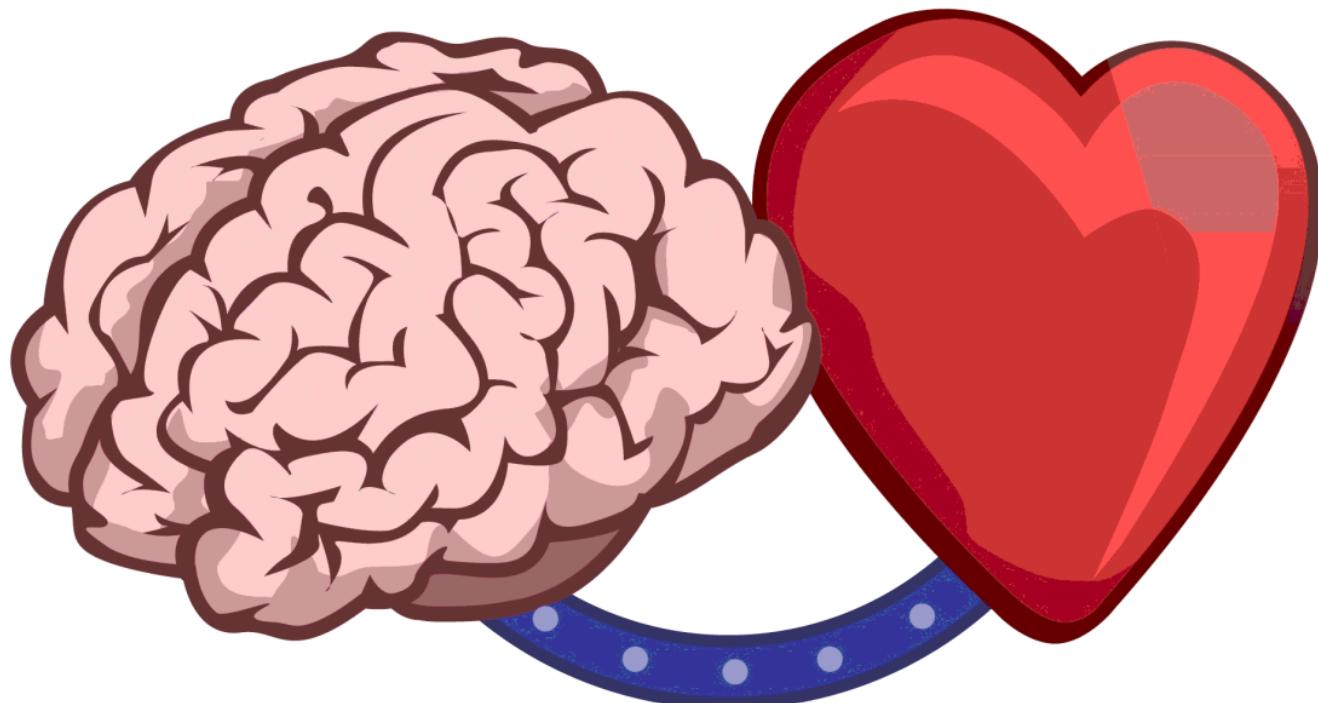
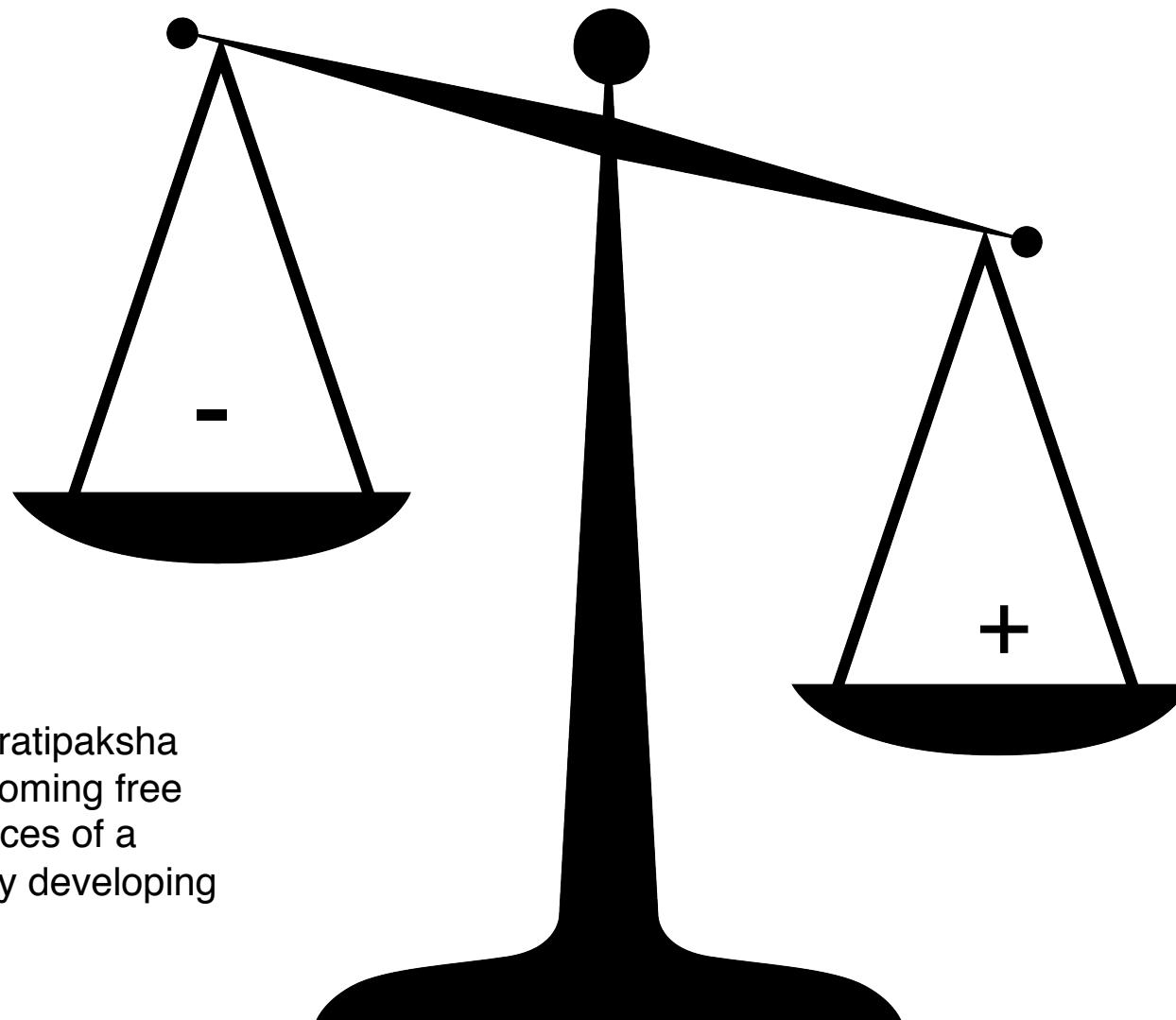


Bhavana - kultiverad attityd



Pratipaksha Bhavana



"The result of Pratipaksha Bhavana is becoming free from the influences of a negative trait by developing a positive trait"

Vilken varg matar du?



Pratipaksha Bhavana för de sex fienderna

BEGÄR	FÖRNÖJSAMHET
ILSKA	FÖRLÅTELSE, DJUP ANDNING, BHRAMARI PRANAYAMA
GIRIGHET	GENEROSITET
ILLUSION	REFLEKTION, MEDITATION
STOLTHET, ARROGANS	ENKELHET, ÖDMJUKHET
AVUND	GLÄDJAS MED ANDRA