

“TRAINING THE MIND: A BRIEF GUIDE TO DHARMA PRACTICE”  
FREE E-BOOK  
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You asked for it, well, some of you did anyway. This concise PDF contains twelve chapters comprising articles and blogs on both Shamata meditation and Tonglen (mainstays of Tibetan Buddhist mind training) as well as other dharma-related topics. Here are the basics of dharma practice in a single book. Enjoy!

Michael

