

Sadhana Of The White Dakini Nirmanakaya

A short teaching on the Tashi Prayer, including the original prayer in Tibetan. Presents a comprehensive history of the Nyingtik lineage, which forms the core of the teachings known as Dzogchen.

In English translation for the first time, this is "the most authoritative scripture" regarding how the Dharma was planted in Tibet, according to His Holiness Dilgo Khyentse Rinpoche. Titles in the original Tibetan "The Sanglingma Life Story," it was recorded by the dakini Yeshe Tsogyal, concealed in the ninth century at Sanglingma (Copper Temple) in Samye, and revealed by Nyang Ral Nyima Oser in the twelfth century. In addition to narrating the legendary story of a unique spiritual personality, the book contains oral instructions and advice that he left for the benefit of future generations. Also included are "A Clarification of the Life of Padmasambhava" by Tsele Natsok Rangdrouml;l, an extensive glossary and index, and a bibliography of Tibetan and English sources.

The commentary translated in these pages is unusual and rare. But if the commentary is a rarity, its subject matter—the seven-line invocation of Padmasambhava—is one of the best-known prayers in the Tibetan Buddhist world. The overall significance of the Seven-Line Prayer is perhaps best appreciated in relation to a practice called guru-yoga, or "union with the nature of the guru." The purpose of guru-yoga is to purify and deepen the student's relationship with his or her teacher. It is introduced as one of the preliminary practices, and it remains crucial—in fact, its importance increases—as one progresses through the more advanced levels of the tantric path. The cultivation of devotion to the guru and the blending of one's mind with his or her enlightened mind is, in the words of Dilgo Khyentse Rinpoche, "the most vital and necessary of all practices and is in itself the surest and fastest way to reach the goal of enlightenment." Regarding the origin of this commentary, Mipham refers in the colophon to an event that triggered the abrupt appearance in his mind of the hidden meaning of the prayer. It is interesting to note that the language Mipham uses suggests that the commentary itself is not an ordinary composition but perhaps a treasure teaching, specifically a "mind-treasure" or gongter.

A Commentary to the Highest Yoga Tantra Practice of Vajrayogini

Genesis and Development of Tantra

Biographies of Masters of Awareness in the Dzogchen Lineage: a Spiritual

History of the Teachings on Natural Great Perfection

Guide to Dakini Land

Twelve Extraordinary Women Shaping the Transmission of Tibetan Buddhism in the West

Essence of Vajrayana

White Lotus

With this book, Venerable Geshe Kelsang Gyatso Rinpoche explains with clarity and precision how we can practice the sublime meditations of Heruka body mandala, and thereby gradually transform our ordinary world and experiences into those of a Buddha, a fully enlightened being. He follows this with definitive instructions on the completion stage practices that can lead directly to the supreme bliss of full

enlightenment in this one lifetime. This is a treasury of practical instructions for those seriously interested in following the Tantric path. • The first complete explanation in English of the Highest Yoga Tantra practice of Heruka body mandala • Sublime methods for transforming our ordinary minds and attaining pure selfless joy • The actual method to accomplish the supreme bliss of full enlightenment in this lifetime

Thuken Chökyi Nyima's *The Crystal Mirror of Philosophical Systems* is the widest-ranging account of religious philosophies ever written in premodern Tibet. After covering the major schools of India, both Buddhist and non-Buddhist, Thuken discusses in detail the entire range of Tibetan traditions, with separate chapters on the Nyingma, Kadam, Kagyü, Shijé, Sakya, Jonang, Geluk, and Bön schools. He then describes the major traditions of China ? Confucian, Daoist, and Buddhist ? as well as those of Mongolia, Khotan, and Shambhala. Not content with simply describing and analyzing doctrines, Thuken traces the historical development of the various traditions. While he favors his own Geluk school, Thuken treats the views of other traditions with sympathy and respect, sometimes even defending them against criticisms from his own tradition. Eloquent, erudite, and informative, *The Crystal Mirror of Philosophical Systems* is evidence that serious and balanced study of the history of religions has not been a monopoly of Western scholarship.

