

The Path Of Serenity And Insight An Explanation Of The Buddhist Jhanas Hardcover

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Ahmad Madhusudan Sakya Tsong-kha-pa Blo-bzang-grags-pa Peter N. Gregory Whalen Lai
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in the oldest scriptures of theravada buddhism much attention is given to the jhanas high levels of meditative attainment distinguished by powerful concentration and purity of mind ven dr gunaratana examines these jhanas within the context of buddhist teaching as a whole and particularly within the meditation disciplines taught by the buddha beginning with the ethical foundation for meditation the role of the teacher the classical subjects of meditation and the appropriateness of these subjects to individual practitioners the author traces the practice of meditation to the higher reaches of realization the eight stages of jhana are individually analyzed and explained in terms of their relation to one another and to the ultimate goal of the teaching the author makes the critical distinction between the mundane jhanas and supermundane jhanas pointing out that the lower four while leading to various mental powers and psychic attainments are not necessary to full enlightenment and may be developed or bypassed as the meditator wishes the author goes on to explain the place of the jhanas among the accomplishments of an arahat and elucidate their usefulness for a dedicated meditator for more info please log on to mlbd co in

the third volume of the 15th century spiritual classic that condenses buddhist teachings into one easy to follow meditation manual the great treatise on the stages of the path to enlightenment tib lam rim chen mo is one of the brightest jewels in the world s treasury of sacred literature the author tsong kha pa completed it in 1402 and it soon became one of the most renowned works of spiritual practice and philosophy in the world of tibetan buddhism because it condenses all the exoteric sūtra scriptures into a meditation manual that is easy to understand scholars and practitioners rely on its authoritative presentation as a gateway that leads to a full understanding of the buddha s teachings tsong kha pa took great pains to base his insights on classical indian buddhist literature illustrating his points with classical citations as well as with sayings of the masters of the earlier kadampa tradition in

this way the text demonstrates clearly how tibetan buddhism carefully preserved and developed the indian buddhist traditions this first of three volumes covers all the practices that are prerequisite for developing the spirit of enlightenment bodhicitta

healing the heart and mind with mindfulness is a practical book that provides strategies using mindfulness to manage stress anxiety and depression as well as ways to cultivate psychological wellbeing uniquely it combines a traditional buddhist approach to mindfulness with contemporary psychology and current perspectives drawing on the author s many years of clinical experience as a psychologist as well as his personal experience in buddhist meditation practices it outlines how the buddha s four applications of mindfulness can provide a pathway to psychological wellbeing and how this can be used personally or with clinical populations this accessible user friendly book provides strategies for healing the heart and mind malcolm huxter introduces mindfulness as it is presented in buddhist psychology and guides the reader through meditations in a systematic way the practices are clearly explained and supported by relevant real life stories being aware that mindfulness and meditation are simple but not easy huxter guides the reader from the basics of mindfulness and meditation through to the more refined aspects he provides a variety of different exercises and guided meditations so that individuals are able to access what suits them the guided meditations can be streamed or accessed as free audio downloads healing the heart and mind with mindfulness is aimed at anyone who wishes to use mindfulness practices for psychological freedom this book provides insight and clarity into the clinical and general applications of buddhist mindfulness and will be of interest to mental health practitioners students of mindfulness professional mindfulness coaches and trainers researchers and academics wishing to understand buddhist mindfulness and the general public

due to the diversity in buddhism its essence remains a puzzle this book investigates the buddhist path to liberation from a practical and critical perspective by searching for patterns found in the pāli nikāyas and the chinese Āgamas the early discourses depict the buddhist path as a network of routes leading to the same goal liberation from suffering this book summarizes various teachings in three aspects provides a template theory for systematically presenting the formulas of the sequential training of the path and analyses the differences and

similarities among diverse descriptions of the path in the early buddhist texts by offering a comprehensive map of the buddhist path this book will appeal to scholars and students of buddhist studies as well as those practitioners with a serious interest in the buddhist path

