



# Awakening the Luminous Mind: Tibetan Meditation for Inner Peace and Joy

*Tenzin Wangyal Rinpoche*

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*Awakening the Luminous Mind* is the third book of guided meditation practices in a series by the acclaimed author and teacher, **Tenzin Wangyal Rinpoche**. Tenzin Rinpoche will guide you to bring these simple practices into your everyday life by turning inward and finding what he calls your “inner refuge.” By this he means boundless space, infinite awareness, and the qualities that arise that have the power to transform your life. As you follow the principles in this book and complimentary audio downloads, you will discover greater creativity and intelligence, liberation from suffering, understanding and connectivity, and freedom from the ego that strives to control our life experiences.

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