

Buddhahood In This Life The Great Commentary By Vimalamitra

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Delve into Vimalamitra's 'Buddhahood In This Life: The Great Commentary,' an essential text for practitioners seeking spiritual awakening and ultimate realization within their current existence. This profound work illuminates the path to buddhahood, offering deep wisdom and practical guidance rooted in ancient Buddhist teachings, making the profound accessible.

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Buddhahood in This Life

Discover a profound text that has influenced Tibetan teachers for generations. Buddhahood in This Life is a complete translation of the earliest Tibetan commentary on the Dzogchen secret instructions. Available for the first time in English, Buddhahood in This Life presents the Great Commentary of Vimalamitra—one of the earliest and most influential texts in the Dzogchen tradition of Tibetan Buddhism. It explores the theory and practice of the Great Perfection tradition in detail, shows how Dzogchen meditation relates to the entirety of the Buddhist path, and outlines how we can understand buddhahood—and even achieve it in our lifetime. This essential text includes topics such as: · How delusion arises · The pathway of pristine consciousness · How buddhahood is present in the body · and more. Translator Malcolm Smith includes an overview, analysis and clarification for all topics. Buddhahood in This Life covers fine details of Dzogchen meditation, including profound “secret instructions” rarely discussed in most meditation manuals. This text is essential for any serious student of the Great Perfection.

Buddhahood in This Life

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

Buddhahood in This Life

"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 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"--

The Essential Jewel of Holy Practice

Esteemed Tibetologist Jean-Luc Achard contextualizes and provides a clear translation of highly secret precepts on Dzogchen practice unlike anything published. The Instructions on the Six Lamps is a profound and important work from the Bön Dzogchen tradition and is one of the root texts of the Zhangzhung Nyengyü (Oral Transmission of Zhangzhung) series of orally transmitted teachings. Considered to be the central work of the inner cycle of these teachings, it expertly details the principles of the natural state and its visionary marvels. The root text describes highly secret precepts of Dzogchen (Great Perfection) practice—the teachings of Trekchö and Thögel—as revealed by Tapihritsa to Gyerpung Nangzher Löpo. The teachings in this text represent oral instructions transmitted by a single master to a single disciple in the mode known as “single transmission.” It is through such a practice that one can see the clear light of one’s own mind before achieving complete buddhahood. In this respect, the text contains a complete teaching of Dzogchen, from beginning to end.

The Six Lamps

The revelations of Düdjom 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 Düdjom 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 Düdjom 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, Düdjom 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 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 Düdjom Lingpa’s profound wisdom.

Buddhahood without Meditation

How does coding change the way we think about architecture? This question opens up an important research perspective. In this book, Miro Roman and his AI Alice_ch3n81 develop a playful scenario in which they propose coding as the new literacy of information. They convey knowledge in the form of a project model that links the fields of architecture and information through two interwoven narrative strands in an “infinite flow” of real books. Focusing on the intersection of information technology and architectural formulation, the authors create an evolving intellectual reflection on digital architecture and computer science.

Play Among Books

A new translation of the Tibetan master Longchenpa’s famous work that systematically presents the path of yogic conduct according to the Dzogchen tradition *Finding Rest in Illusion* is the third volume

of the Trilogy of Rest, Longchenpa's classic exposition of the Buddhist path. The purpose of these teachings is to introduce us to our most basic nature—the clear and pristine awareness that is the nature of the mind. According to the traditional Tibetan Buddhist formula of view, meditation, and action, this volume follows *Finding Rest in the Nature of the Mind*, which establishes the view of the Buddhist path generally, and specifically that of the teachings of the Great Perfection, and *Finding Rest in Meditation*, which outlines the main points of meditation, namely, where one should meditate, what qualities a practitioner should possess and develop, and what should be practiced. The Padmakara Translation Group has provided us with a clear and fluid new translation of the final volume of the trilogy, *Finding Rest in Illusion*, along with its autocommentary, *The Chariot of Excellence*, both intended to elucidate the appropriate action of a Buddhist practitioner. *Finding Rest in Illusion* describes in detail the conduct of those who have stabilized their recognition of the nature of the mind and how to apply the Buddhist view when relating to ordinary appearances. Drawing extensively from classic Buddhist works, the author uses well-known examples of illusion found throughout Mahāyāna literature to illustrate the illusory nature of both samsāra and nirvāṇa, thus revealing their ultimate nondual nature. This is an invaluable manual for any genuine student of Buddhism who wishes to truly find rest through the path of the Great Perfection.

