the relationship between Dharma and social change, and how we can use Dharma practices to cultivate the qualities of compassion, wisdom, and courage that are essential for creating a more just and sustainable world.

## **Part Two: The Path of Awakening**

This part provides a practical guide to the path of awakening, including instructions on meditation, mindfulness, and other Dharma practices. It also explores the challenges and obstacles that we may encounter on the path, and how we can overcome them with wisdom and compassion.

## **Part Three: The Bodhisattva Path**

This part explores the bodhisattva path, which is a path of compassion and service to others. It provides practical guidance on how we can use our Dharma practice to make a positive difference in the world, and how we can cultivate the qualities of love, compassion, and wisdom that are essential for creating a more just and sustainable future.

Dharma for Awakening and Social Change is a groundbreaking book that has the potential to change the world. It is a must-read for anyone who is interested in creating a more just and sustainable future, and for anyone who is looking for a path to awakening and transformation.

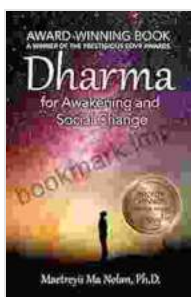
## **Praise for Dharma for Awakening and Social Change**

"Dharma for Awakening and Social Change is a brilliant and inspiring book. It is a must-read for anyone who wants to create a more just and

sustainable world."—Thich Nhat Hanh, Zen master and peace activist

"This book is a powerful and practical guide to using Dharma wisdom and compassion to create lasting change in ourselves and the world. It is a must-read for anyone who is serious about making a difference."—Sharon Salzberg, author of Lovingkindness and The Art of Happiness

"Dharma for Awakening and Social Change is a timely and important book. It offers a clear and practical path to creating a more just and sustainable world."—Robert Thurman, professor of Indo-Tibetan Buddhist Studies at Columbia University



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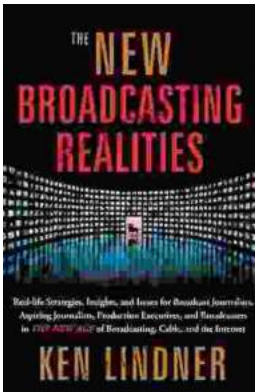
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