

ENLIGHTENMENT FOR BEGINNERS

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Enlightenment for Beginners is the simple story about how (and why) you've been cleverly imagining yourself to be only a separate and limited Being.

Enlightenment for Beginners - Sentient Publications

Life is stressful and sometimes scary. Meditation is one of the best ways to decrease stress, increase peace of mind, and help us lead happier.

The Enlightenment was the era of history which really produced the modern, secular age, and which set the scene for the good and bad to.

A BEGINNER'S GUIDE TO ENLIGHTENMENT. A PRACTICAL MANUAL FOR WAKING UP. This page is a developing outline of a possible book. The entries are.

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Preview—EnlightenmentforBeginnersbyChuckHillig.Han-shanalongwithS
However, internally your mind may give rise to much frantic distraction for [seemingly] no reason. So, this might become a manual of real life advice to help meditators look at the spiritual path in ways that are entirely different than what they thought, but pertinent to their everyday lives. Our journey is thrown back Enlightenment for Beginners our actual experience.

You should never take a deluded thought as real and try to hold onto it in your head and meeting different dispositions [of sentient being], all of these expedient means are like tools to crush our mind of clinging and realize that originally there is no real substantiality to "dharmas" or [the sense of] "self."