Finding Rest in Illusion

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.

A Lullaby to Awaken the Heart

A new translation of Longchenpa's famous work that presents the entire scope of the Buddhist view combined with pith instructions pointing out the nature of one's mind. Longchenpa's classic Buddhist manual for attaining liberation teaches us how to familiarize ourselves with our most basic nature—the clear, pristine, and aware mind. Written in the fourteenth century, this text is the first volume of Longchenpa's Trilogy of Rest, a work of the Tibetan Dzogchen tradition. This profound and comprehensive presentation of the Buddhist view and path combines the scholastic expository method with direct pith instructions designed for yogi practitioners. This first part of the Trilogy of Rest sets the foundation for the following two volumes: *Finding Rest in Meditation*, which focuses on Tibetan Buddhist meditation practice, and *Finding Rest in Illusion*, which focuses on post-meditation yogic conduct. The Padmakara Translation Group has provided us with a clear and fluid new translation to *Finding Rest in the Nature of the Mind* along with selections from its autocommentary, *The Great Chariot*, which will serve as a genuine aid to study and meditation. Here, we find essential instructions on the need to turn away from materialism, how to find a qualified guide, how to develop boundless compassion for all beings, along with the view of tantra and associated meditation techniques. The work culminates with pointing out the result of practice as presented from the Dzogchen perspective, providing us with all the tools necessary to traverse the Tibetan Buddhist path of finding rest.

Finding Rest in the Nature of the Mind

Just as the images on television are nothing more than light, so are our experiences merely the dance of awareness. Often we form attachments to or feel enslaved by these experiences. But they are only reflections. As easily as television pictures vanish when the channel is changed, the power of our experiences fades if we penetrate to the heart of reality—the light of the natural mind within everyone. *You Are the Eyes of the World* presents a method for discovering awareness everywhere, all the time. This book does not discuss how to turn ordinary life off, and it does not describe how to create beautiful

spiritual experiences; it shows how to live within the source of all life, the unified field where experience takes place.

You Are the Eyes of the World

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 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.

Steps to the Great Perfection

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 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.

Great Perfection

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 sktra 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).

The Great Treatise on the Stages of the Path to Enlightenment

The first Tibetan to attain complete enlightenment was in all probability the woman Yeshe Tsogyal, the closest disciple of Padmasambhava, the master who brought Buddhism to Tibet in the eighth century. This classical text is not only a biography but also an inspiring example of how the Buddha's teaching can be put into practice. *Lady of the Lotus-Born* interweaves profound Buddhist teachings with a colorful

narrative that includes episodes of adventure, court intrigue, and personal searching. The book will appeal to students of Tibetan Buddhism and readers interested in the role of women in Buddhism and world religions.

Lady of the Lotus-Born

All religions teach codes of ethical behavior. So too does Buddhism. This book is a translation of an indispensable exposition of the three sets of vows that are central to Tibetan Buddhist codes of discipline--the pratimoksa vows of individual liberation; the vows of the bodhisattva, who selflessly strives for the liberation of all beings; the vows of the esoteric path of tantra. Here, the late Dudjom Rinpoche provides his authoritative commentary on the role of ethics and morality in Buddhist practice, outlining in detail the meaning and scope of the vows, and giving practical advice on maintaining the vows as supportive tools in the journey toward enlightenment.

Perfect Conduct

The Universal Vehicle Discourse Literature (Mah y nasktr laCk ra) was transmitted from the bodhisattva Maitreya to the fourth-century Indian Buddhist scholar-adept. The most foundational of the set of the famous Five Teachings of Maitreya, the Discourse Literature is considered the wellspring of what the Tibetans call the "magnificent deeds trend of the path," the compassion side, which balances the "profound view trend of the path," the wisdom side. The Discourse Literature is also considered to be metaphysically aligned with and foundational for the Idealist (Vijñānavādin) school of Mahāyāna thought. Translated from Sanskrit, Tibetan, and Chinese by Lobsang Jampal, Robert Thurman, and the AIBS team, the present work contains a fully annotated, critical English rendition of the Discourse Literature along with its commentary (bhāṣya) by saEga's brother, Vasubandhu. It also includes an introduction covering essential historical and philosophical topics, a bibliography, and a detailed index. This long-awaited work is the founding cornerstone of the AIBS Treasury of the Buddhist Sciences series.

