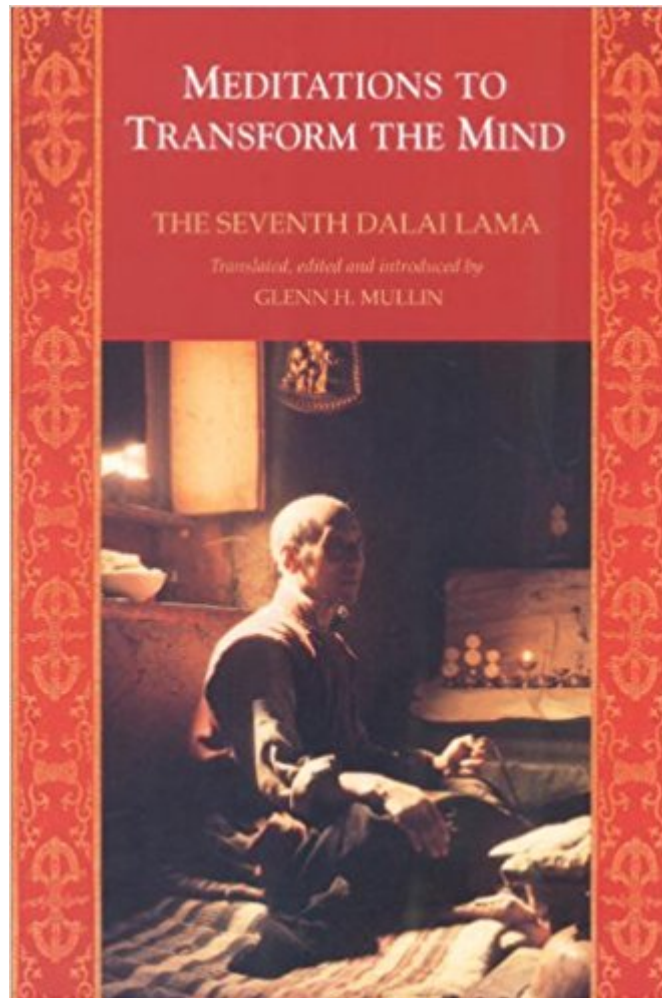




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# Meditations To Transform The Mind



## Synopsis

The Seventh Dalai Lama wrote extensive commentaries on the Tantras and over a thousand mystical poems and prayers. *Meditations to Transform the Mind* is a highly valued collection of spiritual advice for taming and developing the mind.

## Book Information

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Text: English Original Language: Tibetan

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