

Approaching The Great Perfection Simultaneous And Gradual Methods Of Dzogchen Practice In The Longch

Dzogchen, the Great Perfection, is the highest meditative practice of the Nyingma School of Tibetan Buddhism. Approaching the Great Perfection looks at a seminal figure of this lineage, Jigme Lingpa, an eighteenth-century scholar and meditation master whose cycle of teachings, the Longchen Nyingtig, has been handed down through generations as a complete path to enlightenment. Ten of Jigme Lingpa's texts are presented here, along with extensive analysis by van Schaik of a core tension within Buddhism: Does enlightenment develop gradually, or does it come all at once? Though these two positions are often portrayed by modern scholars as entrenched polemical views, van Schaik explains that both tendencies are present within each of the Tibetan Buddhist schools. He demonstrates how Jigme Lingpa is a great illustration of this balancing act, using the rhetoric of both sides to propel his students along the path of the Great Perfection.

A fascinating exploration of the role that magic has played in the history of Buddhism As far back as we can see in the historical record, Buddhist monks and nuns have offered services including healing, divination, rain making, aggressive magic, and love magic to local clients. Studying this history, scholar Sam van Schaik concludes that magic and healing have played a key role in Buddhism's flourishing, yet they have rarely been studied in academic circles or by Western practitioners. The exclusion of magical practices and powers from most discussions of Buddhism in the modern era can be seen as part of the appropriation of Buddhism by Westerners, as well as an effect of modernization movements within Asian Buddhism. However, if we are to understand the way Buddhism has worked in the past, the way it still works now in many societies, and the way it can work in the future, we need to examine these overlooked aspects of Buddhist practice. In Buddhist Magic, van Schaik takes a book of spells and rituals--one of the earliest that has survived--from the Silk Road site of Dunhuang as the key reference point for discussing Buddhist magic in Tibet and beyond. After situating Buddhist magic within a cross-cultural history of world magic, he discusses sources of magic in Buddhist scripture, early Buddhist rituals of protection, medicine and the spread of Buddhism, and magic users. Including material from across the vast array of Buddhist traditions, van Schaik offers readers a fascinating, nuanced view of a topic that has too long been ignored.

A perfect companion to the well-known Tibetan Book of the Dead. In life and in death, in meditation and in sleep, every transitional stage of consciousness, or bardo, provides an opportunity to overcome limitations, frustrations, and fears. The profound teachings in this book provide the under- standing and instruction necessary to turn every phase of life into an opportunity for uncontrived, natural liberation. Like the Tibetan Book of the Dead, Natural Liberation is a term, a "hidden treasure" attributed to the eighth-century master Padmasambhava. Gyatrul Rinpoche's lucid commentary accompanies the text, illuminating the path of awakening to the point of full enlightenment. Natural Liberation is an essential contribution to the library of both scholars and practitioners of Tibetan Buddhism.

"Patrul Rinpoche (1808-1887) was one of the most important Dzogchen teachers in nineteenth-century Tibet. His lineage comprises many of the greatest Dzogchen teachers of the twentieth century. The Essential Jewel is among his most beautiful compositions, although it may not be his best known. The poem synthesizes Madhyamaka philosophy and the Dzogchen perspective in a compelling admonition to engage in religious practice aimed at self-perfection. The Essential Jewel is an extraordinary poetic work. Patrul Rinpoche's voice is urgent, personal, compelling, and expressed for the most part in direct earthy language, although it is also replete with precise, technical terminology. The

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Essential Jewel is also philosophically profound. It draws on ideas grounded in Madhyamaka philosophy and Buddhist ethical theory as well as ideas and practices central to the Dzogchen tradition. Patrul Rinpoche's genius lies in part in his unique ability to articulate a precise philosophical vision in an accessible poetic voice and to do this in the context in an urgent admonition to practice. This translation aims to present this poem in a way that reflects Patrul Rinpoche's poetic voice with sufficient precision to convey his philosophical ideas. It provides an introduction that should give the reader a foundation to read the poem as well as explanatory notes at points where the poem contains references or terminology that may not be accessible to the Western reader"--

A prolific scholar surveys classical Buddhism's approach to sex, gender, and sexual orientation in this landmark volume. More than twenty-five years in the making, this detailed sourcebook on Buddhist understandings of sexuality, desire, ethics, and deviance in classical South Asia is filled with both engaging translations and original and provocative analysis. Jose Cabezon, the XIVth Dalai Lama Professor at the University of California Santa Barbara, marshals an incredible array of scriptures, legal and medical texts, and philosophical treatises, explaining the subtleties of this ancient literature in lucid prose. This work will be of immense interest not only to scholars of Buddhism and gender studies but also to lay readers who want to learn more about traditional Buddhist attitudes toward sex.

