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How to Practice will guide you toward opening your heart, refraining from doing harm, maintaining mental tranquillity, and more. Divided into a series of distinct steps that will lead spiritual seekers of all faiths toward enlightenment, this accessible audio book is a constant and daily companion in the quest to practice morality, meditation, and wisdom.

How to Practice: The Way to a Meaningful Life: Amazon.co ...

It's a practical guide which has exercises at the end of each chapter and it can lead a person to a meaningful life. But I found it difficult to

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understand and follow the book. To follow the book it requires a very high degree of dedication. But if one can follow then he will be very close to Buddhism and can become a true human.

How To Practise: The Way to a Meaningful Life: Amazon.co ...

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How To Practice: The Way to a Meaningful Life by His Holiness the Dalai Lama - His Holiness gives advice and explanations about how to develop a more meaningful life and move toward enlightenment in this informative but complex book. Of course he covers compassion and holding the happiness and welfare others before oneself.

How to Practice: The Way to a Meaningful Life by Dalai ...

How to Practice: The Way to a Meaningful life opens with a comparison between what most consider the two paths for finding happiness: through focusing on external gain like professional and financial success, and through mental development. Those familiar with Buddhism will know in advance that the 14th Dalai Lama will always advocate for the later while quickly dismissing the former.

How to Practice: the way to a meaningful life Review

SUMMARY FORDAILYPRACTICE 1. Notice your attachments to food, clothes, and shelter, and adapt monastic practices of contentment to a layperson's life. Be satisfied with adequate food, clothing, and shelter. Use the additional free time for meditation so that you can overcome more problems.

How To Practice: The Way to a Meaningful Life | Dalai Lama ...

practice the way to a meaningful life by his holiness the dalai lama his holiness gives advice and explanations about how to develop a more meaningful life and move toward enlightenment in this informative but complex book of course he covers compassion and holding the happiness and welfare

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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. This accessible book will guide you toward opening your heart, refraining from doing harm, and maintaining mental tranquility as the Dalai Lama shows you how to overcome everyday obstacles, from feelings of anger and mistrust to jealousy, insecurity, and counterproductive thinking.

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