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Series: Open Heart Clear Mind (SDD 2007-08) A multi-part course based on Open Heart, Clear Mind given at Sravasti Abbey's monthly Sharing the Dharma Day from April 2007 to December 2008. You can also study the book in depth through the Sravasti Abbey Friends Education (SAFE) online learning program. Meditation and the Buddhist approach

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Especially skilled at explaining the practical application of Buddha's teachings to Westerners, Thubten Chodron focuses on the application of Buddhist psychology to modern life. Her analyses of the psychological states underlying behavior and how to modify this behavior to live a healthier, more Buddhist life "will help many on the path of meditation and in dealing with

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the challenges of everyday life” (Thich Nhat Hanh).

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A series of talks about fundamental Buddhist concepts based on Venerable Thubten Chodron's book Open Heart, Clear Mind. Teachings were given at Sravasti Abbey's monthly Sharing the Dharma Day from 2007-2008. You can also study the book in depth through the Sravasti Abbey Friends Education (SAFE) online learning program.

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