Guide to Dakini Land is the first complete explanation in English to the Tantric practice of Vajrayogini, the female Buddha of wisdom. The book provides detailed instructions on the eleven yogas of generation stage, which are special methods for transforming all our daily activities into the spiritual path. It also explains with perfect clarity the essential completion stage practices of Vajrayogini. It includes all the sadhanas of Vajrayogini and advice on how to do a Tantric retreat, and a wealth of additional material that will be indispensable to anyone wishing to rely upon Buddha Vajrayogini.

Vajrayogini is a tantric goddess from the highest class of Buddhist tantras who manifests the ultimate development of wisdom and compassion. Her practice is prevalent today among practitioners of Tibetan Buddhism. This ground-breaking book delves into the origins of Vajrayogini, charting her evolution in India and examining her roots in the Cakrasamvara tantra and in Indian tradition relating to siva. The focus of this work is the *Guhyasamayasadhanamala*, a collection of forty-six sadhanas, or practice texts. Written on palm leaves in Sanskrit and preserved since the twelfth century, this diverse collection, composed by various authors, reveals a multitude of forms of the goddess, each of which is described and illustrated here. One of the sadhanas, the *Vajravahni Sadhana* by Umapatideva, depicts Vajrayogini at the center of a mandala of thirty-seven different goddesses, and is here presented in full translation alongside a Sanskrit edition. Elizabeth English provides extensive explanation and annotation of this representative text. Sixteen pages of stunning color plates not only enhance the study but bring the goddess to life.

[The Highest Yoga Tantra Practice of Buddha Vajrayogini](#)

[The Feminine Principle in Tibetan Buddhism](#)

[Vajrayogini Practice and Commentary](#)

[Dimensions of Buddhism and Jainism](#)

[The Wish-fulfilling Wheel](#)

[Kundalini Tantra](#)

[The Highest Yoga Tantra Practice of Heruka Body Mandala](#)

Like a spontaneous cascade of wisdom nectar, the open and natural words of Thinley Norbu Rinpoche, uncomplicated by scholarly elaboration, flow here in the tradition of the direct transmissions of Buddhas and Bodhisattvas of the past. Through commentary on the Preliminary Practices (Ngöndrö) prayer from the treasure text of the great master Tragtung Düdjom Lingpa, insights into many central practices emerge in order to deepen understanding of the foundations of Vajrayana Buddhism. Also included in the book is a commentary on Tsok Khang Dechen (Assembly Palace of Great Exaltation), the root text

prayer of the second Kyabje Dūdjom Rinpoche, Jigdrel Yeshe Dorje. Compiled in the fifteenth century, *Mind Training: The Great Collection* is the earliest anthology of a special genre of Tibetan literature known as "mind training," or lojong in Tibetan. The principal focus of these texts is the systematic cultivation of such altruistic thoughts and emotions as compassion, love, forbearance, and perseverance. The mind-training teachings are highly revered by the Tibetan people for their pragmatism and down-to-earth advice on coping with the various challenges and hardships that unavoidably characterize everyday human existence. The volume contains forty-four individual texts, including the most important works of the mind training cycle, such as Serlingpa's well-known *Leveling Out All Preconceptions*, Atisha's *Bodhisattva's Jewel Garland*, Langri Thangpa's *Eight Verses on Training the Mind*, and Chekawa's *Seven-Point Mind Training* together with the earliest commentaries on these seminal texts. An accurate and lyrical translation of these texts, many of which are in metered verse, marks an important contribution to the world's literary heritage, enriching its spiritual resources.

The four noble truths were the Buddhas first statements to his first disciples on the essence of his awakening. Earlier he had made a statement, with no witnesses, saying that what he had discovered upon his awakening was luminous, utterly tranquil, peaceful, beyond elaboration, and inconceivable. Lama Yeshe Gyamtso gives an elegant presentation of the four noble truths, introducing several aspects of the Buddhist outlook, including the four seals, which are connected to the truth of suffering; the four mindfulnesses, which are the means through which you begin to abandon the cause of suffering; the four views, which are primarily views of cessation; and the four reliances, which are how to find a practical path. The teaching is both accessible to beginners and informative to long-standing practitioners.

