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Confusion is a simple fix really. In a word, be. Turning confusion to clarity is a mind game. Declutter your mind, tap into your wisdom for inner clarity. Only the mind creates the phenomenon we call, confusion. Itâ€™s when we question and question everything about existence rather than experiencing it.

3 Simple Steps For Turning Confusion to Clarity

Yongey Mingur Rinpocheâ€™s latest book â€œTurning Confusion into Clarityâ€• did just what the title promised. Well, at least the first two sectionsâ€.

Turning Confusion into Clarity: A Guide to the Foundation

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