



The Mandala of Sacred Space: Setting up your practice at home (Living the Awakened Heart)

Lama Shenpen Hookham D.Phil

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Our lives are like a busy highway that mows down our tentative attempts to set aside a space for ourselves to explore in peace the true nature of our being. This book is written primarily for students of Lama Shenpen Hookham and who are working through 'Discovering the Heart of Buddhism' but will be useful for anyone wishing to set up a regular practice of meditation in the Buddhist tradition.

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