



Awakening the Mind: Basic Buddhist Meditations

By Geshe Namgyal Wangchen

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The profoundly effective methods of meditation presented in *Awakening the Mind* have helped people overcome their problems for centuries. Based on the teachings of the Tibetan saint Tsong Khapa, these techniques help replace depression, anger, and other forms of mental pain with tranquility, compassion, and wisdom.

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Editorial Review

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One of the classic Buddhist methods of meditation involves the gradual path to enlightenment. Following this path, the student passes from an awareness of the impermanence of all things (the initial level) to the knowledge of the suffering of cyclic existence (medium level) to the development of the mind of enlightenment. When practiced properly, Tibetan Buddhist meditation can reproduce this journey to enlightenment in the soul of the practitioner. To that end, Wangchen, a noted Tibetan Buddhist meditation teacher, offers this little handbook of meditation practices and principles. Most valuable to large libraries interested in building an exhaustive collection in Tibetan Buddhism.

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