

***Everyday Dharma Seven Weeks To Finding The Buddha In You***  
***Lama Willa Miller***

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### **Everyday Dharma Seven Weeks To**

This book is really a practical and well-written daily manual. The teachings you can use in everyday life. My wife and I have read a number of books on Awareness and we like this one the best. Highly recommended. Everyday Dharma: Seven Weeks to Finding the Buddha in You Michael McAuliffe, MD

### **Everyday Dharma: Seven Weeks to Finding the Buddha in You ...**

Everyday Dharma: Seven Weeks to Finding the Buddha in You. In Everyday Dharma, Willa Miller, an authorized lama in the Tibetan Buddhist Tradition, reworks ancient Buddhist techniques and adapts them for western readers seeking personal transformation. Becoming a Buddha, Lama Miller explains, means observing the mind and actions and then doing...

### **Everyday Dharma: Seven Weeks to Finding the Buddha in You**

Everyday Dharma - Week 7 - Grow Your Assets, Part 2 March 13, 2019 This is the last week of teachings and tips from the book Everyday Dharma: Seven Weeks to Finding the Buddha in You , by Lama Willa Miller.

### **Everyday Dharma - Week 7 - Grow Your Assets, Part 2 ...**

For the next 7 weeks this blog will include teachings and tips from the book Everyday Dharma: Seven Weeks to Finding the Buddha in You, by Lama Willa Miller. Everyday Dharma is designed to be akin to a spiritual manual. We invite you to read along with us over the next seven weeks.

### **Everyday Dharma Week One - Know Your Potential - Lama ...**

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heart. We sharpen our inner senses through meditation and contemplation. Everyday dharma, therefore, is a path of outer and inner tasting. It is both an empirical path and an intuitive path. Dharma is a path of inner and outer experience.

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