The Universal Vehicle Discourse Literature (Mah y nasktr laAk ra)

One of the few texts dealing with the spiritual evolution of a female aspirant.

Sky Dancer

Based on the teachings of the Buddha, this book offers the most compelling and impassioned indictment of meat-eating to be found in Tibetan literature and is pertinent to anyone interested in vegetarianism as a moral or spiritual issue. The Buddha's teachings show how destructive habits can be examined and transformed gradually from within. The aim is not to repress one's desire for meat and animal products by force of will, but to develop heartfelt compassion and sensitivity to the suffering of animals, so that the desire to exploit and feed on them naturally dissolves. There are two texts presented here. One is an excerpt from Shabkar's Book of Marvels, consisting of quotations from the Buddhist scriptures and the teachings of masters of Tibetan Buddhism that argue against the consumption of meat, with Shabkar's commentary. The second, the Nectar of Immortality, is Shabkar's discourse on the importance of developing compassion for animals.

Food of Bodhisattvas

This is the most comprehensive and authoritative introduction to Tibetan Buddhism available to date, covering a wide range of topics, including history, doctrines, meditation, practices, schools, religious festivals, and major figures. The revised edition contains expanded discussions of recent Tibetan history and tantra and incorporates important new publications in the field. Beginning with a summary of the Indian origins of Tibetan Buddhism and how it eventually was brought to Tibet, it explores Tibetan Mahāyāna philosophy and tantric methods for personal transformation. The four main schools of Tibetan Buddhism, as well as Bön, are explored in depth from a nonsectarian point of view. This new and expanded edition is a systematic and wonderfully clear presentation of Tibetan Buddhist views and practices.

Introduction to Tibetan Buddhism

Addressing questions such as What constitutes a meaningful life? and What is true happiness?, this guide to Nichiren Buddhism presents the spiritual practice as a teaching of hope that can answer these

and other important questions of modern life. Buddhist teacher Daisaku Ikeda offers insights into *The Opening of the Eyes*, a longer treatise written by Nichiren that calls for individuals to base themselves on a spirit of compassion and to fight for the happiness of others, regardless of the circumstances. Ikeda's simple and straightforward commentary brings this integral writing to life for a contemporary readership. Through the text and the accompanying commentary, readers will not will discover a philosophy of inner transformation that will help them find deep and lasting happiness for themselves and for others.

The Opening of Eyes (16pt Large Print Edition)

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 eight 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.

The Great Perfection (rDzogs Chen)

Originally published in 1997, *Religions of Tibet in Practice* is a landmark work--the first major anthology on the topic ever produced. This new edition--abridged to further facilitate course use--presents a stunning array of works that together offer an unparalleled view of the Tibetan religious landscape over the centuries. Organized thematically, the twenty-eight chapters are testimony to the vast scope of religious practice in the Tibetan world, past and present. *Religions of Tibet in Practice* remains a work of great value to scholars, students, and general readers.

Religions of Tibet in Practice

This book is a translation of the first part of Jigme Lingpa's *Treasury of Precious Qualities*, which in a slender volume of elegant verses sets out briefly but comprehensively the Buddhist path according to the Nyingma school. The concision of the root text and its use of elaborate poetic language, rich in metaphor, require extensive explanation, amply supplied here by the commentary of Kangyur Rinpoche. The present volume lays out the teachings of the sutras in gradual stages according to the traditional three levels, or scopes, of spiritual endeavor. It begins with essential teachings on impermanence, karma, and ethics. Then, from the Hinayana standpoint, it describes the essential Buddhist teachings of the four noble truths and the twelve links of dependent arising. Moving on, finally, to the Mahayana perspective, it expounds fully the teachings on bodhichitta and the path of the six paramitas, and gives an unusually detailed exposition of Buddhist vows.

Treasury of Precious Qualities: Book One

Buddhist Thought guides the reader towards a richer understanding of the central concepts of classical Indian Buddhist thought, from the time of Buddha, to the latest scholarly perspectives and controversies. Abstract and complex ideas are made understandable by the authors' lucid style. Of particular interest is the up-to-date survey of Buddhist Tantra in India, a branch of Buddhism where strictly controlled sexual activity can play a part in the religious path. Williams' discussion of this controversial practice as well as of many other subjects makes *Buddhist Thought* crucial reading for all interested in Buddhism.

Buddhist Thought

This book provides accurate, accessible translations of three classics of medieval Indian Buddhist mysticism. Since their composition around 1000 CE, these poems have exerted a powerful influence on spiritual life.

