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Guide To The So
Called Preliminary
Practices
Dzongsar
Jamyang
Khyentse

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Guide To The
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Dzongsar
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*Guide to the So-Called
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Khyentse WEEKLY
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Preliminary Practices
Do you practise
meditation because
you want to feel good?
Or to help you relax
and be “happy”?

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Quotes by Dzongsar
Jamyang Khyentse

If worldly happiness is not the goal of dharma, then what is it that prompts a person to want to practice?

Chances are that stepping onto a spiritual path would not even occur to a person who is rich, enjoys their life, and has a strong sense of personal security. ...

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Adapted from “Not for
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the So-Called
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WEEKLY DHARMA: Excerpts from Not For Happiness: A Guide to ...

The Beginner’s Guide
to Simple Daily
Happiness By Scott
Dinsmore “Happiness
is not something ready
made. It comes from
your own
actions.” ~Dalai Lama.

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Some days I wake up
with rocket fuel in my
veins, ready to take
the day by storm.
Happiness comes
totally natural. But on
others it can feel like I
have lead weights
strapped to my shoes.

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But if your ultimate
goal is enlightenment,
Ngöndro practice is a
must, and Not for

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Happiness your perfect
guide, as it contains
everything an aspiring
practitioner needs to
get started, including
advice about:

- developing
“renunciation mind”
- discipline, meditation
and wisdom
- using
your imagination in
visualization practice
- why you need a guru

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Quite the opposite, in fact. But if your ultimate goal is enlightenment, Ngöndro practice is a must, and Not for Happiness your perfect guide, as it contains everything an aspiring practitioner needs to get started, including advice about:

- developing "renunciation mind"
- discipline, meditation and wisdom

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**Not for Happiness :
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Not for happiness : a
guide to the so-called
preliminary practices.
[Jamyang Khyentse] --
Offers advice on how
to begin Ngöndro
practice in a quest to
achieve enlightenment,
discussing how to
develop "renunciation
mind," practice
visualization, and
meditate.

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2. Loving Kindness
Meditation For
Happiness. Loving
Kindness Meditation is
a technique in which
we visualize the giving
and receiving of
compassion. Not only
does this make you
happy, it also boosts
confidence [READ:
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9 "There will be times,

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for example, when you feel you are faking it. However hard you try genuinely to practice, it just doesn't feel right. And on the rare occasions it does feel authentic, the sensation is over almost before it began.

Not For Happiness A Guide

Taming the mind is a huge challenge and it is wonderful to have

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Dzongsar Rinpoche as
a guide. It is a real
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sissies! It is a book for
the bold ones that
have the courage to
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and be rewarded with
real happiness -
enlightenment!

The Beginner's Guide to Simple Daily Happiness

Taming the mind is a

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**Not for Happiness -
Lion's Roar**

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