"A translation of an important Tibetan Buddhist text related to the Dzogchen practice of the Nyingma school"--

The Great Perfection (rDzogs chen in Tibetan) is a philosophical and meditative teaching. Its inception is attributed to Vairocana, one of the first seven Tibetan Buddhist monks ordained at Samye in the eighth century A.D. The doctrine is regarded among Buddhists as the core of the teachings adhered to by the Nyingmapa school whilst similarly it is held to be the fundamental teaching among the Bonpos, the non-Buddhist school in Tibet. After a historical introduction to Tibetan Buddhism and the Bon, the author deals with the legends of Vairocana (Part I), analysing early documents containing essential elements of the doctrine and comparing them with the Ch'an tradition. He goes on to explore in detail the development of the doctrine in the tenth and eleventh centuries A.D. (Part II). The Tantric doctrines that play an important role are dealt with, as are the rDzogs chen theories in relation to the other major Buddhist doctrines. Different trends in the rDzogs chen tradition are described in Part III. The author has drawn his sources mainly from early unpublished documents which throw light on the origins and development, at the same time also using a variety of sources which enabled him to explicate the crucial position which the doctrine occupies in Tibetan religions.

Jamgön Kongtrul's ten-volume Treasury of Knowledge is a unique, encyclopedic masterpiece embodying the entire range of Buddhist teachings as they were preserved in Tibet. Tibetan Buddhist teachers expected their students to study Buddhist philosophical texts as well as practice reflection and meditation; present-day students have also realized that awakening has its source in study as well as in reflection and practice. Journey and Goal focuses on the spiritual path—the journey and the resultant state of enlightenment to which it leads—the goal. Extensively varied perspectives are offered not only from within the many schools of Buddhism but also from the different levels of practice and attainment. This is in fact the most comprehensive treatment of these themes to appear in the English language.

In the Nyingma School of Tibetan Buddhism, the Great Perfection is considered the most profound and direct path to enlightenment. The instructions of this tradition present a spiritual shortcut—a radically direct approach that cuts through confusion and lays bare the mind's true nature of luminous purity. For centuries, these teachings have been taught and practiced in secret by some of the greatest adepts of the Buddhist tradition. Great Perfection: Outer and Inner Preliminaries contains detailed instructions on the foundational practices of this tradition, from "The Excellent Chariot," a practice manual compiled by the Third Dzogchen Rinpoche. Distilling the teachings of the Heart Essence of

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the Dakinis into an accessible, easy-to-practice format, The Excellent Chariot leads the reader through the entire Buddhist path, starting with basic Buddhist contemplations that work to dislodge deeply ingrained patterns of thinking and behaving, and continuing on to the most advanced and secret meditative practices of the Great Perfection. The teachings in this volume are drawn largely from the writings of the great Nyingma master Longchenpa and the root texts of the Heart Essence of the Dakinis itself. The Third Dzogchen Rinpoche begins by discussing the correct way to study and practice the Great Perfection teachings before presenting an overview of the Great Perfection lineage and an explanation on the meaning and importance of empowerment. In the chapters that follow, he presents practical instructions on the outer and inner preliminaries, the so-called "ngöndro" practices. These practices enable the practitioner to transform and purify the mind, preparing it for the advanced Great Perfection meditation of Trekchö and Tögal, the breakthrough and direct leap. In addition to the translation mentioned above, Great Perfection: Outer and Inner Preliminaries contains a beautiful introduction by the Dzogchen Ponlop Rinpoche, a contemporary Great Perfection master, and an extensive glossary of key Great Perfection terminology.

