



Buddhist Acts of Compassion

Pamela Bloom

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"My religion is compassion," the Dalai Lama has said. Indeed, the vow to be of benefit to others lies at the heart of Buddhist practice. This book collects dozens of profound and moving stories of true compassion. From the Buddhist monk who offered his body to starving animals, to modern Western practitioners who use Buddhist principles for healing and social reform, these stories inspire with their depth, tenderness, humor, and occasional outrageousness. Included are tales of the "crazy wisdom" kindness practiced by many masters in the Tibetan and Zen traditions, as well as selections from the best-loved Buddhist figures of today, including Sogyal Rinpoche, Sharon Salzberg, Thich Nhat Hanh, and the Dalai Lama.

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