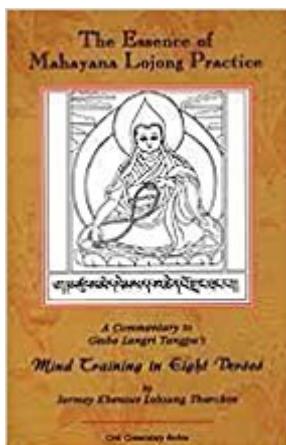


The book was found

The Essence Of Mahayana Lojong Practice: An Oral Commentary To Geshe Langri Tangpa's Mind Training In Eight Verses



Synopsis

An oral commentary to Geshe Langri Tangpa's poem Mind Training in Eight Verses. Lojong, or Mind Training, is a form of Mahayana Buddhist practice common to both the Sutra and Tantra traditions. Its principal aim is to develop and strengthen Bodhichitta, the wish to achieve enlightenment in order to help all living beings. The concise presentation of this teaching makes it the ideal companion for your briefcase or pocketbook, or your daily contemplations. The humorous and warm-hearted oral commentary by Abbot Emeritus of Sera Mey Monastery Khensur Rinpoche Lobsang Tharchin, makes the meaning of the verses come alive to the modern mind.

Book Information

Paperback: 113 pages

Publisher: Mahayana Sutra & Tantra Pr; illustrated edition edition (November 1997)

Language: English

ISBN-10: 0918753155

ISBN-13: 978-0918753151

Product Dimensions: 0.5 x 4.8 x 7 inches

Shipping Weight: 4 ounces

Average Customer Review: 5.0 out of 5 starsÂ [See all reviewsÂ](#) (1 customer review)

Best Sellers Rank: #1,242,563 in Books (See Top 100 in Books) #83 inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Mahayana #242315 inÂ Books > Religion & Spirituality

Customer Reviews

My favorite book on Tibetan Buddhism. Not much philosophy, it is more focused on how to change your mind into something more positive.

[Download to continue reading...](#)

The Essence of Mahayana Lojong Practice: An Oral Commentary to Geshe Langri Tangpa's Mind Training in Eight Verses The Great Path of Awakening: A Commentary on the Mahayana Teaching of the Seven Points of Mind Training Dog Training: A Step-by-Step Guide to Leash Training, Crate Training, Potty Training, Obedience and Behavior Training The Great Path of Awakening: The Classic Guide to Lojong, a Tibetan Buddhist Practice for Cultivating the Heart of Compassion (Shambhala Classics) The Collected Works of Chogyam Trungpa, Volume 2: The Path Is the Goal - Training the Mind - Glimpses of Abhidharma - Glimpses of Shunyata - Glimpses of Mahayana -

Selected Writings Community Oral Health Practice for the Dental Hygienist, 3e (Geurink, Community Oral Health Practice) The Secrets of Chinese Meditation: Self-Cultivation by Mind Control As Taught in the Ch'An, Mahayana and Taoist Schools in China Metamagical Themes: Questing For The Essence Of Mind And Pattern Oral Pathology for the Dental Hygienist, 6e (ORAL PATHOLOGY FOR THE DENTAL HYGIENIST (IBSEN)) Exercises in Oral Radiography Techniques: A Laboratory Manual for Essentials of Dental Radiography (3rd Edition) (Thomson, Exercises in Oral Radiography Techniques) Essentials of Oral Histology and Embryology: A Clinical Approach, 4e (Avery, Essentials of Oral Histology and Embryology) Oral and Maxillofacial Pain, An Issue of Oral and Maxillofacial Surgery Clinics of North America, 1e (The Clinics: Surgery) Pediatric Oral and Maxillofacial Pathology, An Issue of Oral and Maxillofacial Surgery Clinics of North America, 1e (The Clinics: Surgery) Master Dentistry: Volume 1: Oral and Maxillofacial Surgery, Radiology, Pathology and Oral Medicine, 3e Oral Diagnosis, Oral Medicine and Treatment Planning Cawson's Essentials of Oral Pathology and Oral Medicine, 8e Those Pullman Blues: An Oral History of the African-American Railroad Attendant (Twayne's Oral History Series) Using Oral History in Community History Projects (Practices in Oral History) Sticking to the Union: An Oral History of the Life and Times of Julia Ruuttila (Palgrave Studies in Oral History) What I'd Teach Your Horse: Training & Re-Training the Basics (Horse Training How-To) (Volume 8)

[Dmca](#)