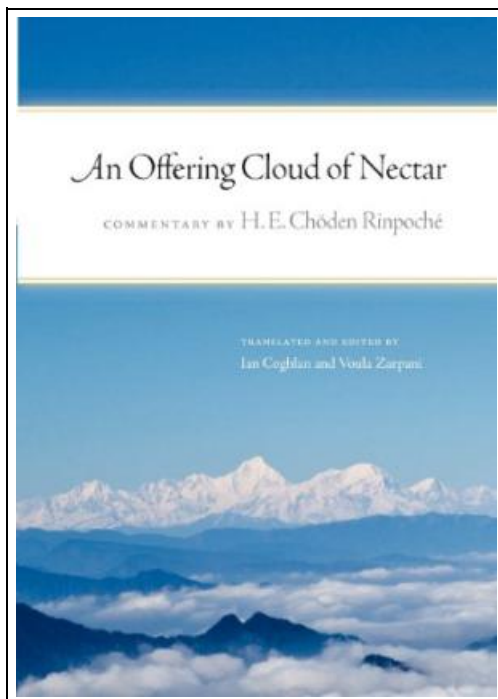


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Awakening Vajra Publications. Paperback. Book Condition: New. Paperback. 214 pages. Dimensions: 8.3in. x 5.8in. x 0.5in. In this book Chden Rinpoche explains various topics related to mind training based on well-known Tibetan commentaries including: the Eight Verses of Mind Training by Gesh Langri Thangpa, Freedom from the Four Types of Clinging by Jetsun Drakpa Gyaltzen, the Three Principal Aspects of the Path by J Tsongkhapa, and Extracting the Essence by the Second Dalai Lama, Gendun Gyatso. He completes his presentation with a detailed explanation of the practice of giving and taking (tonglen) based on his own personal experience. His Eminence Chden Rinpoche is a renowned yogi, scholar, and teacher of Tibetan Buddhism. He was born in 1931 in far eastern Tibet to a devout family renowned for their contemplative practice. Early in his life he was recognized as the reincarnation of Chden Rinpoche, a revered master of Tibetan Buddhism. Then following the advice of Pabongkha Rinpoche, he joined Sera J monastery at the age of 15, completing his studies at the age of 28. Despite being urged by Trijang Rinpoche to sit his final exams quickly, he followed the advice of his main teacher, the abbot of Sera J, to continue his studies. But soon after the Tibetan uprising against the Chinese occupation of Tibet disrupted his studies and he entered retreat in a small and secluded room in Lhasa for more than nineteen years. In 1985 Rinpoche arrived to India and following the advice of the Dalai Lama, he commenced teaching at Sera Monastery and then to audiences around the world. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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