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Running with the Mind of Meditation: Lessons for Training the Body and the Mind by Sakyong Mipham Rinpoche at AbeBooks.co.uk - ISBN 10: 0307888169

Chapter viii: the training of the mind and the practice of meditation

(2) When you understand the real nature of mind, you are free from birth and death. Balls and music bid him to run mad. Sit in a quiet place and meditate in imagination that body is no more bondage to you, that it is .. Learn the lesson of forgetfulness, and forget all that troubles you, deprives you of sound sleep, and

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Running with the Mind of Meditation Lessons for Training Body and Mind He is the son of the famous Tibetan meditation teacher Chogyam Trungpa and has

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Sakyong Jamgon Mipham Rinpoche, Jampal Trinley Dradul is the head of the Shambhala Buddhist lineage and Shambhala International, a worldwide network of urban Buddhist meditation centers, retreat centers, . Running with the Mind of Meditation: Lessons for Training Body and Mind, Harmony Books, 2012, ISBN

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For me, this seems natural because running is a training of the body, and meditation is a training of the mind. Ideally, we do not have to decide

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Sheehan, Running and Being, 39. 8. S. Mipham, Running with the Mind of Meditation: Lessons for Training Body and Mind (New York: Harmony Books, 2012):

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