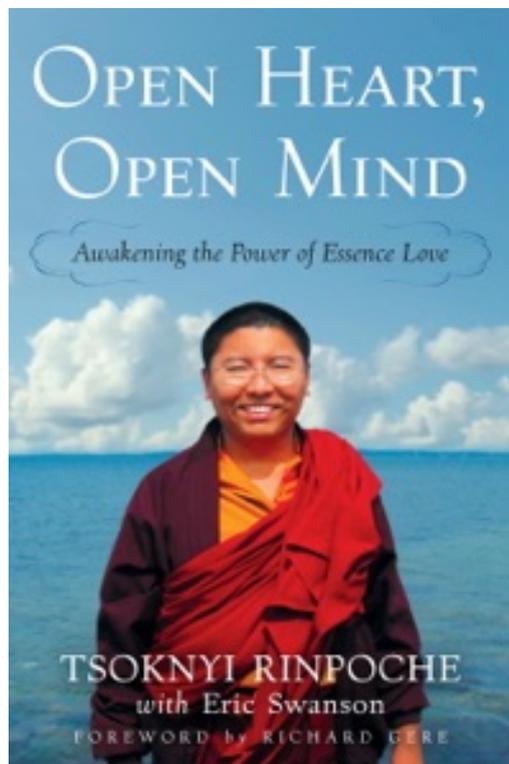


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# Download Open Heart, Open Mind Free EBook PDF/ePub/Mobi - Tsoknyi Rinpoche

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**Download or Read Online Open Heart, Open Mind Tsoknyi Rinpoche Free eBook PDF/ePub/Mobi/Mp3/Txt,** In Open Heart, Open Mind, Tsoknyi Rinpoche—one of the most beloved of the contemporary generation of Tibetan Buddhist meditation masters—explains that a life free of fear, pain, insecurity, and doubt is not only possible, it's our birthright. We long for peace, for the ability to love and be loved openly and freely, and for the confidence and clarity to meet the various challenges we face in our daily lives.

Within each of us resides a spark of unparalleled brilliance, an unlimited capacity for warmth, openness, and courage, which Rinpoche identifies as “essence love.” Timeless and imperishable, essence love is often layered over by patterns of behavior and belief that urge us to seek happiness in conditions or situations that never quite live up to their promise.

Drawing on rarely discussed teachings of Tibetan Buddhism, Rinpoche describes how such patterns evolve and offers a series of meditation exercises to help us unravel them and, in the process, reawaken an energy and exuberance that can not only bring lasting fulfillment to our lives but ultimately serve to enliven and inspire the entire world, as well.

With great humor, intelligence, and candor, Tsoknyi Rinpoche also details his own struggles to reconnect with essence love. Identified at an early age as the incarnation of a renowned Tibetan master and subjected to a rigorous monastic training, he ultimately renounced his vows, married, and is now the father of two daughters.

As he recounts his own efforts to strike a balance between the promptings of his heart and an obligation to preserve and protect the teachings of Tibetan Buddhism, Rinpoche provides a bridge between ancient wisdom and modern life, and encourages each of us to rediscover the openness, fearlessness, and love that is the essence of our own life.

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