



# Enlightened Journey: Buddhist Practice as Everyday Life

*Tulku Thondup*

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## **Enlightened Journey: Buddhist Practice as Everyday Life** Tulku Thondup

This collection of fifteen articles and talks by Tulku Thondup constitutes a manual on how to transmute the situations encountered in daily life, whether external or internal, into spiritual disciplines and experiences. Among the topics covered are: The fundamental principles of Buddhism. The practice of meditation as a means of arousing compassion. How suffering can become a more powerful tool than happiness in achieving enlightenment. The symbolic significance of holy places, temples, statues, books, and other spiritual artifacts.

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