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Telling the true story of how a boy grew up into a liberated man. After going absent without leave from the British army, Ozay Rinpoche begins down a path that leads to solitary confinement in prison. There he establishes a disciplined program of exercise, Bible-reading, and meditation. Pushing himself to meditate for four hours at a time, he arrives at the point of liberation. Ozay's story is the universal story of self-discovery and redemption. Freedom! includes instructions for meditation .

- Sales Rank: #1284059 in eBooks
- Published on: 2015-06-12
- Released on: 2015-06-12
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