

## Medicine Buddha Teachings

Written and arranged by Lama Zopa Rinpoche, A Brief Meditation-Recitation on Guru Medicine Buddha begins with requests to the Medicine Buddhas and follows with recitation of their holy names; recitation of either—or all of—the long, middle-length, or short Medicine Buddha mantra; and recitation of the mantra of Tathagata Stainless Excellent Gold and other dharani-mantras, extracted from the Fifth Dalai Lama's The Wish-Granting Sovereign: A Ceremony for Worshipping the Seven Sugatas. The practice concludes with prayers, requests, and dedications. Anyone can practice the text, with slight modifications for students without initiations. Rinpoche has consistently taught that Medicine Buddha practice is beneficial for anyone who is dying, sick, injured, or who has already died, and for success in general. 24 pages, 2018 edition.

The basic teachings of Buddhism as they relate to everyday life—presented by the esteemed Tibetan meditation master In The Heart of the Buddha, Chögyam Trungpa examines the basic teachings of Buddhism and places them within the context of daily life. Divided into three parts, the book begins with a discussion about the open, inquisitive, and good-humored qualities of the “heart of the Buddha”—an “enlightened gene” that everyone possesses. Next, Chögyam Trungpa moves to the stages of the Buddhist path, presenting the three vehicles—Hinayana, Mahayana, and Vajrayana—that carry the Buddhist practitioner toward enlightenment. Finally, he describes the direct application of Buddhist teachings to topics as varied as relationships, drinking, children, and money. The Heart of the Buddha reflects Trungpa’s great appreciation for Western culture and deep understanding of the Tibetan Buddhist tradition, which enabled him to teach Westerners in an effective, contemporary way.

This indispensable volume is a lucid and faithful account of the Buddha’s teachings. “For years,” says the Journal of the Buddhist Society, “the newcomer to Buddhism has lacked a simple and reliable introduction to the complexities of the subject. Dr. Rahula’s What the Buddha Taught fills the need as only could be done by one having a firm grasp of the vast material to be sifted. It is a model of what a book should be that is addressed first of all to ‘the educated and intelligent reader.’ Authoritative and clear, logical and sober, this study is as comprehensive as it is masterly.” This edition contains a selection of illustrative texts from the Suttas and the Dhammapada (specially translated by the author), sixteen illustrations, and a bibliography, glossary, and index.

"Because we have met the Buddhadharma, and especially this method - the practice of the Compassion Buddha and recitation of his mantra - it is easy to purify negative karma and collect extensive merit and thus achieve enlightenment. We are unbelievable fortunate."--Lama Zopa Rinpoche, from his invitation to join the retreat. This book is made possible by kind supporters of the Archive who, like you, appreciate how we make these teachings freely available in so many ways, including in our website for instant reading, listening or downloading, and as printed and electronic books. Our website offers immediate access to thousands of pages of teachings and hundreds of audio recordings by some of the greatest lamas of our time. Our photo gallery and our ever-popular books are also freely accessible there. Please help us increase our efforts to spread the Dharma for the happiness and benefit of all beings. You can find out more about becoming a supporter of the Archive and see all we have to offer by visiting our website. Thank you so much, and please enjoy this e-book!

With an Introduction, Comments and Prayers

Land of Medicine Buddha, February-April 1999

Medicine in the Buddhist Monastery

Mastering the Core Teachings of the Buddha

The Buddhist Way of Healing

An Unusually Hardcore Dharma Book - Revised and Expanded Edition

The Heart of the Buddha

***From its earliest days, Buddhism has been closely intertwined with medicine. Buddhism and Medicine is a singular collection showcasing the generative relationship and mutual influence between these fields across premodern Asia. The anthology combines dozens of English-language translations of premodern Buddhist texts with contextualizing introductions by leading international scholars in Buddhist studies, the history of medicine, and a range of other fields. These sources explore in detail medical topics ranging from the development of fetal anatomy in the womb to nursing, hospice, dietary regimen, magical powers, visualization, and other healing knowledge. Works translated here include meditation guides, popular narratives, ritual manuals, spells texts, monastic disciplinary codes, recipe inscriptions, philosophical treatises, poetry, works by physicians, and other genres. All together, these selections and their introductions provide a comprehensive overview of Buddhist healing throughout Asia. They also demonstrate the central place of healing in Buddhist practice and in the daily life of the premodern world.***

