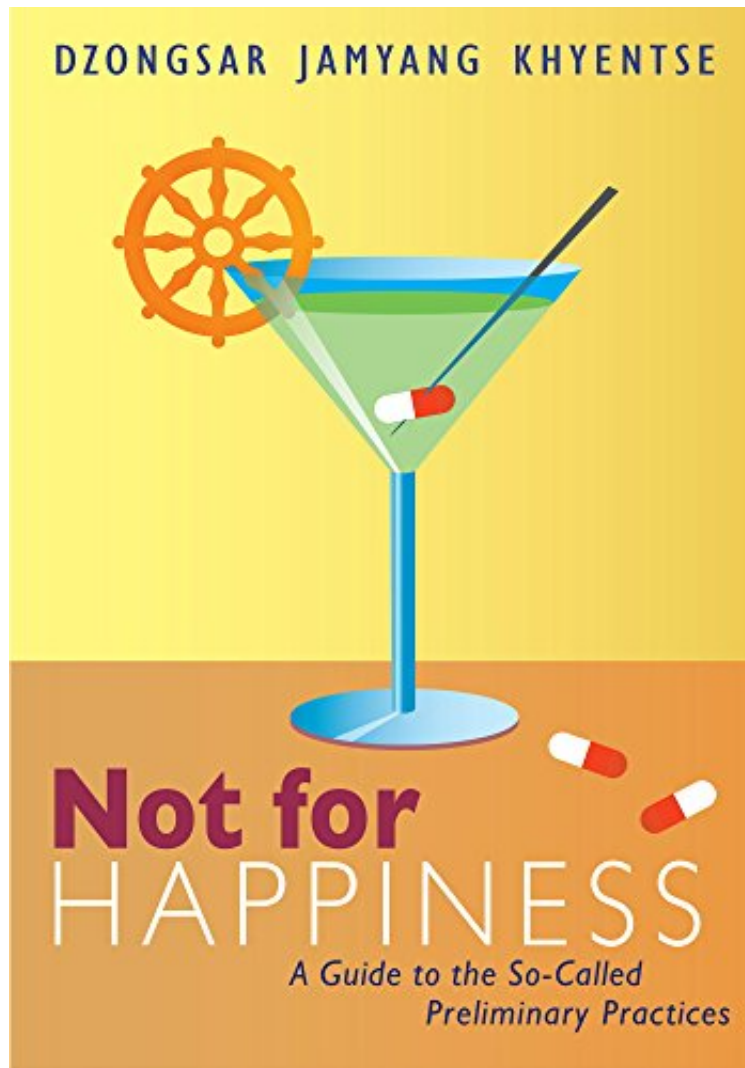


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Not for Happiness: A Guide to the So-Called Preliminary Practices

Von Dzongsar Jamyang Khyentse
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necessary, read the book and see it for yourself. I recommend the first book of DJK as well.

KurzbeschreibungDo you practise meditation because you want to feel good? Or to help you relax and be "happy"? Then frankly, according to Dzongsar Jamyang Khyentse, you are far better off having a full-body massage than trying to practise the Dharma. Genuine spiritual practice, not least the Ngndro preliminaries, will not bring the kind of comfort and ease most worldly people crave. Quite the opposite, in fact. But if your ultimate goal is enlightenment, Ngndro practice is a must, and Not for Happiness your perfect guide, as it contains everything an aspiring practitioner needs to get started, including advice about: developing "renunciation mind" discipline, meditation and wisdom using your imagination in visualization practice why you need a guruPressestimmenStudents Reactions to Not for Happiness: Having a map of the path that shows where each practice is headed helps me to see what each stage is preparing me for. Even the chapters that at first didnt seem relevant to my current practice contained such great gems of teaching that they turned out to be extremely relevant and very helpful.Catherine Fordham To me, this book is like the worlds best kind of GPS! I feel that by following its guidance, even though I am not a skilful driver, I will have the confidence to drive through my Ngndro practiceand may even end up feeling quite good about it!Helena WangKurzbeschreibungDo you practise meditation because you want to feel good? Or to help you relax and be "happy"? Then frankly, according to Dzongsar Jamyang Khyentse, you are far better off having a full-body massage than trying to practise the Dharma. Genuine spiritual practice, not least the Ngndro preliminaries, will not bring the kind of comfort and ease most worldly people crave. Quite the opposite, in fact. But if your ultimate goal is enlightenment, Ngndro practice is a must, and Not for Happiness your perfect guide, as it contains everything an aspiring practitioner needs to get started, including advice about: developing "renunciation mind" discipline, meditation and wisdom using your imagination in visualization practice why you need a guru