



Taming the Tiger: Tibetan Teachings on Right Conduct, Mindfulness, and Universal Compassion

Akong Tulku Rinpoche

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Taming the tiger of the mind is a necessary step on the path to personal growth and self-mastery. With wit and wisdom, Akong Tulku Rinpoche teaches how to confront and subdue the ceaseless mental chatter within. True peace, he explains, may be achieved through a practical program for cultivating awareness and bringing the spiritual into everyday life. Only then may we find the sort of happiness that also brings happiness to others. The author explores the pitfalls that result from our habits of thought. He discusses such things as motivation and compassion and how one can aspire to right conduct through the practice of mindfulness.

An introductory guide to using the key concepts of Tibetan Buddhism in everyday life.

Includes a series of practical exercises by which to change our patterns of living and thinking. Practiced consistently, these can provide a basis for self-knowledge, mind therapy, and self-healing.

1967, Akong Tulku Rinpoche and Chogyam Trungpa Rinpoche (author of *Meditation in Action*) founded the Kagyu Samye Ling Tibetan Centre in Scotland, the oldest Tibetan Buddhist center in the West.

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Reading can called imagination hangout, why? Because when you are reading a book specifically book entitled Taming the Tiger: Tibetan Teachings on Right Conduct, Mindfulness, and Universal Compassion your head will drift away trough every dimension, wandering in most aspect that maybe unknown for but surely can be your mind friends. Imaging every word written in a publication then become one form conclusion and explanation this maybe you never get just before. The Taming the Tiger: Tibetan Teachings on Right Conduct, Mindfulness, and Universal Compassion giving you a different experience more than blown away your head but also giving you useful facts for your better life in this era. So now let us explain to you the relaxing pattern the following is your body and mind will probably be pleased when you are finished reading it, like winning a. Do you want to try this extraordinary paying spare time activity?

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