

Work Sex Money Real Life On The Path Of Mindfulness Chogyam Trungpa

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Work Sex Money Real Life

His profound teachings on work, sex, and money celebrate the sacredness of life and our ability to cope with its twists and turns with dignity, humor, and even joy. He begins by breaking down the barrier between the spiritual and the mundane, showing that work, sex, and money are just as much a part of our spiritual life as they are a part of our everyday existence.

Work, Sex, Money: Real Life on the Path of Mindfulness ...

Each day we deal with the challenges of ordinary life: a series of mundane experiences that could be summarized by the title of this book, Work, Sex, Money. We all hope that these aspects of our life will be a source of fulfillment and pleasure, and they often are.

Work, Sex, Money: Real Life on the Path of Mindfulness by ...

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Work, Sex, Money : Real Life on the Path of Mindfulness ...

Work, Sex, Money begins with several chapters that describe the general terrain of our discussion: problems in modern life with materialism on all levels—physical, psychological, and spiritual—and the need for formal meditation and a commitment to working with meditation in action, or applying meditative awareness to everyday life.

Work, Sex, Money: Real Life on the Path of Mindfulness ...

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Work, Sex, And Money: Real Life on the Path of ...

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