



The Essence of Mahayana Lojong Practice: An Oral Commentary to Geshe Langri Tangpa's Mind Training in Eight Verses

By Sermey Geshe Lobsang Tharchin

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An oral commentary to Geshe Langri Tangpa's poem Mind Training in Eight Verses. Lojong, or Mind Training, is a form of Mahayana Buddhist practice common to both the Sutra and Tantra traditions. Its principal aim is to develop and strengthen Bodhichitta, the wish to achieve enlightenment in order to help all living beings. The concise presentation of this teaching makes it the ideal companion for your briefcase or pocketbook, or your daily contemplations. The humorous and warm-hearted oral commentary by Abbot Emeritus of Sera Mey Monastery Khensur Rinpoche Lobsang Tharchin, makes the meaning of the verses come alive to the modern mind.

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