An authoritative handbook, this volume offers both a comprehensive review of the current science of mindfulness and a guide to its ongoing evolution. Leading scholars explore mindfulness in the context of contemporary psychological theories of attention, perceptual processing, motivation, and behavior, as well as within a rich cross-disciplinary dialogue with the contemplative traditions. After surveying basic research from neurobiological, cognitive, emotional/affective, and interpersonal perspectives, the book delves into applications of mindfulness practice in healthy and clinical populations, reviewing a growing evidence base. Examined are interventions for behavioral and emotion dysregulation disorders, depression, anxiety, and addictions, and for physical health conditions.

A groundbreaking study of the lost tradition of Tibetan Zen containing the first translations of key texts from one thousand years ago. Banned in Tibet, forgotten in China, the Tibetan tradition of Zen was almost completely lost to us. According to Tibetan histories, Zen teachers were invited to Tibet from China in the 8th century, at the height of the Tibetan Empire. When doctrinal disagreements developed between Indian and Chinese Buddhists at the Tibetan court, the Tibetan emperor called for a formal debate. When the debate resulted in a decisive win by the Indian side, the Zen teachers were sent back to China, and Zen was gradually forgotten in Tibet. This picture changed at the beginning of the 20th century with the discovery in Dunhuang (in Chinese Central Asia) of a sealed cave full of manuscripts in various languages dating from the first millennium CE. The Tibetan manuscripts, dating from the 9th and 10th centuries, are the earliest surviving examples of Tibetan Buddhism. Among them are around 40 manuscripts containing original Tibetan Zen teachings. This book translates the key texts of Tibetan Zen preserved in Dunhuang. The book is divided into ten sections, each containing a translation of a Zen text illuminating a different aspect of the tradition, with brief introductions discussing the roles of ritual, debate, lineage, and meditation in the early Zen tradition. Van Schaik not only presents the texts but also explains how they were embedded in actual practices by those who used them.

"Translating Buddhist Luminaries Conference ... at the University of Colorado Boulder in April 2013 ... a conference on Ecumenism and Tibetan translation" --ECIP galley.

This volume consists of eight studies, each one bringing to light new material of use to comparative religionists and historians of

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religion, as well as to students of Tibetan Buddhism. These studies are based on critical scrutiny of indigenous sources and, in many cases, the learned opinion of native Tibetan scholars. The studies are organized around two dominant themes in Tibetan religious life -- the quest for clarity and insight via visionary exploration and philosophical exploration.

A definitive study of one of the most important practices in Tibetan Buddhism, with translations of a number of its key texts. Mahamudra, the "great seal," refers to the ultimate nature of mind and reality, to a meditative practice for realizing that ultimate reality, and to the final fruition of buddhahood. It is especially prominent in the Kagyü tradition of Tibetan Buddhism, so it sometimes comes as a surprise that mahamudra has played an important role in the Geluk school, where it is part of a special transmission received in a vision by the tradition's founder, Tsongkhapa. Mahamudra is a significant component of Geluk ritual and meditative life, widely studied and taught by contemporary masters such as the Dalai Lama. Roger Jackson's *Mind Seeing Mind* offers us both a definitive scholarly study of the history, texts, and doctrines of Geluk mahamudra and masterful translations of its seminal texts. It provides a skillful survey of the Indian sources of the teaching, illuminates the place of mahamudra among Tibetan Buddhist schools, and details the history and major textual sources of Geluk mahamudra. Jackson also addresses critical questions, such as the relation between Geluk and Kagyü mahamudra, and places mahamudra in the context of contemporary religious studies. The translation portion of *Mind Seeing Mind* includes ten texts on mahamudra history, ritual, and practice. Among these are the First Panchen Lama's root verses and autocommentary on mahamudra meditation, his ritual masterpiece *Offering to the Guru*, and a selection of his songs of spiritual experience. *Mind Seeing Mind* adds considerably to our understanding of Tibetan Buddhist spirituality and shows how mahamudra came to be woven throughout the fabric of the Geluk tradition. Though his writings form the basis for studying the Middle Way in many Tibetan monasteries, the seventh century Indian master Candrakirti was widely unknown during his lifetime and in the centuries following his death. Despite this lack of recognition, Candrakirti is now celebrated as offering the most thorough and accurate vision of Nagarjuna's view of emptiness, which in turn most fully represents the final truth of the Buddha's teaching. In *Resurrecting Candrakirti*, Kevin Vose examines Candrakirti's rise to prominence and the further elaborations the Tibetans have made on his Madhyamaka school of thought. Candrakirti's philosophy is essential for a thorough understanding of Tibetan Buddhist reality, and Vose explains it clearly and comprehensively. The seventh-century Indian master Candrakirti lived a life of relative obscurity, only to have his thoughts and writings rejuvenated during the Tibetan transmission of Buddhism. Since then, Candrakirti has been celebrated as offering the most thorough and accurate vision of Nagarjuna's view of emptiness which, in turn, most fully represents the final truth of the Buddha's teaching. Candrakirti's emptiness denies the existence of any "nature" or substantial, enduring essence in ourselves or in the phenomenal world while avoiding the extreme view of nihilism. In this view, our false belief in nature is at the root of our ignorance and is the basis for all mental and emotional pain and disturbance. For many Tibetan scholars, only Candrakirti's Middle Way entirely overcomes our false belief in inherent identity and, consequently, alone overcomes ignorance, delivering freedom from the cycle of uncontrolled death and rebirth known as samsara. Candrakirti's writings have formed the basis for Madhyamaka study in all major

