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this translation of a tibetan treasure text tells the story of the indian heroine princess mandarava principal consort of the eighth century indian master padmasambhava recounting her struggles and triumphs as a buddhist teacher in her many lives

a spiritual classic along the lines of the tibetan book of the dead this text is a clear and accessible guide to the essence of dzogchen and the attainment of buddhahood a text

belonging to the same cycle as the tibetan book of the dead this instruction on the method of self liberation presents the essence of dzogchen the great perfection regarded in tibet as the highest and most esoteric teaching of the buddha teaching the attainment of buddhahood in a single lifetime this text was written and concealed by guru padmasambhava in the eighth century and rediscovered six centuries later by karma lingpa the commentary by the translator is based on the oral teachings of namkhai norbu rinpoche and lama tharchin rinpoche

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 understanding 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 terma 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

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science has long treated religion as a set of personal beliefs that have little to do with a rational understanding of the mind and the universe however b alan wallace a respected buddhist scholar proposes that the contemplative methodologies of buddhism and of western science are capable of being integrated into a single discipline contemplative science the science of consciousness introduces first person methods of investigating the mind through buddhist contemplative techniques such as samatha an organized detailed system of training the attention just as scientists make observations and conduct experiments with the aid of technology contemplatives have long tested their own theories with the help of highly developed meditative skills of observation and experimentation contemplative science allows for a deeper knowledge of mental phenomena including a wide range of states of consciousness and its emphasis on strict mental discipline counteracts the effects of conative intention and desire attentional cognitive and affective imbalances just as behaviorism psychology and neuroscience have all shed light on the cognitive processes that enable us to survive and flourish

contemplative science offers a groundbreaking perspective for expanding our capacity to realize genuine well being it also forges a link between the material world and the realm of the subconscious that transcends the traditional science based understanding of the self

meditation offers in addition to its many other benefits a method for achieving previously inconceivable levels of concentration author b alan wallace has nearly thirty years practice in attention enhancing meditation including a retreat he performed under the guidance of the dalai lama an active participant in the much publicized dialogues between buddhists and scientists alan is uniquely qualified to speak intelligently to both camps and the attention revolution is the definitive presentation of his knowledge beginning by pointing out the ill effects that follow from our inability to focus wallace moves on to explore a systematic path of meditation to deepen our capacity for deep concentration the result is an exciting rewarding expedition of the mind tracing everything from the confusion at the bottom of the trail to the extraordinary clarity and power that come with making it to the top along the way the author also provides interludes and complementary practices for cultivating love compassion and clarity in our waking and dreaming lives attention is the key that makes personal change possible and the good news is that it can be trained this book shows how

dzogchen a tradition of the nyingma school of tibetan buddhism is considered by many to be an extremely powerful path to enlightenment this ground breaking book offers translations of four sacred texts of the dzogchen tradition secret instruction in a garland of vision the flight of the garuda emptying the depths of hell and the wish granting prayer of kuntu zangpo with an informative introduction by the translator flight of the garuda is an invaluable resource for both practice and scholarship flight of the garuda conveys the heart advice of one of the most beloved nonsectarian masters of tibet ordained as a gelug monk the itinerant yogi shabkar was renowned for his teachings on dzogchen the heart practice of the nyingma lineage he wandered the countryside of tibet and nepal turning many minds toward the dharma through his ability to communicate the essence of the teachings in a poetic and crystal clear way buddhists of all stripes including practitioners of zen and vipassana will find ample sustenance within the pages of this book and be thrilled by the lyrical insights conveyed in shabkar s words along with the song by shabkar translator keith dowman includes several other seminal dzogchen texts dzogchen practice brings us into direct communion with the subtlest nature of our experience the unity of samsara in nirvana as experienced within our own consciousness within the nyingma school it is held higher than even the practices of tantra for bringing the meditator face to face with the nature of reality

from wisdom s acclaimed studies in indian and tibetan buddhism series researcher and scholar sam van schaik introduces the nyingma tradition of tibetan buddhism looking closely at its practice of dzogchen and one of dzogchen s seminal figures jigme lingpa to make an extensive analysis of a core tension within buddhism does enlightenment

develop gradually or does it come all at once

trapped for decades a powerful god seeks freedom and revenge but the only thing that can save him is the passion of a woman's touch emma keane is your average city girl trying to get a date there's just one thing holding her back the disembodied male voice speaking to her through her mind sound kind of crazy maybe but crazy turns downright deadly when the voice persuades her to travel to the wilds of the mayan jungle there she will free his body his incredibly hot muscled naked body humans are so frail so undisciplined so susceptible to love and when this ancient being connects with emma the feelings she sparks drive him utterly mad protective keep her close never let her go kind of mad which might not be such a bad thing because from the moment the beautiful passionate emma unshackles his body they are hunted at every turn now he'll have to do everything in his power to keep her safe but will it be enough the accidentally yours series book 1 accidentally in love with a god book 2 accidentally married to a vampire book 3 sun god seeks surrogate book 3 5 accidentally evil a novella book 4 vampires need not apply book 4 5 accidentally civil a novella coming in january 2014 book 5 accidentally over coming in august 2014

a cross cultural encyclopedia of the most significant holy people in history examining why people in a wide range of religious traditions throughout the world have been regarded as divinely inspired the first reference on the subject to span all the world's major religions holy people of the world a cross cultural encyclopedia examines the impact of individuals who through personal charisma and inspirational deeds served both as glorious examples of human potential and as envoys for the divine holy people of the world contains nearly 1 100 biographical sketches of venerated men and women written by religious studies experts and historians each article focuses on the basic question how did this person come to be regarded as holy in addition the encyclopedia features 20 survey articles on views of holy people in the major religious traditions such as islam buddhism and african religions as well as 64 comparative articles on aspects of holiness and veneration across cultures such as awakening and conversion experiences heredity gender asceticism and persecution whether exploring by religion culture or historic period this extensively cross referenced resource offers a wealth of insights into one of the most revealing and least explored common denominators of spiritual traditions approximately 1 200 entries including biographical sketches of holy men and women plus 20 overview articles and 64 comparative essays 270 contributors include scholars from 20 countries all leading authorities on the individuals and religions they write about hundreds of historical photographs illustrations and paintings depicting holy men and women end of entry bibliographic citations to guide readers to further sources on each topic exhaustive subject index rich cross referencing structure that aids navigation among related entries

this manual of tibetan meditation simply and thoroughly presents the profound dzogchen and mahamudra systems of practice karma chagmé sets forth the stages of

meditation practice including the cultivation of meditative quiescence and insight the experiential identification of awareness and the highest steps of mahamudra and atiyoga leading to perfect enlightenment in one lifetime drawing from his enormous textual erudition and mastery of tibetan oral traditions he shows how these two meditative systems can be unified into a single integrated approach to realizing the ultimate nature of consciousness

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