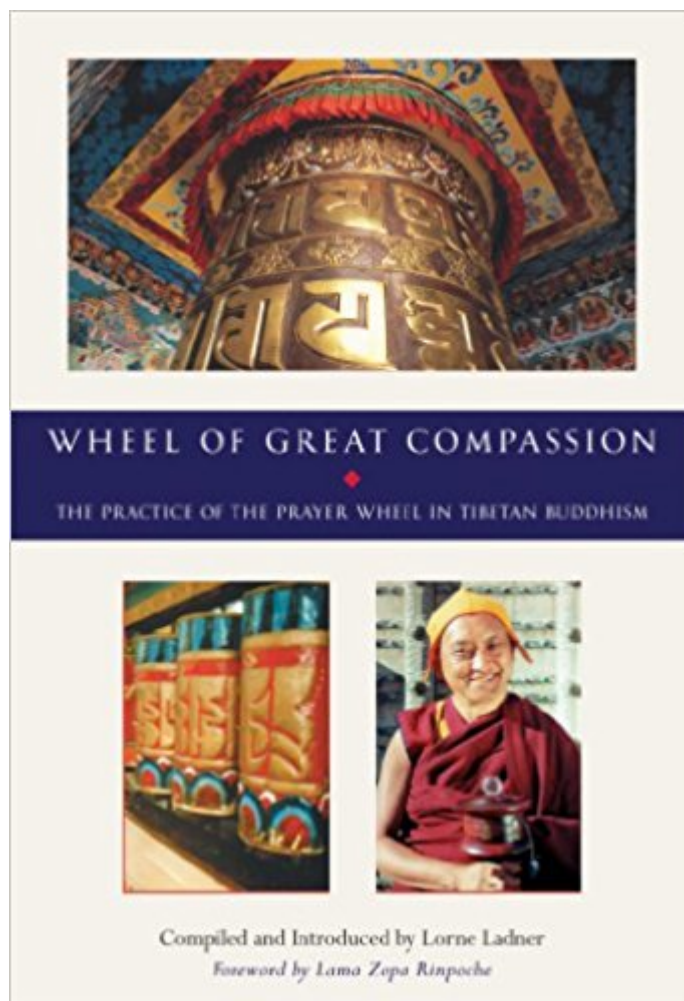


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# The Wheel Of Great Compassion



## Synopsis

The Wheel of Great Compassion is the first book to provide Western readers with a complete understanding of the prayer wheel--an ancient and mystical practice that has long been popular with Buddhists throughout Tibet and Mongolia for its ability to bless the environment, promote healing, increase compassion, and assist practitioners on their journeys to enlightenment. This book offers a clear description of prayer wheel practice, its meaning and benefits, and its role as an essential ritual and symbol of Tibetan Buddhism. It contains a general introduction to the prayer wheel, photographs and illustrations, six commentaries by Tibetan lamas (including Lama Zopa Rinpoche), and instructions for both prayer wheel construction and proper use.

## Book Information

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## Customer Reviews

"Lama Zopa Rinpoche once told Lorne Ladner the story of how, as a child, he had wondered why so many older people spun prayer wheels and how this had set him off on a search for texts on the practice. There being so few texts available, he was delighted eventually to be lent a text by another lama, and to discover the benefits of this practice. Ladner found he caught Zopa's enthusiasm and agreed to help him spread the word. The resulting book is a delightful introduction to the mani wheel including a non-scholarly introductory essay, translated commentarial texts, colour and black-and-white photographs, practical construction instructions and the main method of practice. The careful production of the book is commendable, especially the thoughtful inclusion of photocopyable mantras and Tibetan-style practice sheets at the end." (DharmaLife)"Prayer wheels