***A fascinating system linking ill health with the state of the mind. Legendary scroll paintings used to teach medicine adorn this basic study of the Buddhist way of healing.***

***The Lama Yeshe Wisdom Archive (LYWA) is the collected works of Lama Thubten Yeshe and Kyabje Lama Thubten Zopa Rinpoche. The Archive was founded in 1996 by Lama Zopa Rinpoche, its spiritual director, to make available in various ways the teachings it contains. This book is a slightly more than lightly edited, day by day transcript of Lama Zopa Rinpoche's teachings at a three-month Vajrasattva retreat held at Land of Medicine Buddha, from February 1 to April 30, 1999.***

***The very idea that the teachings can be mastered will arouse controversy within Buddhist circles. Even so, Ingram insists that enlightenment is an attainable goal, once our fanciful notions of it are***

**stripped away, and we have learned to use meditation as a method for examining reality rather than an opportunity to wallow in self-absorbed mind-noise. Ingram sets out concisely the difference between concentration-based and insight (vipassana) meditation; he provides example practices; and most importantly he presents detailed maps of the states of mind we are likely to encounter, and the stages we must negotiate as we move through clearly-defined cycles of insight. Its easy to feel overawed, at first, by Ingram's assurance and ease in the higher levels of consciousness, but consistently he writes as a down-to-earth and compassionate guide, and to the practitioner willing to commit themselves this is a glittering gift of a book. In this new edition of the bestselling book, the author rearranges, revises and expands upon the original material, as well as adding new sections that bring further clarity to his ideas.**

### **Being Dharma**

### **Teachings from the Medicine Buddha Retreat**

### **Uncover Your Innate Healing**

### **The Misleading Mind**

### **The Healing Buddha**

### **Motivations for the Awakening Mind**

*This new Pariyatti Edition of the classic Buddhism in a Nutshell is an excellent introductory overview of the fundamental principles of Buddhist doctrine. Topics covered include: the life of the Buddha, the Dhamma (Is it a philosophy? A religion? An ethical system?), the Four Noble Truths, the Law of Karma, Rebirth, Dependent Origination, Anatta, and Nibbana. Recommended for beginners.*

*Over the centuries, Buddhist ideas have influenced medical thought and practice in complex and varied ways in diverse regions and cultures. A companion to Buddhism and Medicine: An Anthology of Premodern Sources, this work presents a collection of modern and contemporary texts and conversations from across the Buddhist world dealing with the multifaceted relationship between Buddhism and medicine. Covering the early modern period to the present, this anthology focuses on the many ways Buddhism and medicine were shaped by the forces of colonialism, science, and globalization, as well as ruptures and reconciliations between tradition and modernity. Editor C. Pierce Salguero and an international collection of scholars highlight diversity and innovation in the encounters between Buddhist and medical thought. The chapters contain a wide range of sources presenting different perspectives rooted in distinct times and places, including translations of published and unpublished documents and transcripts of ethnographic interviews as well as accounts by missionaries and colonial authorities and materials from the contemporary United States and United Kingdom. Together, these varied sources illustrate the many intersections of Buddhism and medicine in the past and how this nexus continues to be crucial in today's global context.*

