

Top Teachings on Meditation, Wisdom and Compassion

[The Dalai Lama](#) More than twenty-six public talks on topics like Human Compassion, Be the Change and The Art of Happiness. You can also "like" the [Dalai Lama's Facebook Page](#) and see a daily stream of inspiration.

[What Meditation Really Is](#) Talks on meditation given by Daniel Goldman, Jon Kabat-Zinn, Khandro Rinpoche, Ringu Tulku Rinpoche, Sharon Salzberg, Elizabeth Namgyel-Mattis, Robert Thurman and other luminaries from the East and West.

[Sogyal Rinpoche](#) A large collection of video teachings on Meditation, The Nature of Mind, Happiness, Compassion, and the Fundamentals of Buddhism.

[Pema Chödrön](#) In the top menu of this homepage, click on the "articles" or "videos" for teachings on meditation, addiction, boundaries, compassion, loving kindness, karma, attachment and so on.

[Sharon Salzberg](#) Articles and podcasts on happiness, generosity, mindfulness, caregiving, loving-kindness and tons more.

[Tsoknyi Rinpoche](#) Click on "Offerings" in the top menu and you'll see a drop-down menu for teachings on meditation, compassion, mind nature, motivation, and an excerpt from Tsoknyi Rinpoche's book, *Open Heart/Open Mind*.

[Dzigar Kongtrul](#) In the left sidebar on this home page, under "teachings," you'll find links for audio and video teachings on meditation, compassion, and related subjects as well as a blog.

[Mingyur Rinpoche](#) A large collection of audio and video teachings on meditation, awareness, and living with joy as well as guided meditation and loving-kindness practices.

[Shunryu Suzuki Roishi](#) Transcripts and audio recordings of many talks given by Shunryu Suzuki Roshi over the years on topics like Zen meditation (zazen), beginner's mind, buddha nature, selflessness, and enlightenment.

These links represent hundreds of hours of enriching material, a feast to savor over an entire year.

- First, listen to an uplifting teaching to inform and transform your mind.
- Secondly, contemplate and reflect on what you have heard in order to integrate it more deeply into your being.
- Lastly, utilize the instruction in your formal meditation session and apply the essential principles in daily life.
- Then, begin again.

This is how the three wisdom tools work together to help you discover the true freedom of your mind.