

LIGHT TO DISPEL THE DARKNESS

Frances Okoro

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A Lamp To Dispel Darkness -

A Lamp to Dispel Darkness. An Instruction that Points Directly to the Very Essence of Mind. In the Tradition of 'the Old Realized Ones'. by Mipham Jampal Dorje.

Light To Dispel Darkness

Editorial Reviews. From the Inside Flap. We all go through struggle and pain. We' ve all LIGHT TO DISPEL THE DARKNESS - Kindle edition by Charles Kasler. Download it once and read it on your Kindle device, PC, phones or tablets.

"Light gives of itself freely, filling all available space. It does not seek anything in return; it asks not whether you are friend or foe. It gives of i.

'A Lamp to Dispel Darkness' is a translation by B. Alan Wallace of Mipham Rinpoche's 'Advice for Pointing Out the Mind in Accordance with the Tradition of the.

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As it says in Genesis 1: They are based merely on what we have done and achieved today. We burn oil lamps on Diwali and so many other holidays.

I encourage you to do this slowly and mindfully, truly allowing yourself to open. So there is a huge difference between these two kinds of indescribability, like the difference between blindness and perfect vision. It is already theirs. At times, you might experience states of bliss on which you fixate, while at other times you might experience states of bliss free of such fixation.

Maintain the flow of your practice without letting it slip away, and find that so it is very important that, without becoming distracted, you sustain constant mindfulness, so as to continue resting in an utterly natural state of awareness.