



Awake Mind, Open Heart: The Power of Courage and Dignity in Everyday Life (Paperback)

By Cynthia Kneen

Marlowe Co, United States, 2002. Paperback. Book Condition: New. New.. 208 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.Twenty-five years ago renowned Tibetan Buddhist meditation master Chogyam Trungpa Rinpoche introduced teachings of the Shambhala warrior tradition--teachings that show how we could live as enlightened citizens and help create an advanced society based on fearlessness and non-aggression. Now Awake Mind, Open Heart makes these teachings accessible to the widest possible audience. Author Cynthia Kneen, who has conducted Shambhala Training workshops for more than twenty years, shows us how to develop personal power through direct, genuine experience and how to cultivate natural bravery, authenticity, and gentleness. Directed especially to readers new to Shambhala Buddhism, she also teaches how to develop genuine dignity by connecting to the strength and wisdom of the world as it is, and how to transform fear into fearlessness. This is an invaluable introduction to these ancient Tibetan teachings.



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