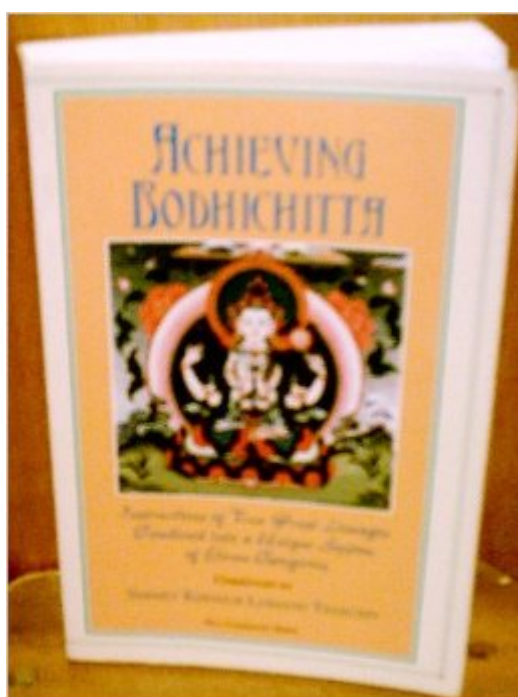


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# Achieving Bodhichitta: Instructions Of Two Great Lineages Combined Into A Unique System Of Eleven Categories (Oral Commentary Series)



## Synopsis

Achieving Bodhichitta is a compilation of oral teachings given in the 1980s by Sermei Khenpo Lobsang Tharchin on the two methods of achieving bodhichitta--the Sevenfold Instruction on Cause and Effect and Equality and Exchange Between Self and Others. These two instructions are presented according to the unique system established by Je Tsongkhapa, which combines them into an eleven-step method of practice. This book includes a concise yet thorough presentation of the instruction for achieving calm abiding (shamatha) based on the explanations found in Je Tsongkhapa's Great Exposition on the Stages of the Path to Enlightenment (Lamrim Chenmo).

## Book Information

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first off i bow before the writer ,author of this book. this is extremely detailed and it is heart felt instructions. khen rinpoche goes throu the exacting method for achieving real bodhicitta ,all i have to say is if you follow the instructions here in you will, acheive every level here in..

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