

Becoming enlightened

Dalai Lama, 1935-, author

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Abstrak

Explains the Buddha's teaching of interdependence and karma, guiding readers through a process that enables them to understand how their present actions influence their future experience. This title encourages us to broaden our outlook and achieve a profound shift in our personal values. It offers us the tools to deal with the negative emotions. Finally, he rewards us with six focal practices called the six perfections - generosity, morality, patience, effort, concentration and wisdom - to help us move forward in our journey from self-centredness to enlightenment.