are as ubiquitous an element of Tibetan Buddhist practice as are the repetitions of the mani mantra. Yet, especially in the West, little has been previously known of their history and proper use. In this jewel of a book, and at the urging of Lama Zopa Rinpoche, Lorne Ladner has brought together important textual sources, a Lama Zopa discourse, and his own personal experience to describe the symbolism, proper construction, ritual, and benefits of prayer wheel practice. Thus, *Wheel of Great Compassion* is a marvelous-and necessary-addition to the library of any serious practitioner and to anyone interested in the heretofore unknown particulars of mani practice." (Prof. Jan Willis, author of *Enlightened Beings* and *Dreaming Me: An African American Woman's Spiritual Journey*) "This new book fills a gap in the literature on Tibetan ritual and practice... Excellent instructions and texts are given for meditation; useful charts, photos, and diagrams complement the text. Good for public and academic libraries; all readership levels." (CHOICE) "Instructive... Ladner presents a useful overview of this practice and several pertinent texts by renowned Tibetan teachers including Lama Thubten Zopa Rinpoche and the Fourth Panchen Lama. There are also diagrams, photos, and a description of the proper method for constructing and filling a prayer wheel with mantras." (Spirituality & Health)

Lorne Ladner, PhD, is a clinical psychologist in private practice in the suburbs of Washington DC, where he also directs and teaches at the Guhyasamaja Buddhist Center. Dr. Ladner has produced a training video on Mindful Therapy and provides workshops on the psychology of positive emotions, the integration of meditation and psychotherapy, and on Buddhist psychology. He is the author of *The Lost Art of Compassion: Discovering the Practice of Happiness in the Meeting of Buddhism and Psychology* (HarperOne 2004). Lama Thubten Zopa Rinpoche is the Spiritual Director of the Foundation for the Preservation of the Mahayana Tradition (FPMT), a worldwide network of Buddhist centers, monasteries, and affiliated projects, including Wisdom Publications. Rinpoche was born in 1946 in the village of Thami in the Solo Khumbu region of Nepal near Mount Everest. His books include *Transforming Problems into Happiness*, *How to Be Happy*, and *Ultimate Healing*. He lives in Aptos, California.

If you have ever wondered about the function of prayer wheels, this book provides an overview and includes instructions for making your own wheel. The bulk of the book contains translations of various teachers addressing the purpose and use of the prayer or mani wheel. If, like me, you are marginally conversant with Buddhist precepts, you will make use of the copious footnotes contained in the back. The author took care not to be too repetitious. The book contains some photographs of

wheels, though none are particularly professional or impressive. He also provides detailed instructions and ink diagrams for constructing your own wheel and a very nice meditation to use while turning the wheel. All in all, this provides a decent background and good instructions. I would have preferred more on the actual practice (ie, how fast to turn the wheel, etc) as opposed to the philosophy. However, the author is quite sincere and conveys a deep and abiding love of the faith and the practice.

I love this

Good book with a history photos and context. Helped me to ask intelligent question about the Prayer wheel at the local Tibetan shop.

Great introduction to the practice of Tibetan Mani Wheels. I had been doing the practice for a few months and it is great to get a comprehensive history and introduction to the practice.

The book was very helpful to me by providing the details and instructions on how to make your own Prayer Wheel. The upper and lower disc that are placed on the top and bottom of the cylinder portion was informative and especially helpful when taking apart older prayer wheels. I have placed the prayer wheel close to me for the energy and as a reminder to use this daily. Thank you for creating such a great resource.

What a wonderful book. The book was very helpful to me in detailing the history and roots of the Prayer Wheel. In addition, the details and instructions on how to make your own Prayer Wheel are very helpful. Just having the book close reminds me of the energy of my Prayer Wheel. Thanks for creating such a great resource. Nellie Moore[...]

This book is an excellent overview of the benefits and usages of Buddhist Prayer Wheels. This book served as my primary text for some research I did for my Music in World Religions class in seminary.

Este libro es una verdadera inspiración para practicar el amor y la compasión budista en base a la técnica del molino de oración. En él se pueden apreciar muchos modos de practicar el mantra, con visualizaciones, recitaciones, y en diferentes momentos. Una pequeña joya en su especialidad, muy rara de encontrar.

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