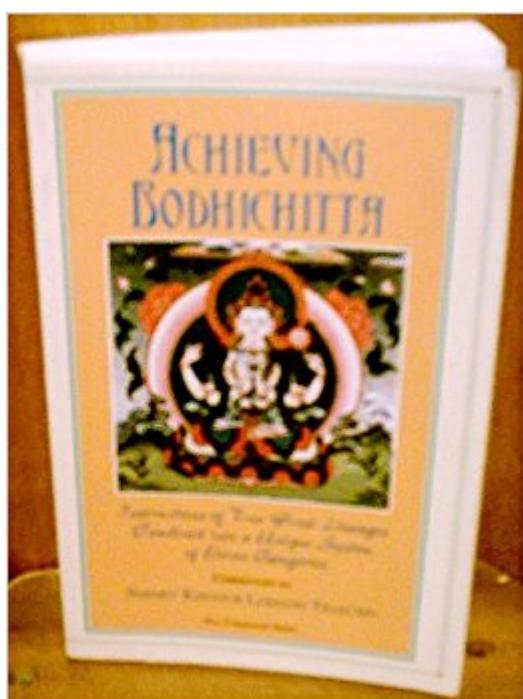


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# Achieving Bodhichitta: Instructions Of Two Great Lineages Combined Into A Unique System Of Eleven Categories (Oral Commentary Series)



## **Synopsis**

Achieving Bodhichitta is a compilation of oral teachings given in the 1980s by Sermey Khensur Lobsang Tharchin on the two methods of achieving bodhichitta--the Sevenfold Instruction on Cause and Effect and Equality and Exchange Between Self and Others. These two instructions are presented according to the unique system established by Je Tsongkapa, which combines them into an eleven-step method of practice. This book includes a concise yet thorough presentation of the instruction for achieving calm abiding (shamatha) based on the explanations found in Je Tsongkapa's Great Exposition on the Stages of the Path to Enlightenment (Lamrim Chenmo).

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