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traditions of Tibetan Buddhism. In *Resurrecting Candrakirti*, Kevin Vose presents the reader with a thorough presentation of Candrakirti's rise to prominence and the further elaborations the Tibetans have made on his presentation of emptiness. By splitting Madhyamaka into two subschools, namely the Svatantrika and Prasangika, the Tibetans became pioneers in understanding reality and created a new way to define differences in interpretation. *Resurrecting Candrakirti* provides the historical and philosophical context necessary to understand both Madhyamaka and its importance to Tibetan Buddhist thought.

Today's greatest health challenges, the so-called diseases of civilization—depression, trauma, obesity, cancer—are now known in large part to reflect our inability to tame stress reflexes gone wild and to empower instead the peaceful, healing and sociable part of our nature that adapts us to civilized life. The same can be said of the economic challenges posed by the stress-reactive cycles of boom and bust, driven by addictive greed and compulsive panic. As current research opens up new horizons of stress-cessation, empathic intelligence, peak performance, and shared happiness, it has also encountered Asian methods of self-healing and interdependence more effective and teachable than any known in the West. *Sustainable Happiness* is the first book to make Asia's most rigorous and complete system of contemplative living, hidden for centuries in Tibet, accessible to help us all on our shared journey towards sustainable well-being, altruism, inspiration and happiness.

A key Dzogchen text—available together with its Tibetan commentaries, including from the fifteenth Karmapa—from a preeminent translator. The *Aspiration Prayer of Samantabhadra*, one of the most famous and often-recited Dzogchen texts, is at once an entreaty by the primordial buddha, Samantabhadra, that all sentient beings recognize the nature of their minds and thus become buddhas, and also a wake-up call by our own buddha nature itself. This monumental text outlines the profound view of Dzogchen in a nutshell and, at the same time, provides clear instructions on how to discover the wisdom of a buddha in the very midst of afflictions. In this volume, Karl Brunnhölzl offers translations of three versions of the *Aspiration Prayer* and accompanies them with translations of the commentaries by Jigmé Lingpa, the Fifteenth Karmapa, and Tsültrim Sangpo. He offers further contextualization with his rich annotation and appendices, which include additional translation from Jigmé Lingpa, Longchenpa, and Patrul Rinpoche. This comprehensive, comprehensible book illuminates this profound text and greatly furthers our understanding of Dzogchen—and of our own nature.

"This book links Tibetan Buddhist polemics regarding the realization of ultimate reality with contemporary debates around mystical experience. Komarovski demonstrates how the realization of reality, as understood by Tibetan thinkers, both resembles and challenges the idea of unmediated mystical experience"--

The great Buddhist writer Santaraksita (725-88) was central to the Buddhist traditions spread into Tibet. He and his disciple Kamalasila were among the most influential thinkers in classical India. They debated ideas not only within the Buddhist tradition but also with exegetes of other Indian religions, and they both traveled and nurtured Buddhism in Tibet during its infancy there. Their views, however, have been notoriously hard to classify. The present volume examines

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Santaraksita's encyclopedic Tattvasamgraha and Kamalasila's detailed commentary on that text in his Panjika, two works that have historically been presented together. The works cover all conceivable problems in Buddhist thought and portray Buddhism as a supremely rational faith. One hotly debated topic of their time was omniscience -- infinite, all-compassing knowledge -- whether it was possible and whether one could defensibly claim it as a quality of the Buddha.

