



# Discernment: Educating the Mind and Spirit

*Yifa*

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## **Discernment: Educating the Mind and Spirit** Yifa

Discernment?the quality of mind that analyzes and perceives accurately the nature of something and then forms a thoughtful and accurate judgment about it?is not something chanced upon or casually adopted.

Discernment is a facet of the mature person, of a certain temperament, who can see through the superficial and illusory to the heart of the matter. While relying, to a certain degree, on innate intelligence and curiosity, discernment needs to be cultivated. It requires discipline and education.

Discernment reveals the challenges of the relationship between teacher and student and parent and child and demonstrates how both are reflective of, and instrumental in, the cultivation of the spiritual life. Buddhist nun Yifa shows how discernment can help us handle desire and pride astutely, enabling us to negotiate such tricky, practical concerns as property and money with integrity and forethought. Using stories gathered from many Buddhist sources, Yifa wittily and incisively explores what it means to nurture consideration, deliberativeness, and acumen, both within yourself and with those who might be under your care.

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Spent a free the perfect time to be fun activity to perform! A lot of people spent their spare time with their family, or their friends. Usually they undertaking activity like watching television, likely to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Can be reading a book could be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the publication untitled Discernment: Educating the Mind and Spirit can be fine book to read. May be it can be best activity to you.

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A lot of people always spent their free time to vacation or maybe go to the outside with them family members or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity that's look different you can read any book. It is really fun for you. If you enjoy the book which you read you can spent all day every day to reading a guide. The book Discernment: Educating the Mind and Spirit it doesn't matter what good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. When you did not have enough space to create this book you can buy the e-book. You can m0ore easily to read this book from your smart phone. The price is not too costly but this book features high quality.

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