
**A Monk S Guide To Happiness Meditation In The 21st Century
Give The Gift Of Happiness This Christmas English Edition By
Gelong Thubten**

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June 5th, 2020 - gelong thubten is a buddhist monk meditation teacher and author from the uk he ordained as a monk 26 years ago at samye ling tibetan monastery in scotland and he has spent over six years in intensive meditation retreats the longest of which was 4 years long'

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