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Open Heart Mind A Guide
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Open-mindedness is a mental quality, associated with being impartial and receptive to new ideas. The heart and mind do like to work together. So a closed heart links to a closed mind and an open heart (OH) links to an open mind (OM). Let ' s explore this heart-mind connection further.

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The open heart is tender, warm, and

flowing. Together, these attributes allow us to feel deeply and to act wisely. Even when acting means doing nothing. Perhaps compassion, in the fullest sense, is the delicate balancing of a quiet mind and an open heart. Open Heart, Open Mind: A Guide to Inner Transformation ... Open Heart, Open Mind offers anyone who wants a more joyous life a masterful guide to greater meaning, a more spacious mind, and the spark of a kind love. —Tara and Daniel Goleman, authors of Emotional Alchemy and Emotional Intelligence " Tsoknyi Rinpoche's Open Heart, Open Mind is amazing in a number of ways. Tsoknyi Rinpoche grew up in the Tibetan Buddhist tradition.

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