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Open Heart Mind A Guide

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Amazon.com: Open Heart, Open Mind: A Guide to Inner ...

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.

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This accessible guide to the basics of Tibetan Buddhism "will help many on the open path of meditation and in dealing with challenges of everyday life" (Thich Nhat Hanh) An open heart is the dwelling place of compassion that extends toward all beings; a clear mind is the source of the penetrating wisdom of deep insight.

Open Heart, Clear Mind on Apple Books

Open-mindedness is a mental quality, associated with being impartial and receptive to new ideas. The heart and mind do like to work together. So a closed heart links to a closed mind and an open heart (OH) links to an open mind (OM). Let's explore this heart-mind connection further.

Open Heart, Open Mind | HuffPost

The open heart is tender, warm, and flowing. Together, these attributes allow us to feel deeply and to act wisely. Even when acting means doing nothing. Perhaps compassion, in the fullest sense, is the delicate balancing of a quiet mind and an open heart.

Quiet Mind, Open Heart - The Art of Living Retreat Center

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.

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