

Transform Your Life A Blissful Journey

Henry Epps

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Transform Your Life Geshe Kelsang Gyatso,2007-08 This practical guide clearly explains the fundamentals of Buddhist view and step by step instructions on how to experience more love in our heart and our life to benefit ourself and others Buddhist principles are explained such as how to attain inner peace what is the mind what happens at the time of our death and karma Readers can learn simple methods to transform their minds and lives through an exploration of the real meaning of their human life how to find the source of happiness and the actual methods to solve our daily problems **Transform Your Life** Kelsang Gyatso,2015-10-25 Profound but practical advice for transforming your mind your activities your relationships and your life *How to Transform Your Life* Geshe Kelsang Gyatso,2017-08-01 A practical manual for daily life that shows how we can develop and maintain inner peace how we can reduce and stop our experience of problems and how we can bring about positive changes in our lives that will enable us to experience deep and lasting happiness This is a significantly revised edition of one of Geshe Kelsang Gyatso s most popular and accessible books How to Transform Your Life forms the basis of hundreds of popular drop in meditation classes and courses around the world If you want the opportunity to study or find out more about the practices presented in this book visit your nearest Kadampa Meditation Center or branch

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