



# Ultimate Healing: The Power of Compassion

*Lama Zopa Rinpoche*

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## **Ultimate Healing: The Power of Compassion** Lama Zopa Rinpoche

We experience illness on a physical level, but in order to be healed, we must understand where true healing begins: within our hearts and minds. In *Ultimate Healing*, internationally renowned meditation master Lama Zopa Rinpoche helps us to recognize the root of illness and gives us the tools to create our future happiness. Beginning with stories of people who have recovered from disease through meditation, Rinpoche addresses the central role played by karma and by the mental habit of "labeling" in causing illness, and shows how meditation and other thought techniques for developing compassion and insight can eliminate the ultimate cause of all disease.

*Ultimate Healing* shows us that by transforming our minds, especially through the development of compassion, we can eliminate the ultimate cause of all disease. In addition to relating stories of people who have recovered from disease through meditation, Lama Zopa presents practical healing meditations, including white-light healing, compassion meditation, "taking and giving", and techniques to cure depression.

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