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How to Practice will guide you toward opening your heart, refraining from doing harm, maintaining mental tranquillity, and more. Divided into a series of distinct steps that will lead spiritual seekers of all faiths toward enlightenment, this accessible audio book is a constant and daily companion in the quest to practice morality, meditation, and wisdom.

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How to Practice: The Way to a Meaningful life opens with a comparison between what most consider the two paths for finding happiness: through focusing on external gain like professional and financial success, and through mental development. Those familiar with Buddhism will know in advance that the 14th Dalai Lama will always advocate for the later while quickly dismissing the former.

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How to Practice: the way to a meaningful life Review
SUMMARY FORDAILYPRACTICE 1. Notice your attachments to food, clothes, and shelter, and adapt monastic practices of contentment to a layperson ' s life. Be satisfied with adequate food, clothing, and shelter. Use the additional free time for meditation so that you can overcome more problems.

How To Practice: The Way to a Meaningful Life | Dalai Lama

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How To Practice The Way To A Meaningful Life [PDF]

Divided into a series of distinct steps that will lead spiritual seekers toward enlightenment, How to Practice is a constant companion in the quest to practice morality, meditation, and wisdom. This accessible book will guide you toward opening your heart, refraining from doing harm, and maintaining mental tranquility as the Dalai Lama shows you how to overcome everyday obstacles, from feelings of anger and mistrust to jealousy, insecurity, and counterproductive thinking.

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