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June 2nd, 2020 - the title of this book sadness love openness the buddhist path of joy could belong to any secular self help book yet it is of great significance for the secular buddhist people want to have their sadness recognized for there is nothing more painful and dark than having one s sadness dismissed'

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**June 5th, 2020 - chökyi nyima rinpoche nepali ? ? ? ? ? ? ? ? alternatively in english spelled chokyi nyima rinpoche b 1951 is a tibetan buddhist teacher and meditation master he is the abbot of ka nying shedrub ling monastery in kathmandu nepal he is the author of several books founder of meditation centers around the world and acclaimed teacher teaching'**

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