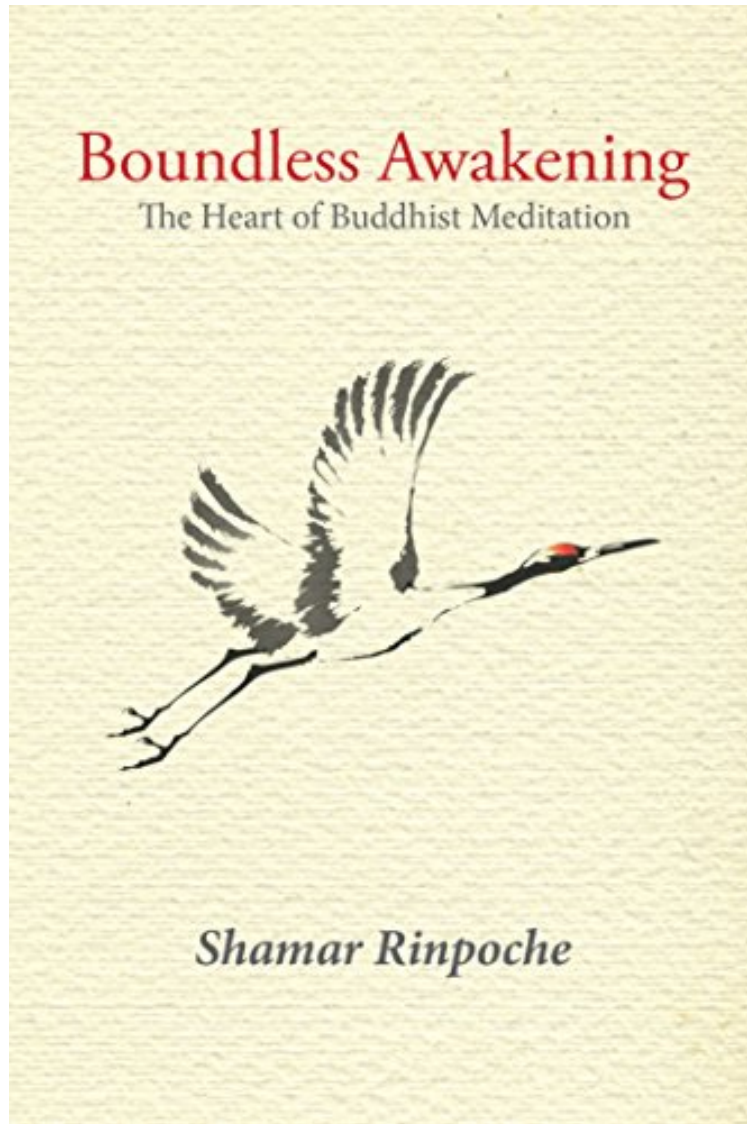


[Mobile ebook] Boundless Awakening: The Heart of Buddhist Meditation (English Edition)

Boundless Awakening: The Heart of Buddhist Meditation (English Edition)

Von Shamar Rinpoche
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Von Shamar Rinpoche : Boundless Awakening: The Heart of Buddhist Meditation (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Boundless Awakening: The Heart of Buddhist Meditation (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. heart of my teacherVon -KundeSuch a profound teaching, never got a higher oneHis Holiness Sharmapa Rinpoche Shows His

Kurzbeschreibung Boundless Awakening is a pocket-sized book on meditation. The book is excellent for people interested in meditation, both beginners and advanced. A primary benefit experienced by the practitioner of meditation is the immediate improvement in the conditions of daily life. The practice of meditation leads to a mind that is more peaceful, more tranquil and more at ease. Because the mind is more relaxed, events that usually disturb us seem to take on less importance, and we stop taking them in such a serious way. Likewise, through meditation the mind gradually learns to be independent of external conditions and circumstances. This mind that is unaffected by outer conditions is then able to discover its own stability and tranquility. A stable mind, one that is not disturbed, leads to the experience of less suffering in our lives.

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ber den Autor und weitere Mitwirkende Shamar Rinpoche is the 14th Shamarpa. Born in 1952 in Tibet, Shamar Rinpoche was recognized by the 16th Gyalwa Karmapa in 1957, and by the 14th Dalai Lama. In 1996, he started to organize Bodhi Path Buddhist Centers, a network of centers covering many continents, which practice a non-sectarian approach to meditation. In addition, over the years, Shamar Rinpoche has founded several non-profit organizations worldwide engaged in charitable activities such as schooling underprivileged children and promoting animal rights. In a prior book addressing meditation, *The Path to Awakening* (2009), Shamar Rinpoche insightfully elucidates Chekawa Yeshe Dorje's Seven Points of Mind Training as both a guide to living a fulfilling life as a Buddhist and a comprehensive manual of meditation techniques.