

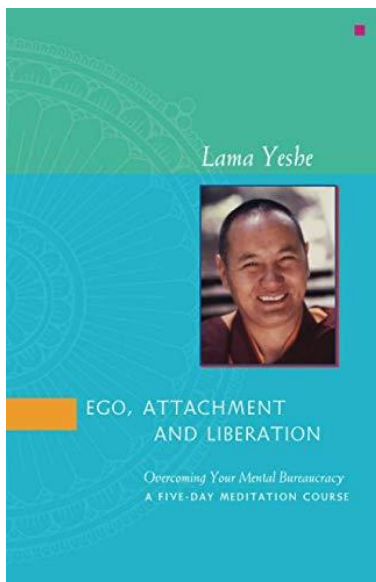
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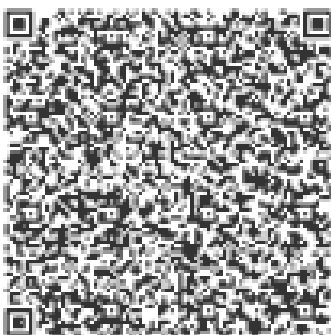
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Ego, attachment and liberation : overcoming your mental bureaucracy : a five-day meditation course

By Lama Yeshe (2010)



This book contains the teachings Lama Yeshe gave in 1975 at a retreat near Melbourne, which he introduced by saying: *Whether or not this five-day meditation course becomes beneficial is up to you; it depends on your own mind. It's not a lama thing, I'm not going to bring you to enlightenment in this short time. Instead of having too many expectations of the lama, it's better that you generate a pure motivation for being here. Expectations cause mental problems; instead of being positive, they become negative...* This book is dedicated to the awakening of inner freedom within the minds of its readers and all other sentient beings.



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