*In our busy modern lives, we may not give much thought to death. We fear that thinking about death will take the joy out of living. But in reality, when we actively think about death and prepare for it, we find peace, fulfillment, and happiness in our current lives and our fear of death disappears. Over the course of many years, Lama Zopa Rinpoche has given profound and accessible teachings on death and dying. Heart Advice for Death and Dying contains Rinpoche's essential advice for preparing for the time of death and leading a fulfilling life. It includes: - An introduction by Kathleen McDonald (Ven. Sangye Khadro) to Buddhist ideas about life, death, and what happens after death - Teachings by Lama Zopa Rinpoche on: The fragility and impermanent nature of life By not contemplating death we will be swayed by the attachment clinging to the happiness of this life By contemplating death we will be inspired to begin, continue, and complete our Dharma practice The nine-point meditation on death based on reflecting on how death is definite, how the time of death is indefinite, and how at the time of death only our Dharma practice will be of help to us The dying process—what actually happens to us as we are dying Preparing for death by practicing the five powers Meditation on tonglen—in order to develop bodhichitta we visualize taking suffering upon our selfishness out of on compassion and giving our happiness away out of love How to help and care for the dying and the dead Practices to do before, during, and after someone's death The benefits of Medicine Buddha practice - The Medicine Buddha Sadhana - Mantras to benefit the dying and dead - Helpful Resources - Glossary Included with this eBook is complimentary access to the online version of Heart Advice for Death and Dying, which is available on the FPMT Online Learning Center. This FPMT introductory course consists of 11 hours of teachings and guided meditations by Ven. Sangye Khadro, a senior American teacher of Tibetan Buddhism well known for her gentle yet profound teaching style. It is presented as a series of five sessions. Each session consists of teachings by Ven. Sangye Khadro (available in both MP3 and written formats) supplemented by two guided meditations on related topics and two mindfulness practices. Each session concludes with some points for reflection intended to encourage a personal reflection and analysis of the topics taught. Additional supplementary materials are provided to help prepare for one's own and others' death. 173 pages, 2008 edition.*

*In these inspiring teachings on how to open the heart, a contemporary Tibetan Buddhist master shows us how to change our self-centered attitude and develop concern for the well-being of others. He teaches that when we acknowledge our own wish for happiness, we realize that all beings wish for the same. With a broader perspective, we can develop the strength to extend gratitude and kindness first to those we love, and eventually to everyone. In his warm and informal style, Rabjam offers accessible Buddhist teachings that will appeal to anyone who would like to find more meaning in life. Based on classical Tibetan teachings, his commentary is fresh, humorous, and sharply insightful. Here is a modern Tibetan teacher who appreciates the challenges of living in today's world. The Great Medicine will help contemporary readers draw on ancient teachings to find their way to wisdom, freedom, and joy amid the struggles of real life. For more information about the author, Shechen Rabjam, visit his website at [www.shechen.org](http://www.shechen.org).*

*An Easy-To-Understand Exploration of the Healing Power of Your Mind*

*Buddhism in a Nutshell*

*Medicine Buddha/Medicine Mind*

*Ultimate Healing*

*What the Buddha Taught*

*The Diamond Healing*

*Revised Edition*

*Tantric traditions in both Buddhism and Hinduism are thriving throughout Asia and in Asian diasporic communities around the world, yet they have been largely ignored by Western scholars until now. This collection of original essays fills this gap by examining the ways in which Tantric Buddhist traditions have changed over time and distance as they have spread across cultural boundaries in Asia. The book is divided into three sections dedicated to South Asia, Central Asia, and East Asia. The essays cover such topics as the changing ideal of masculinity in Buddhist literature, the controversy triggered by the transmission of the Indian Buddhist deity Heruka to Tibet in the 10th century, and the evolution of a Chinese Buddhist Tantric tradition in the form of the True Buddha School. The book as a whole addresses complex and contested categories in the field of religious studies, including the concept of syncretism and the various ways that the change and transformation of religious traditions can be described and articulated. The authors, leading scholars in Tantric studies, draw on a wide array of methodologies from the fields of history, anthropology, art history, and sociology. Tantric Traditions in Transmission and Translation is groundbreaking in its attempt to look past religious, linguistic, and cultural boundaries.*

