

Awakening The Mind Lightening The Heart

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Awakening The Mind Lightening The

Reviewed in the United States on November 3, 2002 The title of this book, 'Awakening the Mind, Lightening the Heart' is, in essence, the core topic of this book. This book is entirely dedicated on teaching us how to awaken our minds and lighten our hearts. His Holiness's eloquence and understanding of compassion are great and vast as an ocean.

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Awakening the Mind, Lightening the Heart by His Holiness ...

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The Dalai Lama won the Nobel Peace Prize in 1989 and is the author of two memoirs and several books on Buddhism. 'Awakening the Mind, Lightening the Heart' is the second volume in the Library of Tibet series, which was founded in order to preserve and disseminate the cultural heritage of Tibet. The volumes of the Library will cover Tibetan history and culture, from meditation practices to social history.

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The title of this book, 'Awakening the Mind, Lightening the Heart' is, in essence, the core topic of this book. This book is entirely dedicated on teaching us how to awaken our minds and lighten our hearts. His Holiness's eloquence and understanding of compassion are great and vast as an ocean. I realized this while reading the book.

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