

Essential Mind Training

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Essential Mind Training is drawn from the earliest collection of Tibetan spiritual literature known as mind training or lojong in Tibetan. Tibetans revere the mind training tradition for its pragmatic and down-to-earth advice, especially the teachings on transforming adversity into opportunity. This volume contains eighteen individual works, including such renowned teachings as Atisas Bodhisattvas Jewel Garland, Langri Thangpas Eight Verses on Mind Training, and Chekawas Seven-Point Mind Training, together with the earliest commentaries on these seminal texts as well as other independent works. These teachings expound the cultivation of such altruistic attitudes as compassion, love, forbearance, and perseverance, and provide numerous techniques for uprooting our habitual self-centeredness and giving us the freedom to embrace the world. Publisher: Wisdom Publications Illustration: N Language: ENG Title: Essential Mind Training Pages: 00296 (Encrypted EPUB) On Sale: 2011-11-14 SKU-13/ISBN: 9780861712632 Category: Religion : Buddhism - Tibetan Category: Religion : Buddhism - Rituals & Practice Category: Literary Collections : Asian

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