

A SPIRITUAL  
RENEGADE'S  
*guide to the*  
GOOD LIFE



LAMA MARUT



# A Spiritual Renegades Guide To The Good Life Lama Marut

**Lama Marut**



## **A Spiritual Renegades Guide To The Good Life Lama Marut:**

**A Spiritual Renegade's Guide to the Good Life (with embedded video)** Lama Marut, 2012-06-05 Start a Revolution Incite Happiness Delivered with fearless candor and disarming humor Lama Marut introduces a simple set of exercises that offers a revolutionary yet wholly practical approach to creating and sustaining happiness in a complex modern age Integrating the ancient teachings of Tibetan Buddhism into the everyday grind A Spiritual Renegade's Guide to the Good Life presents a fresh take on our quest for a joyful existence Each chapter includes an action plan designed to elicit true happiness and forge a clear path toward fulfillment You'll learn how to transform problems into opportunities set yourself free from fear and anxiety unburden yourself of past resentment create an action plan for true happiness Further explore the concepts of a spiritual renegade lifestyle through Microsoft Tags within this book which link to online videos of Lama Marut discussing each of his concepts firsthand This book is bound to disrupt your suffering disturb your dissatisfaction and elicit a deep seated contentment Happiness is in your hands

**A Spiritual Renegade's Guide to the Good Life** Lama Marut, 2012-06-05 For Buddhists and non Buddhists alike a guide of insightful lessons meditations and exercises designed for happiness and the good life Incorporates Microsoft tags within each chapter to give the reader bonus video material as well as action plans designed for unpackaged happiness

**The Mind Illuminated** John Yates, Matthew Immergut, Jeremy Graves, 2017-01-03 The Mind Illuminated is the first how to meditation guide from a neuroscientist who is also an acclaimed meditation master This innovative book offers a 10 stage program that is both deeply grounded in ancient spiritual teachings about mindfulness and holistic health and also draws from the latest brain science to provide a roadmap for anyone interested in achieving the benefits of mindfulness Dr John Yates offers a new and fascinating model of how the mind works including steps to overcome mind wandering and dullness extending your attention span while meditating and subduing subtle distractions This groundbreaking manual provides illustrations and charts to help you work through each stage of the process offering tools that work across all types of meditation practices

**Be Nobody** Lama Marut, 2014-06-03 This follow up to A Spiritual Renegade's Guide to the Good Life calls for the biggest revolution of all the overthrow of our obsessive quest to be somebody Like boardwalk tourists poking their faces through two dimensional cutouts of the muscle man and bathing beauty we are all desperately trying to be somebody to be special No one wants to be a loser a small fry a big zero But maybe we've got it all wrong With an edgy tone and radical perspective Lama Marut shows that the quest to distinguish ourselves is the true cause of our dissatisfaction and it continually leaves us feeling isolated and alone Drawing from the spiritual truism that only by losing the self can we discover our real potential Be Nobody provides guidance actions and simple meditations to help you lay down the heavy burden of trying to be somebody without requiring you to live in a monastery or retire to a cave in the Himalayas When we vacate ourselves we will finally have the freedom to find true fulfillment So stop narrating your life and start living it Be nobody

*A Rebel Chick Mystic's Guide* Lisa Marie

Selow,2012-11-26 This is a book for brave nonconformist women or for those who aspire to be written from the heart and soul of a spiritual rocker chick Lifelong psychic Lisa Marie Selow leads you to uncover your true self reveal your life purpose and carve out your spiritual path She invites you to engage in positive rebellion by subverting your good girl persona letting go of limiting beliefs that you ve inherited and creating your own definition of perfect Lisa encourages you to be a different type of rebel one that defies the stereotype of a misfit loner without a cause Instead you re called to make a difference rocking the world with your unique gifts and talents Through enjoyable engaging exercises you ll create your very own manual for living according to your own rules You can as a modern mystic drop out of the School of Hard Knocks for instance Lisa shares compelling stories from her own life as well as those of other women including mentors from history to illustrate how you can radically rewrite your life story Starting your journey from the premise that you already are perfect A Rebel Chick Mystic s Guide will help you excavate the real you and in the process you ll be guided to design action plans to move forward with the dreams and goals that make you the unique and amazing person you are **Paths to Wholeness:**

**Selections** David J. Bookbinder,2016-12-01 Most of us try to be fully present to this amazing existence we were born into and often we can be But sometimes we look for help In these selections from Paths to Wholeness Fifty Two Flower Mandalas psychotherapist photographer and near death survivor David J Bookbinder brings his capacity for inspiring personal transformation to his readers In this stunning collection of Flower Mandala images and their accompanying meditative essays and inspirational quotes Bookbinder shows us how to find balance build resilience overcome fear grant forgiveness and love more fully Described by one reader as the best self help book I ve ever read and by another as like having a therapist in a book Paths to Wholeness serves as a guide for successfully traversing the hills and valleys of our existence Keep it by your bedside thumb through it as you drift off to sleep knowing you are not alone on your journey TIP For a more vivid experience of the images try setting the background to Black **Be Nobody** Lama Marut,2014-06-03 With an edgy tone and radical perspective Lama Marut shows that the quest to distinguish ourselves is the true cause of our dissatisfaction and it continually leaves us feeling isolated and alone Drawing from the spiritual truism that only by losing the self can we discover our real potential Be Nobody provides guidance actions and simple meditations to help you lay down the heavy burden of trying to be somebody *The Art of Living* Dalai Lama XIV Bstan-'dzin-rgya-mtsho,2001 This illustrated gift book combines the wisdom of the Dalai Lama with inspiring images of him the Tibetan people and the beautiful landscapes of Nepal and Tibet 200 photos [How To Practise](#) Dalai Lama,2012-03-31 How To Practise is a major inspirational work by one of the world s greatest spiritual teachers It is broken down into the basic steps to enlightenment how to practise morality how to practise meditation and how to practise wisdom at the same time delving deeper into His Holiness more general Buddhist teachings his spirit wisdom and sense of humour The book meant to be used as part of daily practice is easy to understand and filled with anecdotes It includes guidance on mental calm altruism and compassion refraining from harm

focussing the mind and much more Beautifully packaged this is the ultimate gift from the Dalai Lama and a wonderful gift to give to anyone interested in having a richer more fulfilled life      **Becoming Enlightened** His Holiness the Dalai Lama, 2009-01-06 In **Becoming Enlightened** His Holiness the Dalai Lama powerfully explores the foundation of Buddhism laying out an accessible and practical approach to age old questions How can we live free from suffering How can we achieve lasting happiness and peace Drawing from traditional Buddhist meditative practices as well as penetrating examples from today s troubled planet he presents step by step exercises designed to expand the reader s capacity for spiritual growth along with clear milestones to mark the reader s progress By following the spiritual practices outlined in **Becoming Enlightened** we can learn how to replace troublesome feelings with positive attitudes and embark on a path to achieving an exalted state within ourselves and within the larger world Full of personal anecdotes and intimate accounts of the Dalai Lama s experiences as a lifelong student thinker political leader and Nobel Peace Prize Laureate **Becoming Enlightened** gives readers all the wisdom support guidance and inspiration they need to become successful and fulfilled in their spiritual lives This is a remarkable and empowering book that can be read and enjoyed by seekers of all faiths Readers at every stage of their spiritual development will be captivated by His Holiness the Dalai Lama s loving and direct teaching style

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