
How To See Yourself As You Really Are English Edition By Dalai Lama

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3

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'notes on how to see yourself as you really are

June 6th, 2020 - notes on how to see yourself as you really are chapter 3 why understanding the truth is needed chapter 1 provided motivation for the inquiry into emptiness chapter 2 gave a narrative link between ignorance and suffering now in chapter 3 the dalai lama gives what many people might consider additional motivation'

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June 2nd, 2020 - then he goes on to tell you helpful ways of understanding yourself or how to see yourself as you really are he explains all of this from a buddhist perspective and helps to give good tips on how you can reach the proper state of mind the theme of the book was mostly based around perspective'

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May 19th, 2020 - the book how to see yourself as you really are is a bit confusing no doubt in fact there are a lot of things in it that i personally found to be vague or had a lack of clarification my personal opinion is that it should be called how to exist the way you really are and understand this existence because the title is a bit misleading'

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