



Ego, Attachment and Liberation: Overcoming Your Mental Bureaucracy

Lama Yeshe

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In 1975, Lama Yeshe undertook his most extensive international teaching tour, being on the road for nearly nine months. During this time he gave many and varied teachings, a few of which have already been published in *Becoming Your Own Therapist*, *Make Your Mind an Ocean* and *The Peaceful Stillness of the Silent Mind*.

This book contains the teachings and meditations Lama gave at a five-day retreat he led near Melbourne, Australia, which he introduced by saying:

"Whether or not this five-day meditation course becomes beneficial is up to you; it depends on your own mind. It's not a lama thing; I'm not going to bring you to enlightenment in this short time. Instead of having too many expectations of the lama, it's better that you generate a pure motivation for being here. Expectations cause mental problems; instead of being positive, they become negative...

"If over the next five days you can begin to recognize the reality of your own nature, this meditation course will have been worthwhile. Therefore, dedicate your actions during this time to discovering inner freedom through recognizing the negative characteristics of your own uncontrolled mind."

In line with Lama's intentions, this book is dedicated to the awakening of inner freedom within the minds of its readers and all other sentient beings.

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