

## Not For Happiness A Guide To The So Called Preliminary Practices

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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 : a guide to the so-called preliminary practices. [Jamyang Khyentse] -- Offers advice on how to begin Ngöndro practice in a quest

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to achieve enlightenment, discussing how to develop "renunciation mind," practice visualization, and meditate. Your Web browser is not enabled for JavaScript.

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### **The Guide on Finding Happiness and 170 Happiness Quotes**

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

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