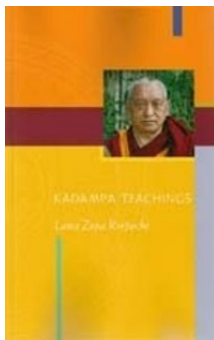


KADAMPA TEACHINGS

"The Kadampa geshe said, Look far ahead. Generate a vast mind. Don't squeeze yourself." Since your objective is to achieve enlightenment, you have to look far ahead, just as when you're traveling to somewhere very distant, you have to generate a strong determination to go there. You have to look far ahead and generate a vast mind. The third advice is don't squeeze yourself. Don't allow yourself to become stressed out, thinking, "Oh, I...



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Original Book Format	ebook
Number of Pages	288 pages
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