

Download Transform Your Life A Blissful Journey Kelsang Gyatso

How to Transform Your Life: A Blissful Journey [Geshe Kelsang Gyatso] on Amazon.com. *FREE* shipping on qualifying offers. A practical manual for daily life that shows how we can develop and maintain inner peace, reduce and stop our experience of problems. A practical manual for daily life that shows how we can develop and maintain inner peace, how we can reduce and stop our experience of problems, and how we can bring about positive changes in our lives that will enable us to experience deep and lasting happiness. How to Transform Your Life forms the basis of hundreds of popular drop-in meditation classes and courses around the world. If you want the opportunity to study or find out more about the practices presented in this book, visit your nearest Kadampa Meditation Centre or branch. Regular classes to deepen your understanding. Venerable Geshe Kelsang Gyatso has founded centres and groups around the world where we can receive inspiration and teachings that bring the inner peace of meditation directly into our busy lives.