

kadampa teachings - amitabha buddhist centre - awakening a kind heart by venerable sangye khadro becoming your own therapist by lama thubten yeshe compassion & wisdom by his holiness the dalai lama, tenzin gyatso essence of tibetan buddhism by lama thubten yeshe glimpse of reality by dr. alexander berzin & venerable thubten chodron how to generate bodhicitta by ribur rinpoche i wonder why by venerable thubten chodron **basic chakra meditation techniques** - the chakras can be represented by seven small yantras, this way you can get a geometrical representation of each energy center. each chakra is also represented by a mantra. the muladhara, or root chakra, is located at the base of the spine. this is gathering center of shakti energy. its symbol is a **the prayer flag tradition website** - the prayer flag tradition to me there are few things more beautiful than colorful prayer flags fluttering in the wind- sometimes waving gently, sometimes raging; a dance of shadow and **sahajanand charitra o - baps swaminarayan sanstha** - blessings the youth movement established and nourished by brahmaswarup yogiji maharaj has been expanding at a very rapid pace. with a view to satisfying the aspirations and the thirst **sri sathya sai balvikas - the pathway to excellence sri ...** - sri sathya sai balvikas - the pathway to excellence ii sri sathya sai balvikas: the pathway to excellence " 2 articles by alumni of balvikas, published by sri sathya sai publications soci-

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