

LIGHT COMES THROUGH: ENDORSEMENTS & REVIEWS

"This is a wonderful fresh look at the amazing potential of our human mind. In the innovative and accessible style he is famous for, Dzigar Kongtrül continues to challenge and encourage us."--Pema Chödrön, author of *When Things Fall Apart and Practicing Peace in Times of War*

" *Light Comes Through* is an inspired, well-written, and creative examination of topics such as faith, romance, developing happiness for others, and facing our own suffering with perspective and compassion. It is a wonderful guidebook for living a very different kind of life."--Sharon Salzberg, author of *Lovingkindness: The Revolutionary Art of Happiness*

" *Light Comes Through* shimmers with frank advice on becoming more intelligent about our emotions. Dzigar Kongtrül offers a practical path to clarity and peace."--Daniel Goleman, author of *Emotional Intelligence*

"Friend and teacher of the high-profile author Pema Chödrön, Tibetan Buddhist lama Kongtrül grew up in a monastic environment and received broad training in Buddhist doctrine. Steadily gaining in sophistication in its three sections, this slender book has wisdom for practitioners of all levels. The first section lays bare the five self-centered emotions of jealousy, aggression, attachment, arrogance and stupidity. The second, which delves into working with others, offers fresh material on working with a teacher, as well as understanding the pull of our emotions and thoughts in everyday relationships. The final part, on emptiness, is more suited to advanced practitioners who are ready to embrace esoteric teachings. Kongtrül's primary mission is to help readers train their minds in wisdom, rather than allowing them to do as they fancy. There is a comforting bravery in his thinking that clarifies the differences between "trying to arrange the world according to our preferences" and "delighting in the way our experience naturally unfolds." This is a suitably calm and graceful pathway illuminated by a Buddhist master." - *Publisher's Weekly*