A respected professor of Buddhist philosophy brings readers on a fascinating journey through Buddhism's most animating ideas. Tom Tillemans, who has studied Buddhist philosophy since the 1970s, excels in bringing analytic and continental philosophy into conversation with thinkers in the Sanskrit and Tibetan traditions. This volume collects his writings on the most rarefied of Buddhist philosophical traditions, the Madhyamaka, and its radical insights into the nature of reality. Tillemans' approach ranges from retelling the history of ideas, to considering implications of those ideas for practice, to formal appraisal of their proofs. The 12 essays (four of which are being published for the first time) are products of rich and sophisticated debates and dialogues with colleagues in the field.

Exploring the long history of cultural exchange between 'the Roof of the World' and 'the Middle Kingdom,' Buddhism Between Tibet and China features a collection of noteworthy essays that probe the nature of their relationship, spanning from the Tang Dynasty (618 - 907 CE) to the present day. Annotated and contextualized by noted scholar Matthew Kapstein and others, the historical accounts that comprise this volume display the rich dialogue between Tibet and China in the areas of scholarship, the fine arts, politics, philosophy, and religion. This thoughtful book provides insight into the surprisingly complex history behind the relationship from a variety of geographical regions. Includes contributions from Rob Linrothe, Karl Debreczeny, Elliot Sperling, Paul Nietupski, Carmen Meinert, Gray Tuttle, Zhihua Yao, Ester Bianchi, Fabienne Jagou, Abraham Zablocki, and Matthew Kapstein.

The revelations of Dūdjom Lingpa, a highly influential mystic of 19th century Tibet, translated by B. Alan Wallace. The practice of Dzogchen, the Great Perfection, is the pinnacle of the nine vehicles of practice taught in the Nyingma school of Tibetan Buddhism. The highly influential mystic Dūdjom Lingpa (1835–1904) and his disciple Sera Khandro (1892–1940), the most prolific female writer in Tibetan history, here illuminate the methods to discover our own primordial purity and abide in uncontrived awareness. Buddhahood Without Meditation: This is Dūdjom Lingpa's most widely taught visionary text. In it wisdom beings and historical figures in the Great Perfection lineage emphasize the view of cutting through (trekchö) to the original purity of pristine awareness via the four special samayas, or pledges, of the Great Perfection: nonexistence, oneness, uniform pervasiveness, and spontaneous actualization. At each stage of his spiritual progress, Dūdjom Lingpa's doubts are dispelled and his realizations enhanced by pithy advice. The Fine Path to Liberation: Sera Khandro establishes the necessary motivation and conduct for receiving teachings such as Buddhahood

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Without Meditation. This sublime Dharma is to be seen in the context of the five perfections of the sambhogakaya: the teacher, place, time, disciples, and Dharma are fully perfected and must not be reified as ordinary. Garland for the Delight of the Fortunate: Sera Khandro fills in the gaps of Buddhahood Without Meditation, explaining the metaphors, and spelling out the implications of the root text's highly condensed verses. This is an essential key for unlocking Dūdjom Lingpa's profound wisdom.

Dudjom Lingpa (1835-1904) was one of the foremost tantric masters of his time. Buddhahood without Meditation is his most widely taught visionary text. In a series of fourteen visionary encounters with wisdom beings and historical figures in the Great Perfection lineage, Dudjom Lingpa's transcendent teachers emphasize the view of cutting through to the original purity of pristine awareness. This view is developed via four themes: nonexistence, oneness, uniform pervasiveness, and spontaneous actualization, which are known as the four special samayas, or pledges, of the Great Perfection. At each stage of his spiritual progress, Dudjom Lingpa's doubts are dispelled and his realizations enhanced by pithy advice. Also included here are two complementary works by Dudjom Lingpa's charismatic female disciple, Sera Khandro, who is accomplished and well loved in her own right. Her short composition Fine Path to Liberation establishes the necessary motivation and conduct for receiving teachings such as Buddhahood Without Meditation. This sublime Dharma is to be seen in the context of the five perfections of the sambhogakaya: the teacher, place, time, disciples, and Dharma are fully perfected and must not be reified as ordinary. Sera Khandro's Garland for the Delight of the Fortunate fills in the gaps of Buddhahood Without Meditation, explaining the metaphors, and spelling out the implications of the root text's highly condensed verses. This extensive commentary is liberally supported with quotations from seminal sutras, tantras, and commentaries. Unless one has already reached a very high level of realization, this commentary is an essential key for unlocking the profound wisdom contained in Buddhahood Without Meditation.

