

how to see yourself pdf

In How to See Yourself As You Really Are, the world's foremost Buddhist leader and recipient of the Nobel Peace Prize shows readers how to recognize and dispel misguided notions of self and embrace the world from a more realistic and loving perspective.

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Enlivened by personal anecdotes and intimate accounts of the Dalai Lama's own life experiences, How to See Yourself As You Really Are is an inspirational and empowering guide that can be read and enjoyed by anyone seeking spiritual fulfillment.

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Full of insights and very practical, this important book by the Dalai Lama shows that self-knowledge is the key to personal development and creating positive relationships. How to See Yourself As You Really Are is based on a fundamental Buddhist belief that love and insight work together to bring about enlightenment, like two wings of a bird.

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around you and start to dig deeper, know yourself better and gather information for the journey ahead of you in getting where you want to go. As you know, your Latina sisters are around you to support and anchor you, and we're all rooting for you! So go deep, ask the questions, look at the answers and learn from them.

Lesson one: KNOW YOURSELF

NOTES ON HOW TO SEE YOURSELF AS YOU REALLY ARE CHAPTER 1: LAYING THE GROUND FOR INSIGHT TO GROW This first chapter is about the importance of identifying ignorance. By "ignorance," the Dalai Lama (DL) means the conception of inherent existence, which can include cognitive, emotional and sensory components.

NOTES ON HOW TO SEE YOURSELF AS YOU REALLY ARE - Writer

Others will not be so willfully blind of these parts of your personality, so denying them will only inhibit your ability to see yourself as others see you. If others have commented about your jealousy, or intolerance, or any other trait most would like to deny, explore the possibility you are indeed those things and accept them.

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