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Bhikshuni Thubten Chodron has practiced the Buddha and Lama Thubten Yeshe among many include Buddhism for Beginners, Taming the Mind, and most recently

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Venerable Thubten Chodron is someone whose life embodies the virtues of kindness, simplicity, and a clarity of vision, which lie at the heart of the Buddha's teaching.

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Venerable Thubten Chodron has been a Buddhist nun since 1977 and has studied and practiced Buddhism under the guidance of His Holiness the Dalai Lama, Tsenzhap

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