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Simon and Schuster

The book supports an ecumenical theory of mysticism through a comparative analysis of Tibetan Dzogchen and German mysticism. Using a systems model of consciousness as an interpretive framework, it shows how the distinct doctrines and practices of these two traditions function in parallel, equally transformative ways.

Presents a comprehensive history of the country, from its beginnings in the seventh century, to its rise as a Buddhist empire in medieval times, to its conquest by China in 1950, and subsequent rule by the Chinese.

The mind-training practices contained in the Dzogchen tradition of Tibetan Buddhism have never before been presented in the English language. The main text translated here, The Steps to Liberation, will be of great interest to Western practitioners, since its

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instructions are pithy and direct, and experiential rather than scholarly. The contemplations on core Buddhist principles like impermanence and karma, intended for beginning meditators, unfold as dramatic stories in which the meditator is to vividly imagine himself or herself as the main character who undergoes a sequence of experiences that result in transformative realizations. They distill the most essential teachings of the Buddha into a practical system that can be easily implemented in a daily meditation practice. At the same time, they bring together the most foundational Buddhist teachings with the profound methods of the Vajrayana (the esoteric teachings of Buddhist tantra). This is the hallmark of Dzogchen mind training and what sets it apart from other mind-training lineages.

A systematic presentation of the path of Dzogchen, the Great Perfection, by one of its most renowned proponents and rendered by a master translator. Dūdjom Lingpa (1835–1904) was one of the foremost tantric masters of nineteenth-century Tibet, and his powerful voice resonates strongly among Buddhist practitioners today. The Vajra Essence is Dūdjom Lingpa's most extended meditation on the path of Great Perfection, in many senses a commentary on all his other Dzogchen works. Dzogchen, the pinnacle of practice in the Nyingma school, is a radical revelation of the pure nature of consciousness that is delivered from master to disciple and perfected in a meditation that permeates every moment of our experience. Revealed to Dūdjom Lingpa as a visionary "treasure" text in 1862, the Vajra Essence takes the reader through seven stages of progressively deeper practice, from "taking the impure mind as the path" up to the practice of "direct crossing over" (tögal). The longest of Dūdjom Lingpa's five visionary works on Dzogchen, readers will find this a rich and masterful evocation of the enlightened experience. This is the first translation of this seminal work in any Western language, and B. Alan Wallace, with his forty-five-plus years of extensive learning and deep meditative experience, is one of the most accomplished translators of Tibetan texts into English.

Examines various Tibetan interpretations of the Uttaratantra, the most authoritative Indic commentary on buddha-nature. With its emphasis on the concept of buddha-nature, or the ultimate nature of mind, the Uttaratantra is a classical Buddhist treatise that lays out an early map of the Mahāyāna path to enlightenment. Tsering Wangchuk unravels the history of this important Indic text in Tibet by examining numerous Tibetan commentaries and other exegetical texts on the treatise that emerged between the eleventh and fifteenth centuries. These commentaries explored such questions as: Is the buddha-nature teaching found in the Uttaratantra literally true, or does it have to be interpreted differently to understand its ultimate meaning? Does it explicate ultimate truth that is inherently enlightened or ultimate truth that is empty only of independent existence? Does the treatise teach ultimate nature of mind according to the Cittamātra or the Madhyamaka School of Mahāyāna? By focusing on the diverse interpretations that different textual communities employed to make sense of the Uttaratantra, Wangchuk provides a necessary historical context for the development of the text in Tibet. "Well conceived and superbly researched, this book is an invaluable 'guidebook' to the arguments and counterarguments of five centuries' worth of Tibet's greatest thinkers. This type of philosophical overview is far too rare in Tibetan Buddhist studies these days, and Wangchuk has performed a great service to the field by undertaking it." — Roger R. Jackson, translator of *Tantric Treasures: Three Collections of Mystical Verse from Buddhist India*