*LYWA director Nick Ribush writes: The story behind this book is that in the early Kopan Monastery courses, Lama Zopa Rinpoche would start his day's teachings by quoting a verse from Shantideva's or Khunu Lama Rinpoche's seminal texts, giving a short teaching on it and then suggesting that students use it to generate a bodhicitta motivation for the day's activities (mainly teachings, meditations and discussion groups but also ordinary activities such as eating, talking, walking around and so forth). Since those days I've always thought that a compilation of these short teachings would make a great book, and finally, here it is. Editor Gordon McDougall has assembled Rinpoche's teachings into two parts, sorted by author of the verses and arranged thematically. In Part One, Lama Zopa Rinpoche teaches on selected verses from Khunu Lama Rinpoche's Jewel Lamp, now published as Vast as the Heavens, Deep as the Sea. Lama Zopa Rinpoche advises, "Understanding and constantly reminding ourselves of the skies of benefits that bodhicitta brings is unbelievably worthwhile. This is the overall purpose of Khunu Lama Rinpoche's book, to cause us to feel inspired and joyful that such a mind is possible." In Part Two, Rinpoche teaches on verses from the first chapter of Shantideva's Guide to the Bodhisattva's Way of Life. These verses describe the amazing benefits of developing the precious mind of bodhicitta, the supreme cause of happiness for all sentient beings.*

*Through exercises and real-world examples, the author, drawing from Buddhist psychology, shows readers how to step onto the path of self-understanding to transform suffering into happiness.*

*Medicine Buddha Teachings* Snow Lion

*Teachings from the Vajrasattva Retreat*

*A User's Guide to the Mind*

*One Teacher, Many Traditions*

*Medicine Buddha Sutra*

*The Nectar of Bodhicitta*

*Teachings from Mani Retreat*

*In Search of the Medicine Buddha*

**Few American spiritual teachers of recent years have inspired others as lovingly as Ron Roth. After serving the Roman Catholic Church as a priest for twenty-five years, Roth left to pursue a more universal spirituality, teaching the possibility of a one-to-one relationship with Divinity as well as the belief that healing and enlightenment are available to all people. Speaking from the cornerstone teachings that have inspired his ministry, Roth journals his reflections on his personal realizations in *The Sacred Light of Healing*. He reflects on the Holy Spirit, the original teachings of Jesus, and the inner way of the ancient monks known as the Therapeutae. Roth also discusses his late-life journey to India and an awakening to his own work for global peace. As related to and written by Roger Montgomery, this first-person account is Roth's moving true story of how we all can move into a closer relationship of Oneness with God.**

**Recounts the memoirs of an American practitioner of Chinese medicine, who traveled to Katmandu to study under such teachers as a Lama-physician, an Ayurvedic physician, an alchemist, and a yogi before opening clinics to treat anyone who needed help. Reprint.**

**East meets West in this fresh, modern take on a timeless challenge: how to find contentment and meaning in life. In *Radically Happy*, a meditating Silicon Valley entrepreneur teams up with a young, insightful, and traditionally educated Tibetan Rinpoche. Together they present a path to radical happiness—a sense of well-being that you can access anytime but especially when life is challenging. Using mindfulness techniques and accessible meditations, personal stories and scientific studies, you'll get to know your own mind and experience how a slight shift in your perspective can create a radical shift in your life.**

**According to *Modern Science, Buddhist Practices can Heal you: Keep Reading to Discover How*. It is important to understand that the practices of Buddhism are not the religion of Buddhism, even when terms like "spirituality," "deity," or "God" are used. If we don't want, we don't need to become Buddhists in order to practice and achieve important results, especially when more and more Western scientific**

