

# Not for Happiness A Guide to the So-Called Preliminary Practices

---



## BOOK DETAILS

- Author : Dzongsar Jamyang Khyentse
- Pages : 240 Pages
- Publisher : Shambhala
- Language : English
- ISBN : 1611800307

[↓ DOWNLOAD](#)

## BOOK SYNOPSIS

Do you practise meditation because you want to feel good? Or to help you relax and be "happy"? Then frankly, according to Dzongsar Jamyang Khyentse, you are far better off having a full-body massage than trying to practise the Dharma. Genuine spiritual practice, not least the Ngöndro preliminaries, will not bring the kind of comfort and ease most worldly people crave. 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 • using your imagination in visualization practice • why you need a guru

### **NOT FOR HAPPINESS A GUIDE TO THE SO-CALLED PRELIMINARY**

**PRACTICES** - Are you looking for Ebook Not For Happiness A Guide To The So-Called Preliminary Practices? You will be glad to know that right now Not For Happiness A Guide To The So-Called Preliminary Practices is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. Not For Happiness A Guide To The So-Called Preliminary Practices may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with Not For Happiness A Guide To The So-Called Preliminary Practices and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with Not For Happiness A Guide To The So-Called Preliminary Practices. To get started finding Not For Happiness A Guide To The So-Called Preliminary Practices, you are right to find our website which has a comprehensive collection of manuals listed.