it can be hard for those of us living in the twenty first century to see how fourteenth century buddhist teachings still apply when you re trying to figure out which cell phone plan to buy or brooding about something someone wrote about you on facebook lines like while the enemy of your own anger is unsubdued though you conquer external foes they will only increase can seem a little obscure thubten chodron s illuminating explication of togmay zangpo s revered text the thirty seven practices of bodhisattvas doesn t just explain its profound meaning in dozens of passages she lets her students and colleagues share first person stories of the ways that its teachings have changed their lives some bear witness to dramatic transformations making friends with an enemy prisoner of war finding peace after the murder of a loved one while others tell of smaller lessons like waiting for something to happen or coping with a minor injury

in this final volume on emptiness the dalai lama skillfully reveals the prasangikas view of the ultimate nature of reality so that we will gain the correct view of emptiness the selflessness of both persons and phenomena and have the means to eliminate our own and others dukkha in this last of three volumes on emptiness the dalai lama takes us through the sautrantika yogacara and svatantrika views on the ultimate nature of reality and the prasangikas thorough responses to these so that we gain the correct view of emptiness the selflessness of both persons and phenomena this view entails negating inherent existence while also being able to establish conventional existence emptiness does not mean nothingness we then learn how to meditate on the correct view by cultivating pristine wisdom that is the union of serenity and insight as taught in the pali chinese and tibetan traditions such meditation when combined with the altruistic intention of bodhicitta leads to the complete eradication of all defilements that obscure our minds this volume also introduces us to the tathagatagarbha the buddha essence and how it is understood in both tibet and china is it permanent does everyone have it in addition the discussion of sudden and gradual awakening in zen chan buddhism and in tibetan buddhism is fascinating

readers are hard pressed to find books that can help them understand the central concept in mahayana buddhism the idea that ultimate reality is emptiness in clear language introduction to emptiness explains that emptiness is not a mystical sort of nothingness but a specific truth that can and must be understood through calm and careful reflection newland s contemporary examples and vivid anecdotes will be helpful to students trying to understand one of the great classic texts of the tibetan tradition tsong kha pa s great treatise

this book is an in depth study of buddhist philosophy in india and tibet the concentration is on ontology epistemology and to a somewhat lesser extent soteriology it is based on the writings of the buddhist philosophers themselves from the unknown authors of the pali abhidhamma books down to the present dalai lama of tibet it takes into consideration the work of many twentieth century scholars of buddhism in order to bring our knowledge of buddhist philosophy up to date an exhaustive index and glossary has been prepared in order to help the reader with the technical terms of buddhist philosophy the two parts and fourteen chapters of the book are as follows part i india ch i the theravada ch ii the sarvastivada ch iii the madhyamaka 1 the prasangikas nagarjuna and candrakirti ch iv the madhyamaka 2 the prasangikas aryadeva and santideva ch v the madhyamaka 3 the svatantrikas ch vi the yogacara 1 two yogacara sutras and asanga and vasubandhu ch vii the yogacara 2 dignaga and dharmakirti ch viii the yogacara 3 santarakshita and kamalasila ch ix the tathagata garbha part ii tibet ch x the vajrayana general features ch xi the nyingmapa ch xii the sakyapa ch xiii the kagyupa ch xiv the gelugpa

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

ch an zen buddhism was popularized in the west by writers such as d t suzuki and alan watts as a kind of romantic abstraction outside of history the papers in this volume originally presented as a unique conference sponsored by uc berkeley and the san francisco zen center go a long way towards revealing the complex historical development of ch an theory and practice both in china and tibet the papers on china reveal ch an not as a single line of

transmission from bodhidharma but as a complex of contending and even hostile factions furthermore the view that sees ch an as the sinicization of buddhism through taoism is questioned through an examination of the taoism that was actually prevalent during the establishment of ch an in china the papers on tibet take us to the heart of the controversies surrounding the origins of buddhism in that country based on exciting research into the tunhuang materials the indigenous rdzogs chen system and the sudden vs gradual enlightenment controversy of particular note in this volume is the inclusion of several translations of papers by noted japanese scholars who have led the way in this type of research made available to the western reader for the first time

this is a fully annotated critical english translation of maitreyanatha s universal vehicle discourse literature mahayanasutralamkara as transmitted to the fourth century indian buddhist scholar adept arya asanga along with its commentary bhasya by asanga s brother vasubandhu includes an introduction covering essential historical and philosophical topics a bibliography and detailed index

based on interviews with buddhists living in both the west and the east this is an accessible overview of the history beliefs practices and rituals of the buddhist tradition

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