



Lessons of the Lotus: Practical Spiritual Teachings of a Travelling Buddhist Monk

Bhante Wimala

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A guide for people who are searching for spirituality, *Lessons of the Lotus* helps readers find their individual paths by exploring the nature of spirituality with ways of making it relevant to their daily lives.

These ways include specific meditations, mind-body techniques, visualizations, and reflections. Beyond a rich resource of spiritual practice, this book helps people bring the fruits of their spiritual growth to their relationships, careers, and other aspects of living. Through numerous examples, readers see how the insight, patience, love, understanding, and peace of their practice can touch their daily lives and transform them forever. Each chapter includes a section called "Ask Yourself" that is designed to stimulate reflection on the topic and invite the reader to participate actively in defining their spirituality. Specific chapters cover topics such as karma, transitory death, giving, and relationships with family and loved ones.

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