



## It's Up to You: The Practice of Selfreflection on the Buddhist Path (New edition)

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By Dzigar Kongtrul

Shambhala Publications Inc. Paperback. Book Condition: new. BRAND NEW, It's Up to You: The Practice of Selfreflection on the Buddhist Path (New edition), Dzigar Kongtrul, Both for readers interested in learning more about Buddhism and for those with a committed practice, this book by a 40-year-old Tibetan teacher living in Colorado brings a fresh voice to traditional Tibetan teachings. Fixation on oneself, lack of self-awareness, unreasonable attachment to objects of pleasure, fear of change - these are all obstacles encountered by many meditators. According to the author, the first step in working with these difficulties is to recognize them. He presents the contemplative practice of self-reflection as the best way to bring the Buddhist teachings into one's own experience. Self-reflection practice is the common thread among all traditions of Buddhist practice. Its emphasis is on bringing awareness to one's own blind spots with honesty and kindness.



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