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Confrontation with personal
crisis and on the ancient
teachings of Tibetan
Buddhism to offer gentle and
incisive guidance to the
enormity we stand to gain
during those times when all
seems to be lost.

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"The most fundamental
aggression to ourselves, the

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...

"Things falling apart is a kind of testing and also a kind of healing. We think that the point is to pass the test or to overcome the problem, but the truth is

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that things don't really get solved. They come together and they fall apart. Then they come together again and fall apart again.

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