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The Heart of the Dharma: Mind Training for Beginners

Khenchen Thrangu Rinpoche

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The Heart of the Dharma: Mind Training for Beginners Khenchen Thrangu Rinpoche
In this book, Khenchen Thrangu Rinpoche explains clearly and simply how to use the practice of mind training and tonglen meditation to transform our habitual selfishness into the compassionate altruism necessary to bring happiness to ourselves and others.

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