research is being conducted and published, finding amazing connections between the ancient teachings of Buddhism with today's scientific discoveries. It is possible to view the terms used in thousand-year-old ancient texts to understand their true function in the process of healing. The ancient terminology is another reason for some people to become skeptical of the healing powers of Buddhism. But when you begin to untangle and modernize the concepts, it becomes clear what their true meaning were. According to Rinpoche, physical suffering, illness, and sickness are natural for all humans. Sickness, however, does not appear independently. It is important to understand that you do not become sick without other factors influencing the physical state. This also means that sickness is not a singular unit to heal. There is always something in addition that needs to be healed. Throughout this book you will explore these various practices that can be used alone or together with medicinal treatment. Remember that, as you continue your exploration of this healing practice, the ancient foundation has been laid thousands of years ago and is currently supported through scientific backing as well. Discover: \* A brief overview of the foundation of Buddhism and the teachings of Buddha \* How Medicine Buddha viewed the process of healing the human body as aligned with the teachings of Buddha \* Definition and classification of illnesses according to the ancient tradition of four "classes" \* How different Buddhist traditions practice the teachings of Buddha, and the power of Vajrayana techniques for improving your health \* An interpretation of the "spiritual" terms to provide a path towards understanding the benefits of healing separate from the religious practice. \* Different healing techniques practiced in Buddhist traditions that have been scientifically studied with results showing significant internal healing, including techniques like: - Meditation - Visualization - Mantras - Mudras The Author: Jason Yao is a sino-american psychologist and writer who has moved back to Asia in 2004 to explore his deep roots. After a long voyage through the most important temples of ancient Buddhism in Tibet, China, Cambodia and Myanmar, in 2009 he finally approached Thailand, where he found his perfect balance into the fabulous and ancient Theravada Buddhism culture. At the end of the path, Jason found that the ancient Teachings are widely supported by part of the modern science, and developed a scientific approach to the Buddhist religion that can help, even those who don't believe the "spiritual healing", to prevent and heal their weaknesses and illnesses.

**Buddhist Prayers and Practices**

**Pearl of Wisdom Book II**

**The Modern Legacy of Medicine Buddha**

**Tibetan Medicine**

**A Brief Meditation-Recitation on Guru Medicine Buddha eBook**

**With Teachings, Dharma Rites, and Prayers**

**Buddhism As Medicine**

*In this rare gem we learn more that just details of this particular Medicine Buddha practice. Rinpoche, has king included many basic principles of tantric theory and practice in general.*

*Pearl of Wisdom II is designed for people who have begun practicing Buddhism in the Tibetan tradition. It contains common prayers and practices, such as the verses to generate aspiring and engaging bodhicitta and lists of their respective precepts. "The King of Prayers" inspires the heart, and the meditations on Chenrezig, Vajrasattva, Green Tara, White Tara, Medicine Buddha, Amitabha Buddha, and Lama Tsongkhapa Guru Yoga help us to connect to the various manifestations of the Buddha. Inspiring verses and various mantras also help us prepare for the day. Engaging in Buddhist prayers and practices, optimally on a daily basis, enables us to internalize their wholesome thoughts, perspectives, and emotions. We practice Dharma to transform our minds, to free ourselves from clinging attachment, anger, and confusion, and to cultivate love, compassion, wisdom, and other excellent qualities. By repeatedly training in the practices included in this book under the guidance of a qualified spiritual teacher, we will learn how to meditate on them, thereby transforming our minds and improving the quality of our daily lives. May you enjoy and benefit from the Buddha's teachings!*

*This revised translation of the Sutra of the Medicine Buddha with commentary by Venerable Master Hsing Yun represents an important resource on this sutra and its practice. Accompanied by prayers and an essay, it also includes the Chinese version, as well as the pinyin pronunciation of the Chinese characters.*

*For a healing system that has been practiced for 1,300 years, Tibetan medicine is surprisingly contemporary in its assumptions. Under the guidance of skilled lama-physicians, it views good health as a balance between material and spiritual concerns and marshals an impressive array of physical, psychological, and spiritual practices in its extensive medical kit. To explore the modern legacy of the Medicine Buddha tradition, Peter Fenton journeyed to India and Nepal to see first-hand how Tibetan medicine is practiced today and to discover whether its ancient secrets can help us improve our own well-being. His first-person account, full of fascinating stories and interviews and illustrated with photographs, charts, and botanical drawings, demonstrates that traditional Tibetan healing is a vibrant, living system that can help each of us rebalance body, mind, and spirit---the essence of good health.*

