



Everyday Consciousness And Primordial Awareness

Khenchen Thrangu

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This introduction to Buddhist psychology supplies essential instructions for successful meditation practice. Rinpoche presents meditation practices that can powerfully influence and ultimately transform the mind into the purified mind of a Buddha. He clearly describes how consciousnesses operate in everyday perception and how at the time of Buddhahood, these same consciousnesses express the five primordial wisdoms of the five Buddha families.

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