Vajrayogini Sadhana and Commentary, a translation of an oral explanation given by Geshe Ngawang Dhargey in Seattle, Washington, USA, in 1981. Traditionally, the practice of tantra is supposed to be kept secret, and it is to be noted that this book is intended purely for those who have received the proper initiations. However, as His Holiness the Dalai Lama has advised, the great misunderstandings to which tantra is often subject to are more harmful than the partial lifting of such secrecy, so there is a necessity for books to be made available which contain authentic explanations. Venerable Geshe Ngawang Dhargyey was born in Kham Province of Tibet in 1928 and attended Sera Je Monastery. He escaped from Tibet in 1959 to India where he was able to continue teaching and meditating. He received his Geshe Lharampa degree in 1969. In 1971 His Holiness the Fourteenth Dalai Lama asked him to teach Dharma courses to westerners at the Library of Tibetan Works and Archives in Dharamsala. In 1986 he left for Dunedin, New Zealand, where he was the resident Spiritual Director at the Thargye Dharma Center until his death in 1996.

Dudjom Lingpa's Chod
Buddhist Meditational Art

beheld the face of the Wisdom Dakini. He also received the symbolic scripts which he deciphered in order to produce the practice text. Through this practice one understands the dakini Yeshe Tsogyal to be the embodiment of the three kayas. Ultimately she is Samantabhadri in the vast sphere of dharmakayaInternally she is Vajravarahi in the pure land of the sambhogakayaExternally she is Yeshe Tsogyal in the world of the nirmanakaya. You should treat this book as Dharma (the Buddha's teachings). And you should treat any form of Dharma with the most respect. Never touch it the ground, try to keep it in a high clean place, it is good to keep on your altar. After using it you can touch it to your crown to accumulate merit. To not treat Dharma with respect can create negative karma. The Venerable Lama Jigme Namgyal Rinpoche was born in Amdo, Tibet. With the help of his family he was able to study with his teachers, Rigdzin Jigme and Lama Aku Sherab throughout his childhood. His Holiness the Dalai Lama verified Rinpoche's understanding of Buddhist values like compassion and emptiness. He was exceptionally touched by his answers. His Holiness decided to build Padma Rigdzin Ling Monastery in the forest of Dharmashala, India for Rinpoche to carry out his practices and ceremonies.

a complete guide to the practice of White Tara

An Ambrosia Ocean of Sublime Explanations

The Extremely Secret Dakini of Naropa

Dakini Power

The Quintessence of Mind and Meditation

Songs and Histories of the Eighty-Four Buddhist Siddhas

Modern Buddhism: The Path of Compassion and Wisdom - Volume 2

Tantra

The Practice Of White Tara

The primary emblem of the feminine in Tibetan Buddhism is the dakini, or "sky-dancer," semi-wrathful spirit-woman who manifests in visions, dreams, and meditation experiences. Western scholars and interpreters of the dakini, influenced by Jungian psychology and feminist goddess theology, have shaped a contemporary critique of Tibetan Buddhism in which the dakini is seen as a psychological "shadow," a feminine savior, or an objectified product of patriarchal fantasy. According to Judith Simmer-Brown—who writes from the point of view of an experienced practitioner of Tibetan Buddhism—such interpretations are inadequate. In the spiritual journey of the meditator, Simmer-Brown demonstrates, the dakini symbolizes levels of personal realization: the sacredness of the body, both female and male; the profound meeting point of body and mind in meditation; the visionary realm of ritual practice; and the empty, spacious qualities of mind itself. When the meditator encounters the dakini, living spiritual experience is activated in a nonconceptual manner by her direct gaze, her radiant body, and her compassionate revelation of reality. Grounded in the author's personal encounter with the dakini, this unique study will appeal to both male and female spiritual seekers interested in goddess worship, women's spirituality, and the tantric tradition. First published in 1970, *The Way of Power* is an exploration of the school of Mahayana

Buddhism prevalent in Tibet and Mongolia, known as the Vajrayana. Divided into two parts, the book provides an introduction to the background and theory behind the Vajrayana, progressing to a study of Vajrayana in practice. In doing so, it provides an overview of the history, development, and contemporary status of the Vajrayana, and takes a look at the different schools and sects. The book's primary focus is the use of Tantric mystical techniques. The Way of Power will appeal to those with an interest in Buddhism, religious psychology, and religious history.

