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Transform Your Life: A Blissful Journey (2nd Revised edition)

By Kelsang Gyatso

Tharpa Publications. Paperback. Book Condition: new. BRAND NEW, Transform Your Life: A Blissful Journey (2nd Revised edition), Kelsang Gyatso, * What is the real meaning of human life? * How to find the source of happiness. * The actual methods to solve our daily problems. * How to accomplish our ultimate goal. ,When things go wrong in our life, and we encounter difficult situations, we tend to regard the situation itself as our problem, but in reality whatever problems we experience come from the side of the mind. If we were to respond to difficult situations with a positive or peaceful mind they would not be problems for us; indeed, we may even come to regard them as challenges or opportunities for growth and development. Problems arise only if we respond to difficulties with a negative state of mind. Therefore, if we want to transform our life and be free from problems, we must transform our mind., - Geshe Kelsang Gyatso.



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