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Sommario/riassunto	This collection of fifteen articles and talks by Tulku Thondup constitutes a manual on how to transmute the situations encountered in daily life, whether external or internal, into spiritual disciplines and experiences. Among the topics covered are:* The fundamental principles of Buddhism.* The practice of meditation as a means of arousing compassion.* How suffering can become a more powerful tool than happiness in achieving enlightenment.* The symbolic significance of holy places, temples, statues, books, and other spiritual artifacts.