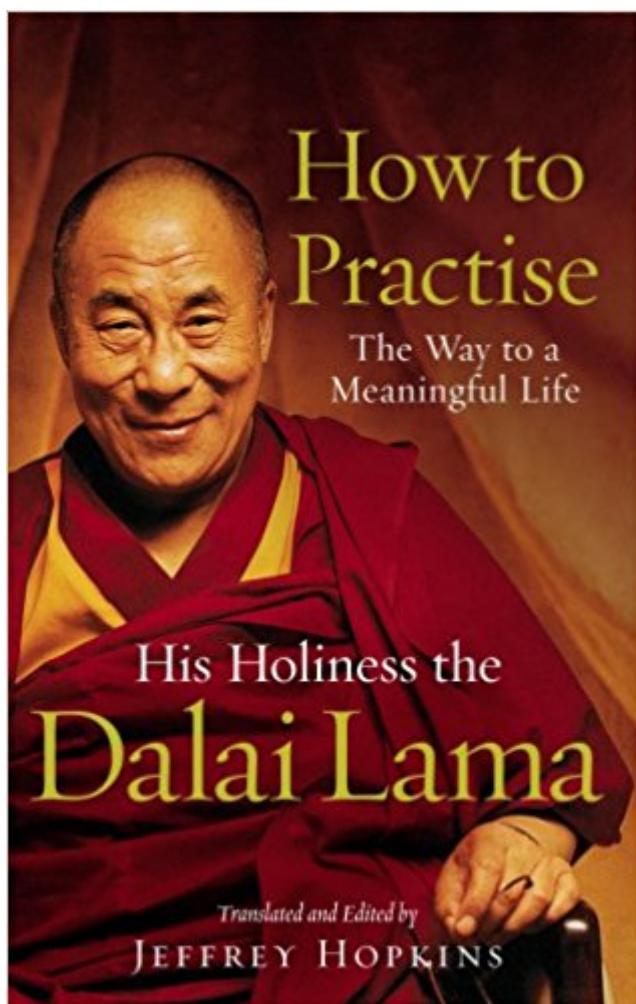


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# How To Practise: The Way To A Meaningful Life



## **Synopsis**

How To Practise is a major inspirational work, by one of the world's greatest spiritual teachers. It is broken down into the basic steps to enlightenment: how to practice morality, how to practice meditation, and how to practise wisdom, whilst simultaneously delving deeper into His Holiness' more general Buddhist teachings, his spirit, wisdom and sense of humour. The book, meant to be used as part of daily practice, is easy to understand and filled with anecdotes. It includes guidance on peace of mind, generosity, compassion, and much more besides. Beautifully packaged, this is the ultimate gift from the Dalai Lama, and a wonderful gift to give to anyone interested in having a richer, more fulfilled life.

## **Book Information**

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## **Customer Reviews**

"an inspirational primer on living a meaningful life" Publishing News "The Dalai Lama is the most influential person in the world" Time magazine "A symbol of serenity, a spiritual leader second only to the Pope" Independent "He draws crowds that no other spiritual leader or politician could hope to match...he seems to look at life in a different way to everyone else" The Times

His Holiness the Dalai Lama is the spiritual leader of Tibet. Today, he lives in exile in Northern India and works tirelessly on behalf of the Tibetan people, as well as travelling the world to give spiritual teachings to sell-out audiences. He was awarded the Nobel Peace Prize in 1989.

Everyone should read this.

If you have ever wondered how to actually practice buddism as a lay person who lives in a first world country with a western lifestyle etc. then read this book.

Just like the title, "How to Practice" is a gift to humankind to illuminate the right way to act. The goal of being human is to realize the potential within, which is a permanent state of happiness and peace. To achieve this, the beginner cultivates kindness and harmony for all beings. The Dalai Lama also describes the methods for training and controlling the mind. There is also a brief description of "The Middle Way", which is the way of renunciation, the real way to escape the Wheel of Samsara or suffering. It is the way to liberation. The Middle Way is not possible without practicing "Deity Yoga", which is mentioned towards the end of the book. "Deity Yoga" or the highest form of tantra, is not for everyone, as the practice is exceeding difficult and demanding on the practitioner. For those who are interested, the Middle Way, including the highest form of tantra is described in detail in Samael Aun Weor's books....

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