

The Path to Awakening

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"Creating a life of happiness must start from the mind. If we can all work to purify our minds and strive to do good every day, this world can become a pure land filled with happiness."

The Thirty-Seven Practices to Enlightenment are thirty-seven practices through which we can attain wisdom and reach the state of Nirvana. In this book, Dharma Master Cheng Yen uses the Adapted Verses of the Thirty-Seven Practices to Enlightenment as an outline to explain these essential practices, guiding practitioners onto the Bodhisattva-path.

Book Title: The Path to Awakening:
Teachings on the Adapted Verses of the Thirty-Seven Practices to Enlightenment
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