

Om Sutra The Pathway To Enlightenment

Steps on the Path to Enlightenment Steps on the Path to Enlightenment Wise Teacher Wise Student Tilopa's Mahamudra Upadesha The Path OM Sutra: The Pathway to Enlightenment The Jivanmukti-viveka Or the Path to Liberation in this Life Deity, Mantra, and Wisdom Essentials of Mahamudra Humanistic Base Texts and the Mahāyāna Sūtras The Direct Path: An outline of the path, providing a background for approaching the practice of Mahasandhi (rDzogs-chen) The Four Noble Truths The Path to Enlightenment The Aryan Path Mountain Path The Open Court The Great Treatise on the Stages of the Path to Enlightenment A Path of Learning The Path to Bodhidharma Joyful Path of Good Fortune Lhundub Sopa Geshe Lhundup Sopa Alexander Berzin Sangyes Nyenpa Rinpoche Amit Ray, Banani Ray Mādhava Jigme Lingpa Thrangu Tarmo Kulmar Elías Capriles Lama Zopa Rinpoche Dalai Lama XIV Bstan-'dzin-rgya-mtsho Sophia Wadia Paul Carus Tsong-kha-pa Blo-bzang-grags-pa Seonaigh MacPherson Shodo Harada Kelsang Gyatso

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geshe sopa continues his elucidation of lama tsongkhapa's masterwork on the buddhist path with an explanation of the core meditative practice of śamatha or calm abiding

the relationship between a teacher and student can be a most rewarding and life enhancing experience yet it can also be fraught with problems and misunderstandings for westerners working with eastern teachers the difficulties can be compounded by cultural differences language barriers and divergent expectations wise teacher wise student examines the teacher student relationship as it is understood in the tibetan buddhist context the author surveys a wide spectrum of situations exploring the causes of potential pitfalls in illuminating the sources of misunderstandings he offers methods to heal wounds and encourage healthy relationships

all lineages of mahamudra meditation have their source in a verse teaching a song of realization sung by the mahasiddha tilopa to his disciple naropa on the banks of the ganges river more than a thousand years ago since that time the meaning of tilopa s instructions has been passed directly from master to disciple in a continuous stream that exists unbroken to this day this book offers the reader a rare glimpse into the mahamudra oral transmission given in a traditional tibetan context by one of the lineage s most learned and accomplished contemporary masters mahamudra meditation while highly advanced is yet simple practical and accessible for anyone because what is identified and meditated upon is the very nature of one s own mind in sangyes nyenpa rinpoche s words the distinction between deception and liberation lies in whether we understand the ever present nature of our own mind or not knowing our own face is liberation not knowing our own face is samsara this is not something far distant from us the instructions are ideal for westerners because the root text is manageable and rinpoche has provided an outline of his own composition that makes it easily understandable he explains terminology with frequent comparisons between dzogchen and mahamudra quotes prolifically from scripture gives clear examples and generally cajoles admonishes and encourages his listeners to be true to their own spiritual path

in sanskrit the word sutra means thread hints or guidelines the book explains the way to reach the ultimate zenith of human evolution in this book the ultimate state of om is adored and expounded it includes fifty five sanskrit verses and their english translation and explanation this is a book of wisdom for walking on the path of enlightenment the sutras provide the techniques and means to clear the mind from the accumulated experiences conditioning and memories that bind humans to the world of sorrow as one is established in om life is filled with peace joy and harmony the book is organized into twelve parts each part elaborates steps for breaking free of the limited identification and training the mind to achieve oneness with the universe each sutra is presented as sanskrit text followed by transliteration precise english translation and authoritative explanation

deity mantra and wisdom contains four of the most cherished tibetan buddhist commentaries on the practices of visualization mantra recitation and meditative absorption these three elements form the core of development stage meditation one of the most important practices of buddhist tantra the authors of these timeless classics jigme lingpa patrol rinpoche and getse mahapandita have all profoundly shaped tibetan buddhism with their vast scholarship and deep spiritual realization in these eloquent and inspiring writings they explain the fundamental philosophy of the development stage showing not only its profound insights into the nature of reality but also how to make this view a living experience through the practice of meditation the four works here translated for the first time are ladder to akanistha by jigme lingpa clarifying the difficult points in the development stage by patrol rinpoche the four stakes that bind the life force by patrol rinpoche and husks of unity by getse mahapandita tsewang chokdrub

what would you see if you looked directly at your mind the tibetan buddhist teachings on mahamudra are known for their ability to lead to profound realization peaceful and infinitely adaptable these teachings are as useful for today s busy world as they have been for centuries written by the tutor to the seventeenth karmapa essentials of mahamudra is a commentary on tashi namgyal s famous moonlight of mahamudra a text that the sixteenth karmapa had identified as the most valuable for westerners khenchen thrangu rinpoche recognized that western meditators don t just need to know how to maintain our meditation practice we need to know why we should do it unmatched in its directness essentials of mahamudra addresses both these needs rendering one of the most advanced forms of meditation more easily adaptable to our everyday lives

the buddha s profound teachings on the four noble truths are illuminated by a tibetan master simply and directly so that readers gain an immediate and personal understanding of the causes and conditions that give rise to suffering as well as the spiritual life as the path to liberation experiential teachings on the dharma by the tibetan master lama zopa rinpoche written in a lively manner to inspire and motivate both general readers and experienced buddhist practitioners to persist in understanding the nature or truth of suffering its causes and the remedies to secure the end of all suffering the four noble truths of the path the buddha s psychological method for us to break free from suffering speaks intimately and directly to the reader about how the principles of the four noble truths are to be applied to one s day to day spiritual life as the path to liberation

one of the most accessible introductions to tibetan buddhism ever published

of the many works of the tibetan master tsong kha pa none compare in terms of popularity and breadth of influence with his great treatise on the stages of the path to enlightenment which has been treasured by practitioners and scholars alike for centuries h h the dalai lama

harada roshi guides us along the path to bodhidharma skillfully clarifying our understanding of what bodhidharma called the four all encompassing practices requiring animosity accepting circumstance craving nothing and living in accord with the dharma book jacket

we all have the potential for self transformation and a limitless capacity for the growth of good qualities but to fulfil this potential we need to know what to do along every stage of our spiritual journey with this book geshe kelsang gyatso offers us step by step guidance on the meditation practices that will lead us to lasting inner peace and happiness with extraordinary clarity he presents all buddha s teachings in the order in which they are to be practised enriching his explanation with stories and illuminating analogies following these practical instructions we will come to experience for ourselves the joy that arises from making progress on a clear and structured path that leads to full enlightenment

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