



## Advice from a Spiritual Friend

*Geshe Rabten, Geshe Dhargyey*

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"Do not wish for gratitude.

Never strike at the heart.

Now if you die, you will have no regrets."

- *The Seven-Point Thought Transformation*

Like wise old friends, two Tibetan masters offer down-to-earth advice for cultivating compassion, wisdom, and happiness in every situation. Based on practical Buddhist verses on "thought training" (*lojong*), *Advice from a Spiritual Friend* teaches how to develop the inner skills that lead to contentment by responding to everyday difficulties with patience and joy.

Following Stephen Batchelor's introduction to the Kadamapa tradition that gave rise to these earthy, pithy instructions, Part One is a commentary by Geshe Dhargyey to Atisha's (982-1054) *Jewel Rosary of a Bodhisattva*. Part Two includes a commentary by Geshe Rabten to the famous *Seven-Point Thought Transformation*.

First published in 1977, *Advice from a Spiritual Friend* is a Wisdom classic that has enriched readers in many editions over the years. As Batchelor says in his introduction, "These teachings are as applicable today as they were when Atisha first introduced them to Tibet."

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