



Becoming a Child of the Buddhas: A Simple Clarification of the Root Verses of Seven Point Mind Training

Gomo Tulku, Joan Nicell

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This book contains a fresh translation of one of the best known and most widely studied Buddhist texts, *Seven Point Mind Training*. In addition to the root verses, readers will find an explanatory commentary by a beloved contemporary Tibetan master, Gomo Tulku. He provides a detailed description of how to train your mind and develop mental qualities which will help bring peace of mind in any circumstance.



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