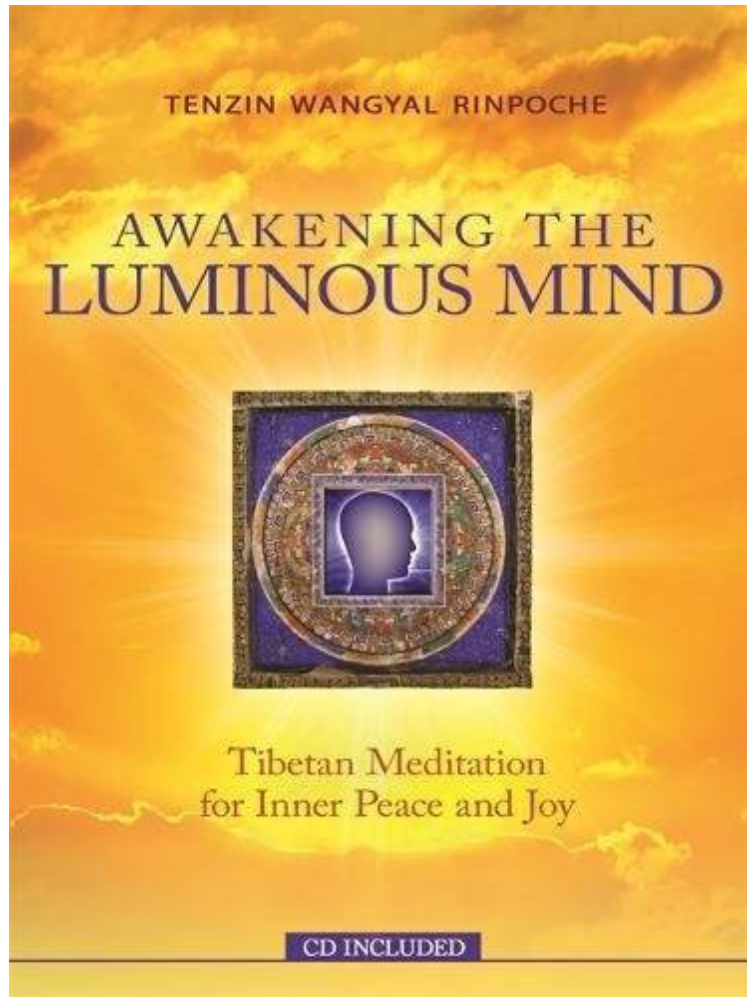


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# Awakening The Luminous Mind: Tibetan Meditation for Inner Peace and Joy

By Tenzin Wangyal Rinpoche  
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4 of 4 review helpful Totally enjoying this book By M Scorelle I have gone to several teaching weekends with Tenzin Wangyal who is based in Charlottesville VA One at the Open Center in NYC he presented the 5 stanzas of Zhang Zhung or Dawa Gyaltzen ancient Bon pre Buddhist Tibetan teaching This is what Awakening the Luminous Mind is about Tenzin is doing some really creative and interesting work This one is pre Awakening the Luminous Mind is the third book of guided meditation practices in a series by the acclaimed author and teacher Tenzin Wangyal Rinpoche Tenzin Rinpoche will guide you to bring these simple practices into your everyday life by turning inward and finding what he calls your "inner refuge" By this he means boundless space infinity About the Author Tenzin Wangyal Rinpoche is a highly respected teacher of students around the world Tenzin Rinpoche is the founder and spiritual director of Li

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1 pramudita great joy after the accumulation of enough merit bodhicitta arises for the first time in the bodhisattva this causes enormous generosity to arise brief history of symbolism in buddhism many buddhist symbols need to be considered within the culture of the people who follow it **summary** immerse yourself in our extended yoga workshops with two locations and a wide array of workshops we make it easy to find the one that's right for you zen is a school of mahayana buddhism the japanese word zen is derived from the chinese word chn which in turn is derived from the sanskrit word

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