



Meditation on the Nature of Mind

His Holiness the Dalai Lama, Khonton Peljor Lhundrub, Jose Ignacio Cabezón

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"We all have the same human mind - each and every one of us has the same potential. Our surroundings and so forth are important, but the nature of mind itself is more important... To live a happy and joyful life, we must take care of our minds." - His Holiness the Dalai Lama

At the heart of this book is *The Wish-Fulfilling Jewel of the Oral Tradition*, an accessible and nonsectarian treatise on penetrating the nature of mind by Khonton Peljor Lhundrub, a teacher of the Fifth Dalai Lama. His Holiness the Fourteenth Dalai Lama's broad-ranging overview of this work insightfully distills some of the most central themes of Buddhism: why the mind is so essential to the tradition, what distinguishes the levels of consciousness, and how different schools of Tibetan Buddhism elaborate those distinctions. Profound and erudite, it brings the reader closer to a fresh and direct experience of Buddhism's central truths.

Along with his lucid translations, Jose Cabezón provides an introduction to the root text and presentations of the life and works of Khonton Rinpoche, all richly annotated.

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