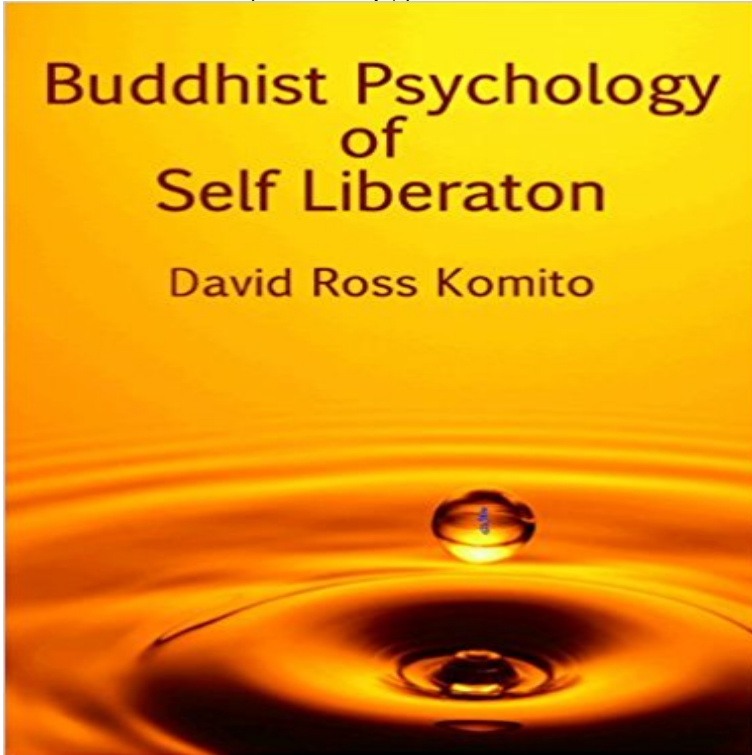


Buddhist Psychology of Self Liberation



In the Buddhist view, we seek happiness but rarely find it because of our mistaken conceptions about reality. Achieving lasting happiness is possible, provided we develop unmistakable conceptions about reality and speak and act in accordance with those conceptions. Understanding and then changing the mind so it holds unmistakable conceptions is called self liberation because understanding reality frees us from the painful consequences of our own errors. This is the first of two books on Buddhist views about the mental transformation which can bring this lasting happiness. This volume includes my own translation and commentary on Tsongkhapa's Three Principal Aspects of the Path, an overview of the Tibetan teachings on Mind and Mental Functions, and essays on the 6th Zen Patriarch, Taoist influences on Buddhism, and more. Buddhism is very ecological, it asserts that everything depends on other things. This book depends on what I have learned from my teachers and what I have learned from over 40 years of practicing the mental transformation techniques they have taught me. Over the course of my practice of meditation I have learned the truth of what I was taught, that to be lasting, our happiness must be mutual. Simply put, I am sharing what I have learned because we are all connected and no one is truly free unless everyone is free.

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