



Tasting Birth and Death: An Introduction to the Meditation System Called the Four Thoughts that Turn the Mind to Dharma

Jampa Thaye

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An introduction to the foundational meditation system of Tibetan Buddhism, this booklet gives comprehensive instructions on four essential contemplations - precious human birth, impermanence and death, karma, and suffering. Through practicing this meditation system, one will truly engage with the Buddhist path and develop qualities of spaciousness and non-attachment.

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