

The Mirror Of Mindfulness Updated Edition The Cycle Of The Four Bardos

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The Mirror Of Mindfulness Updated
ISBN: 9627341657 - the mirror of mindfulness. Book information and reviews for ISBN:9627341657.The Mirror Of Mindfulness, Updated Edition: The Cycle Of The Four Bardos by Tsele Natsok Rangdrol. Mirror of mindfulness: the cycle of the four Mirror of Mindfulness: The Cycle of the Four Bardos: Amazon.it: Tsele Natsok Rangdrol, Erik Pema Kunsang: Libri in altre lingue

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In The Mirror of Mindfulness, seventeenth-century master Tsele Natsok Rangdröl teaches that there is an identical essence intrinsic to the heart, mind, and spirit in every human being. The realization of this essential oneness in humanity, he said, makes any man or woman a Buddha.

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Having taught in schools for 20 years, I initially introduced mindfulness to teachers and pupils using my training from the Mindfulness in Schools Project and TeenYoga. My recently completed two years of post-graduate studies with The University of Exeter Clinical Psychology Department has enabled me to expand my work to adult populations impacted by anxiety, depression, stress and other ...

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