

# Khamtrul Rinpoche

The Restful Mind Gyalwa Dokhampa His Eminence Khamtrul Rinpoche  
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the restless mind is frightened of silence easily bored and busy busy busy the restful mind is creative and alert relaxed and confident the step from one to the other is all in the way we think his eminence gyalwa dokhampa has a real understanding of the pressures of modern life and how our crowded minds have left us too little space to stretch and grow he shows us new ways to calm body and mind become more aware better able to deal with problems and appreciate the moment it is with our mind that we create our world here s how to open it up and let the world in

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