Tantric Treasures

Patrul Rinpoche makes the technicalities of his subject accessible through a wealth of stories, quotations, and references to everyday life. His style of mixing broad colloquialisms, stringent irony, and poetry has all the life and atmosphere of an oral teaching. Great care has been taken by the translators to render the precise meaning of the text in English while still reflecting the vigor and insight of the original Tibetan.

The Words of My Perfect Teacher

"A magnificent achievement. In its power to touch the heart, to awaken consciousness, [The Tibetan Book of Living and Dying] is an inestimable gift." —San Francisco Chronicle A newly revised and updated edition of the internationally bestselling spiritual classic, *The Tibetan Book of Living and Dying*, written by Sogyal Rinpoche, is the ultimate introduction to Tibetan Buddhist wisdom. An enlightening, inspiring, and comforting manual for life and death that the New York Times calls, "The Tibetan equivalent of [Dante's] *The Divine Comedy*," this is the essential work that moved Huston Smith, author of *The World's Religions*, to proclaim, "I have encountered no book on the interplay of life and death that is more comprehensive, practical, and wise."

The Tibetan Book of Living and Dying

This collection contains four of the most cherished Tibetan Buddhist commentaries on the practices of visualization, mantra recitation, and meditative absorption—elements that form the core of development stage meditation, one of the most important practices of Buddhist Tantra. The texts within this volume—*Ladder to Akanicmha*, *Clarifying the Difficult Points in the Development Stage*, *The Four Stakes That Bind the Life-Force*, and *Husks of Unity*—are among the most widely studied commentaries on this topic and have formed the basis for spiritual study and practice for centuries. In these eloquent and inspiring translations, Jigme Lingpa, Patrul Rinpoche, and Getse Mah paG ita explain the fundamental philosophy of the development stage, illuminating its profound insights into the nature of reality and how to utilize these insights through the practice of meditation.

Deity, Mantra, and Wisdom

Zurchungpa's *Eighty Chapters of Personal Advice* was the final teaching given by the great Nyingma master Zurchung Sherab Trakpa before he passed away. His counsels are the distillation of a lifetime's experience and comprise the practical instructions of a master who had made the teachings of the Great Perfection truly part of himself. The original text consists of almost 580 maxims, organized into eighty chapters covering the entire path of Dzogchen, from fundamental teachings on devotion and renunciation, through to a whole series of pith instructions that bring the Dzogchen view to life. Much of the meaning of these pithy, often cryptic, instructions could be lost on the reader without the help of the notes Shechen Gyaltsap Rinpoche provided in his annotated edition, which he based on the explanations he received from his own teacher, Jamyang Khyentse Wangpo. This book contains a complete detailed teaching on Zurchungpa's text by Dilgo Khyentse Rinpoche, based on Shechen Gyaltsap's notes. Originally intended as essential instructions for a group of practitioners in three-year retreat, it will undoubtedly serve as an indispensable guide to anyone who seriously wishes to practice the Great Perfection. Zurchung Sherab Trakpa (1014-1074) was a key teacher in the Zur tradition, one of the handful of kama lineages through which the teachings of the Ancient Tradition were transmitted from master to disciple, beginning with Guru Padmasambhava and Vimalamitra, right down to the Nyingma masters of the present day. He was a learned scholar and accomplished meditation master who spent many years in retreat, practicing the teachings of the Great Perfection. Shechen Gyaltsap Rinpoche (1871-1926) was an important disciple of Jamyang Khyentse Wangpo the Great and one of Dilgo Khyentse Rinpoche's root teachers. An accomplished meditator, he was also one of the most respected scholars of his day, whose writings fill thirteen volumes.

Zurchungpa's Testament

Tibetan Literature addresses the immense variety of Tibet's literary heritage. An introductory essay by the editors attempts to assess the overall nature of 'literature' in Tibet and to understand some of the ways in which it may be analyzed into genres. The remainder of the book contains articles by nearly thirty scholars from America, Europe, and Asia—each of whom addresses an important genre of Tibetan literature. These articles are distributed among eight major rubrics: two on history and biography, six on canonical and quasi-canonical texts, four on philosophical literature, four on literature

on the paths, four on ritual, four on literary arts, four on non-literary arts and sciences, and two on guidebooks and reference works.

Tibetan Literature

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.

