How to Practice

The Way to a Meaningful Life



Dalai Lama

Translated and Edited by Jeffrey Hopkins, Ph.D.

How To Practice The Way To A Meaningful Life

Dalai Lama XIV Bstan-'dzin-rgyamtsho,Dalai Lama

How To Practice The Way To A Meaningful Life:

How to Practice Dalai Lama XIV Bstan-'dzin-rgya-mtsho, Dalai Lama, 2003-08-19 Divided into a series of distinct steps that will lead spiritual seekers toward enlightenment How to Practice is a constant companion in the quest to practice morality meditation and wisdom How to Practise Dalai Lama XIV Bstan-'dzin-rgya-mtsho, 2008 How To Practise is a major inspirational work by one of the world's greatest spiritual teachers It is broken down into the basic steps to enlightenment how to practise morality how to practise meditation and how to practise wisdom at the same time delving deeper into His Holiness more general Buddhist teachings his spirit wisdom and sense of humour The book meant to be used as part of daily practice is easy to understand and filled with anecdotes It includes guidance on mental calm altruism and compassion refraining from harm focusing the mind and much more Beautifully packaged this is the ultimate gift from the Dalai Lama and a wonderful gift to give to anyone interested in having a richer more fulfilled life How to See Yourself As You Really Are Dalai Lama XIV Bstan-'dzin-rgya-mtsho, 2006-12-05 His Holiness provides step by step exercises to help readers shatter their false assumptions and ideas of the self and see the world as it actually exists which is a prelude to right action

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