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Guide to the Bodhisattva's Way of Life: How to enjoy a life of great meaning and altruism

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This famous and universally loved poem for daily living has inspired many generations of Buddhists and non-Buddhists since it was first composed in the 8th century by the famous Indian Buddhist master Shantideva.
This new translation, made under the guidance of Geshe Kelsang Gyatso, conveys the great lucidity and poetic beauty of the original, while preserving its full impact and spiritual insight.
Reading these verses slowly, while contemplating their meaning, has a profoundly liberating effect on the mind. The poem invokes special positive states of mind, moves us from suffering and conflict to happiness and peace, and gradually introduces us to the entire Mahayana Buddhist path to enlightenment.

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