



Ruling Your World: Ancient Strategies for Modern Life

Sakyong Mipham

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"We often feel overwhelmed by the world. But it is possible," says Sakyong Mipham, "to rule our world and direct our lives in a positive way." In this recorded workshop, the Sakyong presents the most powerful ideas from his book *Ruling Your World*. He reveals the spiritual practices of ancient Tibetan Buddhist rulers, and with freshness and wit he makes these teachings relevant to our daily lives as he explains how to:

-

live life with confidence and composure

-

become happier through putting others first

-

recognize the basic goodness we all possess

This audio program also includes guided meditation sessions. Join Sakyong Mipham as he teaches us how to meditate to develop mindfulness, compassion, and wisdom.

3 CDs; 2 1/2 hours.

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