



Heart Blossoms

A Commentary and Analysis of the Exalted Mahayana Sutra on the Profound Perfection of Wisdom Called the Heart Sutra

S.R. Allen

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Contact: Russell Gillespie
406-295-9322
russ@gnostiko.com
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Commentary on the Heart Sutra by learned author expounds the Dharma and offers a detailed, lucid map of the journey to meaning.

Whether readers are new to Buddhist psychology and philosophy or are adept students, the newly released *Heart Blossoms – A Commentary and Analysis of the Exalted Mahayana Sutra on the Profound Perfection of Wisdom Called the Heart Sutra* offers what author S. R. Allen calls “a sharp weapon useful for cutting the root of ignorance.”

The author notes that in *Heart Blossoms*, he has tried to eclipse all bias and point out what he calls “the few easily overlooked ideas contained in the Heart Sutra itself.” He emphasizes that this sutra, the shortest in the Mahayana Buddhist collection of writings known as *Prajnaparamita*, is “perfectly unyielding” regarding the necessity of getting beyond bias, opinion, and expectation and learning how to clearly see truth.

From the origin of suffering to rediscovering (or recovering) what and who we really are as human beings, and thus also knowing what everything else really is, *Heart Blossoms* offers insight on the power and influence of karma, on how to transcend and conquer it, thus bringing the samsaric cycle to rest.

Allen comments, “This book brings many years of study and contemplation into a practical and meaningful text for use by those who are interested in the apex of Buddhism’s philosophy and psychology.”

He adds, “It is one thing to talk about or read about the meaning of life and quite another to move through the levels of wisdom to actually live that meaning.”

“I have read many philosophy books; this is one of the best. The style is brilliant and unique; it is very worthwhile reading.” ~ **Reader Review**

AUTHOR: S. R. Allen has studied Eastern religions and philosophy for many years and is dedicated to making his books an unparalleled resource for lucidity and enlightenment. He is also the author of *Gnosis, A Philosophical Psychology Concerning the Emergence of Individuated Holistic Intelligence*.