*The Power of Compassion*

*The Sacred Light of Healing*

*The Medicine Buddha*

*Tilopa's Wisdom*

*Buddhism for Beginners*

*Asceticism and Healing in Ancient India*

*Medicine Buddha Teachings*

Kyabje Lama Zopa Rinpoche gave these teachings during a Medicine Buddha retreat held at Land of Medicine Buddha in Soquel, California,

from October 26 to November 17, 2001. Edited by Ailsa Cameron, this book covers an amazing range of topics. From a review in BuddhaDharma magazine: Teachings From the Medicine Buddha Retreat is a nearly complete record of the teachings given by Lama Zopa Rinpoche during a twenty-five day Medicine Buddha retreat in the fall of 2001. The sections are short, on topics such as making offerings to the buddhas and the nature of mind. The retreat was held less than two months after the 9/11 attacks, and Lama Zopa's teachings are full of references to terrorism, war, Iraq, and Afghanistan. The book is not meant as a coherent presentation on any particular topic; however, one is rewarded by just opening it and reading anywhere. Lama Zopa is a clear and effective teacher, and his stories are endlessly entertaining and inspiring. This book is made possible by kind supporters of the Archive who, like you, appreciate how we make these teachings freely available in so many ways, including in our website for instant reading, listening or downloading, and as printed and electronic books. Our website offers immediate access to thousands of pages of teachings and hundreds of audio recordings by some of the greatest lamas of our time. Our photo gallery and our ever-popular books are also freely accessible there. Please help us increase our efforts to spread the Dharma for the happiness and benefit of all beings. You can find out more about becoming a supporter of the Archive and see all we have to offer by visiting our website. Thank you so much, and please enjoy this ebook.

Neurons that Fire Together, Wire Together. This famous saying describes how we create our habits, thoughts, behaviours even our actions. In this book the seam between Neuroscience, originator of the maxim "neurons that fire together, wire together" and Visualization reveals a pattern. All those moments of meditation, visualization, repetition all have an effect upon you, and the life you are creating. Using Medicine Buddha as the primary Visualization and quoting extensively from luminaries like Norman Doidge, Marco Iacoboni, and many others, the book reveals how Neuroscience describes Visualization Meditation. Further the exploration extends into the realm of pain and pain management, healing from depression and PTSD and much more.

Chah offers a thorough exploration of Theravadan Buddhism in a gentle, sometimes humorous, style that makes the reader feel as though he or she is being entertained by a story. He emphasizes the path to freedom from emotional and psychological suffering and provides insight into the fact that taking ourselves seriously causes unnecessary hardship. Ajahn Chah influenced a generation of Western teachers: Jack Kornfield, Sharon Salzberg, Sylvia Boorstein, Joseph Goldstein, and many other Western Buddhist teachers were at one time his students. Anyone who has attended a retreat led by one of these teachers, or read one of their books, will be familiar with this master's name and reputation as one of the great Buddhist teachers of this century.

This book presents important discourses that deal with the Healing Buddha in his various manifestations and discusses the many symbols, colors, and deities that are used as objects of meditation. The accompanying photographs of sculptures, paintings, and mandalas demonstrate the importance of art and aesthetic experience in Buddhist healing practices. Also included is a history of healing in the development of Buddhism from the earliest texts and the famous Lotus Sutra to the Buddhism of Tibet, where elaborate ritual is used in the healing of body and mind. Some of the many herbs and medicines used to treat disease in the Buddhist cultures of Asia are described in an appendix. A new preface and a new essay on the search for long life in Chinese Buddhism have been added to this revised edition.