The Self-arisen Vidy Tantra

"Awakening to Reality" ("Wuzhen pian") is one of the most important and best-known Taoist alchemical texts. Written in the eleventh century, it describes in a poetical form, and in a typically cryptic and allusive language, several facets of Neidan, or Internal Alchemy. This book contains a translation of the first part of the text, consisting of sixteen poems, which provide a concise but comprehensive exposition of Neidan. In addition to notes that intend to clarify the meaning of the more obscure points, the book also contains selections from Liu Yiming's commentary, dating from the late 18th century, which is distinguished by the use of a lucid and plain language. Table of Contents Preface, vii Introduction, 1 Translation, 21 Selections from Liu Yiming's Commentary, 75 Textual Notes, 89 Glossary of Chinese Characters, 95 Works Quoted, 101

Approaching the Great Perfection

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 yanas 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.

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Madhyamaka is a potent and universally accessible means of calming our suffering and awakening to our innate wisdom. The Center of the Sunlit Sky artfully rescues this brilliant teaching from its unwarranted reputation for intellectual opacity and reinstates it as a supremely practical tool kit for everyday living. The aim of this book is to take Madhyamaka out of the purely intellectual corner into which it unjustly gets boxed. It is an attempt to show how Madhayamaka actually addresses and works with all of our experiences in life. The book follows the original Indian sources as well as the standard commentaries on Madhyamaka in the Kagyu School of Tibetan Buddhism. At the same time, these materials are adapted for a contemporary audience, combining the familiar sharpness of Madhyamaka reasonings (launching a massive assault on our cherished belief systems) with exploring the practical relevance of the Madhyamaka way of mind training.

A Bolt of Lightning from the Blue

This is the first book to become available in the West by one of the most revered spiritual figures in South Asia. Included is a generous selection of his essays, as well as a biography and many photographs from throughout his lifetime.

Entrance to the Great Perfection

The Tripitaka Master Xuanzang (A.D. 600-64), whose deeds and career as a Buddhist monk are described in this biography, was a prominent figure not only in the history of Buddhist learning but also in other fields of culture. He played a role in the establishment of friendly contacts between China and the countries through which he traveled in search of more knowledge of Buddhism and incidentally but not insignificantly provided posterity with data of historical value in his detailed records about regions in central Asia and particularly in ancient India. He is thus respected not only by the Buddhists and people of China but also by the peoples of other eastern Asian countries who have benefited from the Buddhist lore that he acquired through many hardships and perils during his seventeen-year journey, from 629 to 645, in foreign lands. Because of his translation of Buddhist text into Chinese, Xuanzang was an epoch-making figure in the history of Buddhism in China. Huili, the author of this biography, was born in 614 and became a monk at the age of fifteen. Out of his admiration for the Venerable Xuanzang, he wrote this biography about how the Master went to India to seek Buddhist texts and translate them into Chinese. The biography relates events up to the Master's arrival in the capital at the conclusion of his return journey from India and was compiled and edited by the monk Yancong, who added five fascicles to the original to relate the Master's activities after his return to China up to his death. He thus produced a more complete biography of the Venerable Tripitaka Master Xuanzang, which is presented here in the English version.

The Center of the Sunlit Sky

In 1838, Choying Tobden Dorje, a yogin and scholar of northeastern Tibet, completed a multivolume masterwork that traces the entire path of the Nyingma tradition of Tibetan Buddhism from beginning to end. Written by a mantra practitioner for the benefit of mantra practitioners living among the lay community, it was intended to be informative, inspirational, and above all, practical. Its twenty-five books, or topical divisions, offer a comprehensive and detailed view of the Buddhist path according to the early translation school of Tibetan Buddhism, spanning the vast range of Buddhist teachings from the initial steps to the highest esoteric teachings of great perfection. Choying Tobden Dorje's magnum opus appears in English here for the first time. Books 15 to 17: The Essential Tantras of Mahayoga is presented in two volumes and concerns the first of the three classes of inner tantra. It presents the entire text of the Guhyagarbha Tantra, in Tibetan and English, together with the interlinear sections of one of its most important commentaries, *Dispelling the Darkness of the Ten Directions*, by the outstanding fourteenth-century master Longchen Rabjam. Also included is Choying Tobden Dorje's rewriting of Candragomin's inspirational *Extensive Commentary on the Sublime Litany of the Names of Manjushri*.

Compassionate Action

Biography of the Tripitaka Master of the Great Ci'en Monastery of the Great Tang Dynasty, A