

3rd Class - Shielding our self with love

The Armor of Love: Protecting the Good Heart

The Enemy: Attachment and Jealousy.

The Warrior's Training: Developing the Three Types of Love (Affectionate, Cherishing, and Wishing Love) (p. 135).

The Weapon: Contentment and Rejoicing in others' good fortune (p. 43).

Goal: To build an unbreakable shield of cherishing love that views every living being as a "rare and precious treasure" (p. 121).

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