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The Heart of Unconditional Love: A Powerful New Approach to Loving-Kindness Meditation

Tulku Thondup

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The Heart of Unconditional Love: A Powerful New Approach to Loving-Kindness Meditation Tulku Thondup
The unconditional love that we all long for can be experienced in the practice of loving-kindness. In this popular form of meditation, the love inherent to our own nature is gradually expanded until it embraces infinite beings. Tulku Thondup introduces a new four-stage format for this practice, rooted in the traditional teachings of Tibetan Buddhism: We first meditate on the Buddha of Loving-Kindness as a body of unconditional love and receive his blessings. This spontaneously awakens his unconditional love in our heart. We then find the whole world reflecting back to us as a world of love and peace. Finally, we remain in oneness in the realization of ultimate love.

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