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A Thousand Hands: A Guidebook to Caring for Your Buddhist Community

By -

Sumeru Press Inc. Paperback. Condition: New. Dimensions: 10.0in. x 8.0in. x 0.8in. A Thousand Hands is an anthology of 50 articles by Buddhist chaplains, teachers, therapists, and social workers, presenting Buddhist approaches and resources designed to help community leaders respond to the many challenges brought to them by their communities. As a Buddhist community leader--or even a concerned community member--we may have read many sutras, practiced thousands of hours of meditation, or become well versed in Buddhist philosophy, but that does not prepare us for every situation we will face. It is very natural that people turn to a spiritual or religious community in times of trouble, and when such a person comes our hearts may fill with compassion and want to do whatever we can to ease their suffering. However, conversations with Buddhists in the West show that both training and resources in these areas are often lacking. This book is divided into three sections. The first deals primarily with ways to help ones self--ways to help develop ones capacity to be present in an effective way to help others in need, whether that is through listening more effectively or better organizing a groups money in order to keep a...



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