



Spiritual Friends: Meditations by Monks and Nuns of the International Mahayana Institute

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A collection of the favorite guided meditations of senior monks and nuns of the International Mahayana Institute of the FPMT. These meditations center on different Buddhist themes and provide a good resource for the practicing meditator. The book also includes brief spiritual autobiographies that allow the reader to trace each contributors' entry into and study of Tibetan Buddhism.

Our true spiritual friends are the positive potentials in our minds, which will never never disappoint us and never desert us. Similarly, the generous and personal meditations offered in this book help us develop these potentials and thus are true friends to whom we can always turn. Likewise, the Sangha, as the ordained followers of the Buddha upon whom the continuity of the Buddha's teachings depend, are spiritual friends who encourage us and inspire us to transform our minds.

This unique book--the first from the International Mahayana Institute--contains meditations written by eighteen nuns and monks of the IMI Sangha as well as an autobiographical essay from each in which these nuns and monks share how they came to the ordained life.

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Why? Because this Spiritual Friends: Meditations by Monks and Nuns of the International Mahayana Institute is an unordinary book that the inside of the book waiting for you to snap the item but latter it will distress you with the secret that inside. Reading this book beside it was fantastic author who else write the book in such awesome way makes the content inside of easier to understand, entertaining means but still convey the meaning completely. So , it is good for you because of not hesitating having this ever again or you going to regret it. This book will give you a lot of gains than the other book get such as help improving your talent and your critical thinking way. So , still want to delay having that book? If I ended up you I will go to the book store hurriedly.

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