

Stars of Wisdom: Analytical Meditation, Songs of Yogic Joy, and Prayers of Aspiration

Khenpo Tsultrim Gyamtso



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Tibetan Buddhist master Khenpo Tsültrim Gyamtso is known for his joyful songs of realization and his spontaneous and skillful teaching style. In this book he explains how to gain clarity, peace, and wisdom through step-by-step analysis and meditation on the true nature of reality. He also introduces readers to the joy and profundity of yogic song, and reveals the power of aspiration prayers to inspire, transform, and brighten our hearts.

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