



Opening the Door of Your Heart

Ajahn Brahm

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Opening the Door of Your Heart Ajahn Brahm

Moments of insight, love and compassion flow through Ajahn Brahm's stories like rivers of hope. In nearly thirty years as a Buddhist monk, born and educated in the West but trained in the Thai forest tradition, Ajahn Brahm has gathered many poignant, engaging and profound stories from the Buddhist philosophy. He has taught this philosophy to westerners from all walks of life, led meditation groups in Australian prisons, and counselled the distressed, the sick and the bereaved. The stories that emerge, like the experiences they reflect, are thoughtful, funny and enlightening.

Told with wit and wisdom, these tales reveal moments of compassion in the lives of ordinary people, expressing their need to make life meaningful.

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