



Innate Happiness: Realizing Compassion- Emptiness

Khenpo Drimed Dawa

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Innate Happiness guides busy Westerners on the path of liberation, the realization of compassion-emptiness, with concise weekly practices based on the yogi tradition of Tibetan Buddhism. The book includes a brief history of Buddhism in India and Tibet, as well as its major principles. This is followed by clear, concise steps on the Path of Individual Liberation, the Path of Altruism, the Path of Tantra, and the Path of Great Perfection. Each path takes the reader through the Three Teachings: ethics, meditation, and wisdom. Thus, it covers a complete cycle of for study, contemplation, meditation and realization, each highly suitable for the busy lives of Westerners with little time for formal meditation. May ALL beings be happy!

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