



Buddha in the Palm of Your Hand

Osel Tendzin

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
Buddha in the Palm of Your Hand

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In this provocative volume based on the author's lectures throughout the United States, Osel Tendzin presents the authentic teachings of the Buddha and the path of Buddhist meditation according to the Kagyu lineage of Tibet. Starting with the premise, traditional to this school of Buddhism, that all human beings possess the basic mind of enlightenment as their intrinsic nature, the book then outlines the stages of the path necessary to dissolve confusion and allow the brilliance of the awakened mind to shine through.

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