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For this reason, the core teachings of Buddhism have always emphasized various forms of mind training. In Transforming the Mind, based on an edited series of his

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Lama provides a
succinct overview of
the basic techniques
of spiritual
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Tibetan Buddhism.
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create with our
attachments.

Whether you are
Buddhist, or not, the
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wisdom teachings in
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religion -- all humans
with a mind would
benefit from reading
this book.

~~Transforming the
Mind: Bstan 'dzin~~

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The Dalai Lama has a wonderfully peaceful way of sharing this wisdom and reminding us how we can free ourselves from the suffering we create with our attachments.

Whether you are Buddhist, or not, the information and

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and compares different Buddhist teachings. He explains the eight verses on transforming the mind in a reasonable and succinct fashion. While, I stated this seemed clear to me, I must also state there were sections over my head and that I will need to reread,

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The Transformed Mind is a collection of talks he gave at a Tibetan Buddhist centre in Delhi during the 1990s. The history of Tibetan Buddhism is covered in a useful Introduction by Lama Thubten Zopa Rinpoche; in the transcribed talks the

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Lama explores
many of its te The
Dalai Lama is one of
the best-known
religious leaders in
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For those who admire
the spiritual ideals of
the Eight verses on

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Mind it is helpful to recite the following verses for generating the mind for enlightenment.

Practicing Buddhists should recite the verses and reflect upon the meaning of the words, while trying to enhance their altruism and compassion.

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~~Generating the Mind
for Enlightenment |~~

~~The 14th Dalai Lama~~
Generating the Mind
for Enlightenment.

The first three verses
from the Eight Verses
of Training the Mind
along with the
commentary by His
Holiness the Dalai
Lama were given on 8
November 1998 in

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Washington D.C. The
remaining five verses
are extracted from
the book

Transforming the
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His Holiness the Dalai
Lama teaches on
transforming the
mind on his first day~~

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Lama
in Japan. Share.
Yokohoma, Japan, 4
November 2012 - On
the first day of his
first visit to Japan in
2012, His Holiness
enjoyed a few brief
audiences, then took
a brief drive to the
Pacifico Yokohama
Exhibition Hall, in
Yokohama, to deliver
a talk on Geshe
Langri ' s " Eight

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Verses on
Transforming the
Mind ” before more
than 6000 people.

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Lama teaches on
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Training the Mind
Training the Mind:
Verse 1 Training the
Mind: Verse 2
Training the Mind:
Verse 3 Training the

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Verse 5 & 6 Training
the Mind: Verse 7
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Verse 8 Generating
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Enlightenment
Words of Truth
Introduction to the
Kalachakra

~~Training the Mind:
Verse 7 | The 14th~~

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The Seventh Dalai
Lama wrote
extensive
commentaries on the
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thousand mystical
poems and prayers.
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One of my favourite
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CE) Eight Verses for

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and HHDL's own
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This book is based upon a series of lectures given by H.H. the Dalai Lama in London in 1999. The theme of the book is

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the attainment of
human happiness
through self-
understanding,
introspection and, as
the title states,
"Transforming the
Mind."

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2009 by The Dalai
Lama His Holiness
(Author)

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The Dalai Lama is at
his best when he

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talks about
transforming
ourselves through
altruism, and the
importance of
following a spiritual
teaching because of
one's own personal
investigation and
analysis rather than
simply following
because a person is
famous (blind faith).

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book by Dalai Lama
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Based on a seminar
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Eight Verses of
Transforming the
Mind, a short work by
Langri Thangpa, an...

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the Mind: Teachings
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Transforming the
Mind: Teachings on
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Hardcover. – 4 Sep
2000. by His Holiness
the Dalai Lama
(Author) 3.9 out of 5
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Teachings of the
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"Eight Verses on
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Mind" by eleventh-
century meditator
Lang : Thangpa.

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of teaching in
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This book is an edited version of the Dalai Lama's discourse on one of the most profound and sacred texts in the Tibetan Buddhist tradition. The Eight Verses on Generating Compassion are known in Tibetan as lojong - literally, transforming your mind.

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