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Awakening Through Love: Unveiling Your Deepest Goodness

John Makransky

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Mother Theresa. The Dalai Lama. Nelson Mandela. Gandhi. Some admire such figures from afar and think, "How special they are; I could never be like that." But, as John Makransky has learned, the power of real and enduring love lies within every one of us. *Awakening Through Love* is his guide to finding it.

In *Awakening Through Love*, he pioneers new ways of making Tibetan meditations of compassion and wisdom accessible to people of all backgrounds and faiths. Drawing from Tibetan teachings of compassion and the Dzogchen teachings of innate wisdom, and using plain, practical instruction, he helps readers uncover the unity of wisdom and love in the very nature of their minds. Then Lama John describes how to actualize those qualities in every aspect of family life, work, service and social action.

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