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Blending contemporary and traditional perspectives, this groundbreaking work offers guidance on the profound foundational practices of the Great Perfection. It contains classic commentaries by the renowned Tibetan masters Jigme Lingpa and Jamyang Khyentse Wangpo, alongside a lively contemporary discussion by filmmaker, author, and spiritual teacher Dzongsar Jamyang Khyentse that discusses how to incorporate these ancient practices into the fast-paced lifestyle of the Western world. Also included are a lengthy introduction to the world of Tibetan Buddhism and its meditative practices, as well as the long and short preliminary practice liturgies and numerous appendices on the nine yantras and other topics. The ngöndro or preliminary practice is treasured in the Ancient School of Tibetan Buddhism as vital for effecting a profound inner transformation and as a foundation for the very highest teachings of the Great Perfection, or Dzogchen. In particular, the Longchen Nyingtik ngöndro—revealed by the great saint Jigme Lingpa following a series of visions in which he was blessed by the omniscient Longchen Rabjam and received the transmission of his wisdom mind—has long been cherished by followers of all traditions on account of its power, depth, and poetic beauty.

A leading writer and researcher on Tibet, Sam van Schaik offers an accessible and authoritative introduction to Tibetan Buddhism by examining its key texts, from its origins in the eighth century to teachings practiced across the world today. In addition to demonstrating its richness and historical importance, van Schaik's fresh translations of and introductions to each text provide a comprehensive overview of Tibetan Buddhism's most popular teachings and concepts—including rebirth, compassion, mindfulness, tantric deities, and the graduated path—and discusses how each is put into practice. The book unfolds chronologically, conveying a sense of this thousand-year-old tradition's progress and evolution. Under the spiritual leadership of the Dalai Lama, Tibetan Buddhism has an estimated ten to twenty million adherents worldwide. Written for those new to the topic, but also useful to seasoned Buddhist practitioners and students, this much-needed anthological introduction provides the deepest understanding of the key writings currently available.

This comprehensive guide to the Buddhist path from the Tibetan point of view is as accessible as it is complete. Traleg Kyabgon breaks the teachings down conveniently into the three traditional "vehicles," while never letting us forget that the point of all the Dharma is nothing other than insight into the mind and heart. Along the way he provides vivid definitions of fundamental Buddhist concepts such as compassion, emptiness, and Buddha-nature and answers common questions such as: • Why does Buddhism teach that there is "no self"? • Are Buddhist teachings pessimistic? • Does Buddhism encourage social passivity? • What is the role of sex in Buddhist tantra? • Why is it said that samsara is nirvana? • Does it take countless lifetimes to attain enlightenment, or can it be achieved in a moment?

Based on the author's thesis (doctoral--Harvard University, 2012) under title: Delivering the Lotus-Born: historiography in the Tibetan Renaissance.

From a major mind of Buddhism today comes this unique philosophical work, which hearkens back to the classical verse-form, but in a modern voice that speaks directly to the twenty-first century reader and practitioner. Gesture of Awareness involves a

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fascinating philosophical exploration of time, space, and movement but at the same time is a manual for an embodied "practice of exploration." Genoud is very well known to the leading lights of Buddhism today. He and his work are continually praised for their invention and importance. Well-versed in French and continental philosophies, as well as Eastern thought, he has produced a work that will be welcomed as a Buddhist book and a noteworthy contribution to the larger philosophical community.

The earliest records we have today of what the Buddha said were written down several centuries after his death, and the body of teachings attributed to him continued to evolve in India for centuries afterward across a shifting cultural and political landscape. As one tradition within a diverse religious milieu that included even the Greek kingdoms of northwestern India, Buddhism had many opportunities to both influence and be influenced by competing schools of thought. Even within Buddhism, a proliferation of interpretive traditions produced a dynamic intellectual climate. Johannes Bronkhorst here tracks the development of Buddhist teachings both within the larger Indian context and among Buddhism's many schools, shedding light on the sources and trajectory of such ideas as dharma theory, emptiness, the bodhisattva ideal, buddha nature, formal logic, and idealism. In these pages, we discover the roots of the doctrinal debates that have animated the Buddhist tradition up until the present day.

