



# Becoming the Compassion Buddha: Tantric Mahamudra for Everyday Life

*Thubten Yeshe*

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## **Becoming the Compassion Buddha: Tantric Mahamudra for Everyday Life** Thubten Yeshe

Not only was Lama Yeshe one of the most beloved Tibetan Buddhist masters of the late twentieth century, he was also a remarkably effective teacher and communicator. In *Becoming the Compassion Buddha*, just as he did with his bestselling *Introduction to Tantra*, he once again demonstrates his extraordinary ability to present practices that once were considered arcane or hidden in a way that is clear and understandable to the general reader.

In these pages, Lama Yeshe guides readers through the tantric practice of Avalokiteshvara, the Buddha of Compassion, basing his instructions on a text written by His Holiness the Dalai Lama at age nineteen. He gives special emphasis to mahamudra, the emptiness of one's own mind, and demystifies these esoteric techniques, clearly showing them for what they are: highly developed psychology. Throughout, Lama Yeshe presents his approachable teachings by drawing on examples from daily life and introducing meditation practices that all can follow. *Becoming the Compassion Buddha* is an extraordinary book that opens new doors for countless readers.

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