



Peacock in the Poison Grove: Two Buddhist Texts on Training the Mind

Geshe Lhundub Sopa, Leonard Zwillig

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Geshe Sopa offers insightful commentary on two of the earliest Tibetan texts that focus on mental training. *Peacock in the Poison Grove* presents powerful yogic methods of dispelling the selfish delusions of the ego and maintaining purity in our motives. Geshe Sopa's lucid explanations teach how we can fight the egocentric enemy within by realizing the truth of emptiness and by developing a compassionate, loving attitude toward others.

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