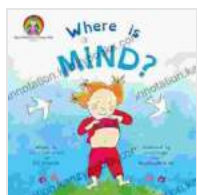


Dzogchen For Kids Gives Children The Experience Of The Nature Of Their Own Mind



Where is Mind?: Dzogchen for Kids (Gives children the experience of the Nature of their own Mind)

(BeginningMind Book 1) by Ziji Rinpoche

★★★★★ 5 out of 5

Language : English

File size : 8159 KB

Print length: 32 pages

Lending : Enabled



Dzogchen for Kids is a groundbreaking book that introduces children to the profound teachings of Dzogchen, a Tibetan Buddhist tradition that emphasizes the direct experience of the nature of mind. Through engaging stories, playful exercises, and beautiful illustrations, the book guides children on a journey of self-discovery, helping them to cultivate mindfulness, compassion, and a deep understanding of their own potential.

The book is written by Lama Surya Das, a renowned meditation teacher and author who has dedicated his life to making the teachings of Dzogchen accessible to people of all ages. Lama Surya Das believes that children are naturally open to spiritual exploration, and that by introducing them to the teachings of Dzogchen at a young age, we can help them to develop a lifelong foundation of wisdom and compassion.

Dzogchen for Kids is divided into three parts. The first part introduces the basic principles of Dzogchen, such as the nature of mind, the importance of meditation, and the path to enlightenment. The second part offers a series of guided meditations and exercises for children, designed to help them develop mindfulness, compassion, and a deep understanding of their own nature. The third part of the book includes stories and teachings from the Dzogchen tradition, which offer children a glimpse into the wisdom and beauty of this ancient tradition.

Dzogchen for Kids is a unique and valuable resource for parents, teachers, and anyone who is interested in helping children to develop their spiritual potential. The book offers a gentle and accessible to the teachings of Dzogchen, and it is sure to inspire children to explore their own minds and hearts.

Benefits of Dzogchen for Kids

There are many benefits to introducing children to the teachings of Dzogchen. These benefits include:

- **Cultivating mindfulness:** Dzogchen teaches children how to be present in the moment and to pay attention to their thoughts, feelings, and actions. This practice helps children to develop greater self-awareness and to learn how to regulate their emotions.
- **Developing compassion:** Dzogchen teaches children that all beings are interconnected and that we should treat each other with kindness and respect. This practice helps children to develop empathy and compassion for others.

- **Understanding the nature of their own mind:** Dzogchen teaches children that the nature of mind is pure and luminous. This practice helps children to develop a deep understanding of their own potential and to recognize their own inner wisdom.
- **Laying a foundation for lifelong spiritual growth:** Dzogchen is a profound and transformative spiritual tradition. By introducing children to the teachings of Dzogchen at a young age, we can help them to lay a foundation for lifelong spiritual growth.