One of the most important sadhana cycles in the Nyingma school of Tibetan Buddhism, the Rigdzin Düpa, or Gathering of the Vidyadharas, is practiced by tens of thousands of practitioners around the world. This inner guru practice focuses on Padmasambhava as the central figure and is one of the three root sadhanas of the Longchen Nyingtik treasure cycle revealed by the great Jigme Lingpa. This book will help readers mature their practice with invaluable instructions and commentary from some of the greatest Tibetan masters to have ever lived, including Patrul Rinpoche, Jamgön Kongtrul Lödro Tayé, and more. This book is for those who have received the reading transmission for the Rigdzin Düpa. Until such time as you receive the transmission, you can keep it on your shrine.

An engaging introduction to Zen Buddhism, featuring a new English translation of one of the earliest Zen texts Leading Buddhist scholar Sam van Schaik explores the history and essence of Zen, based on a new translation of one of the earliest surviving collections of teachings by Zen masters. These teachings, titled The Masters and Students of the Lanka, were discovered in a sealed cave on the old Silk Road, in modern Gansu, China, in the early twentieth century. All more than a thousand years old, the manuscripts have sometimes been called the Buddhist Dead Sea Scrolls, and their translation has opened a new window onto the history of Buddhism. Both accessible and illuminating, this book explores the continuities between the ways in which Zen was practiced in ancient times, and how it is practiced today in East Asian countries such as Japan, China, Korea, and Vietnam, as well as in the emerging Western Zen tradition.

This volume presents case studies in the shifting representations of yogic themes and figures in worldwide popular culture from the middle of the nineteenth century to contemporary times. The authors analyze everything from comic books and novels to television, movies, and theater as they portray yogis and their esoteric practices.

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Mindfulness seems to be everywhere—but are we sure that's a good thing? Teachers Sallie Jiko Tisdale, Gil Fronsdal, Norman Fischer, and more explain how removing mindfulness from Buddhism may set a dangerous precedent. Mindfulness is in fashion. Oprah loves it, Google teaches it to employees—it has become widespread as a cure-all for stress, health problems and psychological difficulties, interpersonal trouble, and existential anxiety. However, when its proponents try to make it more accessible by severing it from its Buddhist roots, they run the risk of leeching mindfulness of its transformative power. Taught outside of its ethical and spiritual context it becomes a mere means to an end, rather than a way of life. Mindfulness is in danger of being co-opted into the spiritual equivalent of fast food: “McMindfulness.” Instead of being better people, we just become better employees, better consumers. The Zen teachers gathered here ask a bold question: Is universal mindfulness really a good thing? Ranging from thoughtful critiques to personal accounts of integrating mindfulness into daily life, each chapter offers insights to ground mindfulness in a deeper understanding of both where it comes from, and where it might be headed. With contributions from Marc Poirer, Robert Meikyo Rosenbaum, Barry Magid, Hozan Alan Senauke, Sallie Jiko Tisdale, Gil Fronsdal, Max Erdstein, Zoketsu Norman Fischer, Janet Jiryu Abels, Grace Schireson, Sojun Mel Weitsman, and Robert Sharf. The revelations of Dūdjom Lingpa, a highly influential mystic of 19th century Tibet, translated by B. Alan Wallace, widely respected for his lucid and readable translations of Tibetan Buddhism. Dūdjom Lingpa (1835–1904) was one of the foremost tantric masters of his time. This new series includes his visionary teachings on the Great Perfection (Dzogchen), the pinnacle of practice in Tibet's oldest Buddhist school. Volume 1 contains four works explaining the view and practice of the Great Perfection, the signature style of meditation of the Nyingma school of Tibetan Buddhism: The Sharp Vajra of Conscious Awareness Tantra: This work is considered the root distillation of Dūdjom Lingpa's wisdom. Essence of Clear Meaning: This definitive commentary, which unpacks the quintessential verses of The Sharp Vajra, is based on Dūdjom Lingpa's oral teachings recorded by his disciple Pema Tashi. The Foolish Dharma of an Idiot Clothed in Mud and Feathers: Dūdjom Lingpa narrates the essential Dharma teachings from the perspective of an old man rejecting superficial appearances. The Enlightened View of Samantabhadra: A masterful exposition of the Great Perfection is revealed as a dialogue between wisdom beings who bestow a treasury of pith instructions and specific advice for practitioners. While the teachings in this series have inspired generations of Tibetans, few have been published in translation—until now.

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