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Becoming Your Own Therapist & Make Your Mind an Ocean

Lama Thubten Yeshe

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Becoming Your Own Therapist & Make Your Mind an Ocean Lama Thubten Yeshe
This book contains public talks by Lama Yeshe on the general topic of Buddhism and mind. Each lecture is followed by a question and answer session. Lama presented one of the talk to a group of psychiatrists who were delighted to meet and question Lama, and this historic exchange underscores the difference between Western and Buddhist concepts of mental health.

This expanded edition contains both of the very popular Lama Yeshe booklets, Becoming Your Own Therapist and Make Your Mind an Ocean.

Becoming Your Own Therapist
First published in 1998, this booklet contains three public talks by Lama Yeshe on the general topic of Buddhism. Each lecture is followed by a question and answer session. Lama and his audiences always enjoyed the give and take of these lively exchanges, and pretty much anything went. Although these talks were called lectures, Lama would have each of us use them as a mirror for our minds and look beyond the words, find ourselves, and become our own psychologist.

Make Your Mind an Ocean
The talks in this booklet are on the general topic of the mind. Two were lunchtime lectures at Melbourne and Latrobe Universities. One was an evening lecture given to the general public. Perhaps of greatest interest is the lecture entitled "A Buddhist Approach to Mental Illness." Lama presented this talk to a group of psychiatrists at Prince Henry's Hospital who were delighted to meet and question Lama, and this historic exchange underscores the difference between Western and Buddhist concepts of mental health.

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Marisa Reber:

A lot of people always spent all their free time to vacation or go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity that's look different you can read a new book. It is really fun for yourself. If you enjoy the book that you read you can spent 24 hours a day to reading a reserve. The book Becoming Your Own Therapist & Make Your Mind an Ocean it doesn't matter what good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. In the event you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore very easily to read this book from a smart phone. The price is not too expensive but this book has high quality.

Karin Eubanks:

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