How to Use Dzogchen for Kids

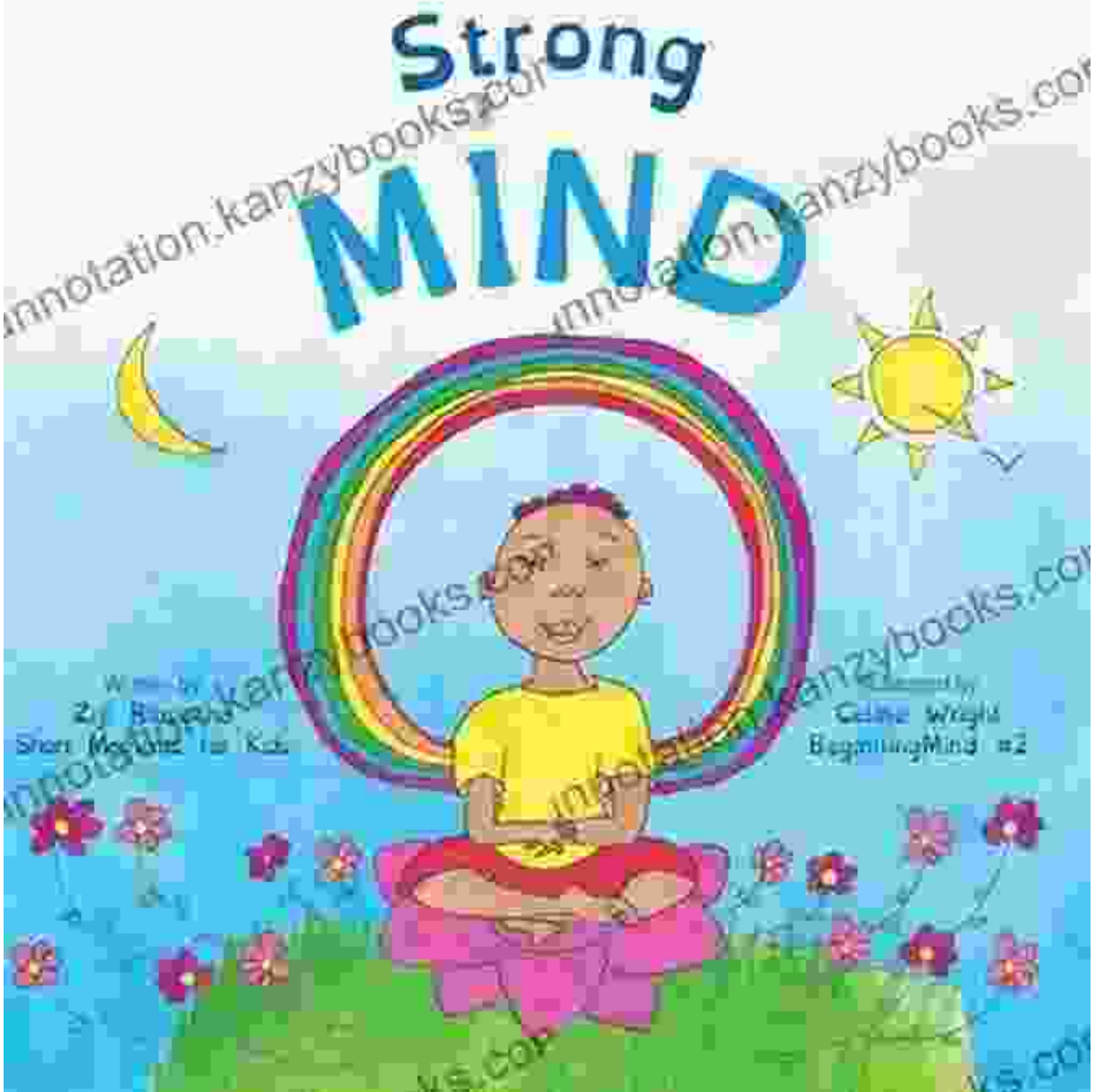
Dzogchen for Kids is a versatile book that can be used in a variety of ways. Here are a few suggestions:

- **Read the book aloud to your children.** The stories and teachings in Dzogchen for Kids are engaging and accessible for children of all ages. Reading the book aloud to your children is a great way to introduce them to the teachings of Dzogchen and to spark their interest in meditation and spirituality.
- **Use the guided meditations and exercises with your children.** The guided meditations and exercises in Dzogchen for Kids are a great way to help children develop mindfulness, compassion, and a deep understanding of their own nature. You can use these meditations and exercises with your children on a regular basis, or you can use them as part of a special meditation practice.
- **Talk to your children about the teachings of Dzogchen.** The teachings of Dzogchen are profound and transformative. Talk to your children about the concepts of Dzogchen, and encourage them to share their own thoughts and feelings about these teachings. This will

help your children to deepen their understanding of Dzogchen and to develop their own spiritual practice.

Dzogchen for Kids is a valuable resource for parents, teachers, and anyone who is interested in helping children to develop their spiritual potential. The book offers a gentle and accessible to the teachings of Dzogchen, and it is sure to inspire children to explore their own minds and hearts.

Free Download your copy of Dzogchen for Kids today!



About the Author

Lama Surya Das is a renowned meditation teacher and author who has dedicated his life to making the teachings of Dzogchen accessible to people of all ages. Lama Surya Das is the founder of the Dzogchen Center in Cambridge, Massachusetts, and he has taught Dzogchen to thousands of students around the world. He is the author of numerous books on

Dzogchen, including *Awakening the Buddha Within*, *Letting Go of the Person You Think You Are*, and *The Dzogchen Primer*.



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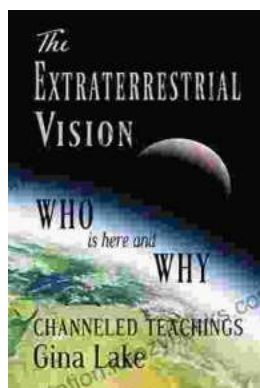
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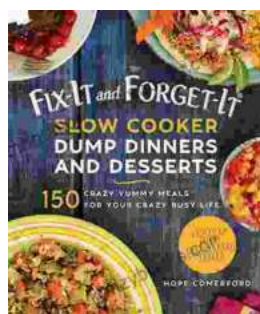
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