Sutra of the Medicine Buddha

An Anthology of Modern and Contemporary Sources

Tantric Traditions in Transmission and Translation

Buddhism and Medicine

Teachings and Meditations on Divine Oneness

The Great Medicine That Conquers Clinging to the Notion of Reality

Heart Advice for Death and Dying eBook

*Now in Paperback! Explore with the Dalai Lama the common ground underlying the diverse traditions of Buddhism. Buddhism is practiced by hundreds of millions of people worldwide, from Tibetan caves to Tokyo temples to redwood retreats. To an outside viewer, it might be hard to see what they all have in common. In Buddhism, His Holiness the Dalai Lama and American Buddhist nun Thubten Chodron map out with clarity the convergences and the divergences between the two major strains of Buddhism—the Sanskrit traditions of Tibet and East Asia and the Pali traditions of Sri Lanka and Southeast Asia. Especially deep consideration is given to the foundational Indian traditions and their respective treatment of such central tenets as the four noble truths the practice of meditation the meaning of nirvana enlightenment. The authors seek harmony and greater understanding among Buddhist traditions worldwide, illuminating the rich benefits of respectful dialogue and the many ways that Buddhists of all stripes share a common heritage and common goals.*

*Mahamudra, the great sealing nature, refers to systems of meditation on both the conventional and ultimate natures of the mind. These have been transmitted through the Kagyu, Sakya, and Gelug traditions of Tibetan Buddhism. Within the Gelug, Mahamudra teachings occur in a combined Gelug/Kagyu tradition exemplified in the First Panchen Lama's Root Text for the Precious Gelug/Kagyu Tradition of Mahamudra. The work presented here contains two brilliant commentaries by the Dalai Lama. The first is a teaching based directly on the First Panchen Lama's root text. In the second, His Holiness bases his discussion on the First Panchen Lama's own commentary to this text. The book opens with an overview of Mahamudra by Alexander Berzin that discusses the relation of mind appearances and reality and offers practical techniques for overcoming problems of excessive worry, anxiety, and disturbing thoughts. This treasury of practical instruction contains extensive teachings on the nature of mind, the development of shamata, sutra and tantra levels of Mahamudra, and the compatibility of Dzogchen and Anuttarayoga Tantra.*

*Accessible and practical teachings on both the life of Tilopa, who founded the Kagyu tradition of Tibetan Buddhism, and one of his most important texts on the practice of Mahamudra. Most traditions of Mahamudra meditation can be traced back to the mahasiddha Tilopa and his Ganges Mahamudra, a "song of realization" that he sang to his disciple Naropa on the banks of the Ganges River more than a thousand years ago. In this book, Khenchen Thrangu, a beloved Mahamudra teacher, tells the extraordinary story of Tilopa's life and explains its profound lessons. He follows this story with a limpid and practical verse-by-verse commentary on the Ganges Mahamudra, explaining its precious instructions for realizing Mahamudra, the nature of one's mind. Throughout, Thrangu Rinpoche speaks plainly and directly to Westerners eager to receive the essence of Mahamudra instructions from an accomplished teacher.*

*This practice requires the student to have permission/empowerment received from a qualified master in order to engage in the self-generation of the deity. However, it is permitted to do this practice without such an empowerment as long as you do not generate yourself as the deity. Instead, you should generate the deity at the crown of your head or in front of you instead of self-generation. This meditation practice was translated by Lama Zopa Rinpoche for the benefit of his students and all sentient*

*beings wishing to be healed of their mental and physical ills. This practice is short and simple, suitable for an individual's daily practice. 16 pages, 2013 edition.*

