
SERENIDAD MENTAL, LA PRÁCTICA TIBETANA DE MEDITACIÓN SHINÉ

Mental Serenity, The Tibetan Practice of Shine Meditation

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In this text the author offers us a brief, accessible guide to the main features of this practice. He does not fail to warn us of the dangers of our excessively busy, distracted daily lives and the unreasonable expectations with which we set out on new ventures. According to Tritul Rimpoche, to find solutions to the problems of our daily lives, we must dig deep into ourselves with the help of the advice of Buddha on how to train, mature and awaken our minds. Publishing rights available from **Company:** EDICIONES DHARMA, S.L.

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