*Entering the Tibetan Buddhist Path*

*Chenrezig Institute, December 2000*

*Sutra of the Medicine Buddha, with Teachings, Dharma Rites, and Prayers*

*Steps in Meditation on the Enlightened Mind*

*The Essence of the Buddha's Teachings*

*Radically Happy*

*Tibetan Buddhist Medicine and Psychiatry*

**The rich Indian medical tradition is usually traced back to Sanskrit sources, the earliest of which cannot much antedate the common era. In this book Kenneth Zysk shows that Buddhist scriptures some centuries older than this contain abundant information about medical practice, and are our earliest evidence for a rational approach to medicine in India. He argues that Buddhism and the medical tradition were mutually supportive: that Buddhist monks and people associated with them contributed to the development of medicine, while their skills as physical as well as spiritual healers enhanced their reputation and popular support. Drawing on a wide range of textual, archaeological, and secondary sources, Zysk first presents an overview of the history of Indian Medicine in its religious context. He then examines primary literature from the Pali Buddhist Canon and from the Sanskrit treatises of Bhela, Caraka, and susruta. By close comparison of these two bodies of literature Zysk convincingly shows how the theories delineated in the medical classics actually became practice.**

**We experience illness on a physical level, but in order to be healed, we must understand where true healing begins: within our hearts and minds. In Ultimate Healing, internationally renowned meditation master Lama Zopa Rinpoche helps us to recognize the root of illness and gives us the tools to create our future happiness. Beginning with stories of people who have recovered from disease through meditation, Rinpoche addresses the central role played by karma and by the mental habit of "labeling" in causing illness, and shows how meditation and other thought techniques for developing compassion and insight can eliminate the ultimate cause of all disease. Ultimate Healing shows us that by transforming our minds, especially through the development of compassion, we can eliminate the ultimate cause of all disease. In addition to relating stories of people who have recovered from disease through meditation, Lama Zopa presents practical healing meditations, including white-light healing, compassion meditation, "taking and giving", and techniques to cure depression.**

**This easy-to-understand overview of the basics of Buddhism is an invaluable resource for the new or seasoned practitioner This user's guide to Buddhist basics takes the most commonly asked questions—beginning with "What is the essence of the Buddha's teachings?"—and provides simple answers in plain English. Thubten Chodron's responses to the questions that always seem to arise among people approaching Buddhism make this an exceptionally complete and accessible introduction—as well as a manual for living a more peaceful, mindful, and satisfying Life. Buddhism for Beginners is an ideal first book on the subject for anyone, but it's also a wonderful resource for seasoned students, since the question-and-answer format makes it easy to find just the topic you're looking for, such as: · What is the goal of the Buddhist path? · What is karma? · If all phenomena are empty, does that mean nothing exists? · How can we deal with fear? · How do I establish a regular meditation practice? · What are the qualities I should look for in a teacher? · What is Buddha-nature? · Why can't we remember our past lives?**

**Tibetan medicine is a unique and holistic system of healing. It has been continuously practised for over a thousand years but has still take its place in the history of medicine as we know it in the West. This volume presents for the first time a comprehensive introduction to the arcane Tibetan art of healing. The author has provided a well-documented, original and detailed study of Tibetan psychiatry, the world's oldest system of medical psychiatry.**

**Translated here--for the first time in English--are three fascinating chapters about mental illness from the rGyud-bzhi, the ancient and most important Tibetan medical work.**

**Reproductions of the rare Tibetan texts are also included. Supplementing these translations are extensive explanations of Tibetan psychiatric theory and treatment drawn from the author's research and interviews with Tibetan refugee doctors in India and Nepal. Great care has been taken to identify over 90 pharmacological substances used in Tibetan psychiatric medicines, and these are listed in an appendix along with their English and Latin botanical names. Deeply researched and clearly written, this work will be of interest to both scholars and general readers in the fields of Buddhist studies, holistic healing, Oriental medicine, transpersonal psychology, ethnopsychiatry and medical anthropology.**

**His Life and Teachings on the Ganges Mahamudra**

**How We Create Our Own Problems and How Buddhist Psychology Can Help Us Solve Them**

**Tibetan Healing**  
**An Anthology of Premodern Sources**  
**Medicine Buddha Sadhana eBook**  
**The Gelug/Kagyu Tradition of Mahamudra**  
**A Himalayan Journey**