Mahamudra is the first English translation of a major Tibetan Buddhist presentation of the theory and practice of meditation—a manual detailing the various stages and practices for training the advanced student. The original Tibetan text of nearly 800 pages was composed by Takpo Tashi Namgyal (1512-1587), a great lama and a scholar of the kagyü sect of Tibetan Buddhism. His text is so vast and thorough in scope that it is still the primary source used by living Tibetan meditation masters in instructing their disciples. The first major text representing the meditational methods of both mahayana and vajrayana Buddhism to appear in English, Mahamudra is an invaluable guide for advanced students, scholars, and Buddhist practitioners. Mahamudra is the first English translation of a major Tibetan Buddhist presentation of the theory and practice of meditation—a manual detailing the various stages and practices for training the advanced student. The original Tibetan text of student. The original Tibetan text of nearly 800 pages was composed by Takpo Tashi Namgyal (1512-1587), a great lama and a scholar of the Kagyu sect of Tibetan Buddhism. The first major text representing the meditational methods of both mahayana and vajrayana Buddhism to appear in English. Mahamudra is an invaluable guide for advanced students, scholars, and Buddhist practitioners.

In Tibetan Buddhism, Mahamudra represents a perfected level of meditative realization: the inseparable union of wisdom and compassion, of emptiness and skillful means. These eighty-four masters, some historical, some archetypal, accomplished this practice in India where they lived between the eighth and twelfth centuries. Leading unconventional lives, these siddhas include some of the greatest Buddhist teachers; Tilopa, Naropa, and Marpa among them. Through many years of study, Keith Dowman has collected and translated their stories of realization and the legends about them. In consultation with contemporary teachers, he gives a commentary on each of the Great Adepts and culls from available resources what we can know of their history. Dowman's extensive Introduction traces the development of Mahamudra and discusses the key concepts of the Mahamudra. In a lively and illuminating style, he unfolds the deeper understandings of mind that the texts encode. His treatment of the parallels to contemporary psychology and experience makes a valuable contribution to our understanding of human nature. Keith Dowman's many publications include: *Sky Dancer*, *The Secret Life and Songs of the Lady Yeshe Sogyel* (Routledge & Kegan Paul) and *The Legend of the Great Stupa* (Dharma Publishing). He lives and practices in Kathmandu, Nepal.

Mahamudra?

A Tibetan Study of Asian Religious Thought

A Cascading Waterfall of Nectar

The Memoirs of the Dzogchen Yogi Tulku Urgyen Rinpoche, as Told to Erik Pema Kunsar & Marcia Binder Schmidt

A Teaching on the Tashi Prayer

Vajrayogini

A Practical Guide to the Tantric Mysticism of Tibet

Guide to Dakini Land is a practical manual for those seeking a swift and blissful path to full enlightenment. It provides detailed instructions on the eleven yogas of generation stage, which are special methods for transforming all our daily activities into a blissful spiritual path, as well as the essential completion stage meditations that lead to full enlightenment. -- Publisher description.

Extremely lucid overview of both the stages of generation and completion.--Middle Way

Introduction and Encouragement This eBook Modern Buddhism - The Path of Compassion and Wisdom, in three volumes, is being distributed freely at the request of the author Geshe Kelsang Gyatso. The author says: "Through reading and practicing the instructions given in this book, people can solve their daily problems and maintain a happy mind all the time." So that these benefits can pervade the whole world, Geshe Kelsang wishes to give this eBook freely to everyone. We would like to request you to please respect this precious Dharma book, which functions to free living beings from suffering permanently. If you continually read and practice the advice in this book, eventually your problems caused by anger, attachment and ignorance will cease. Volume 2 Tantra explains how to practise Buddha's profound Tantric teachings - the quick path to enlightenment. Covering topics such as The Preciousness of Tantra, The Tantra of Generation Stage and Completion Stage, and How to Meditate on the Central Channel, Indestructible Drop and Indestructible Wind and Mind, this volume shows how, through sincere practice, we can fulfil our compassionate wish and attain full enlightenment in this life. Please enjoy this special gift from Geshe Kelsang Gyatso, who dedicates: "May everyone who reads this book experience deep peace of mind, and accomplish the real meaning of human life." With best wishes, Manuel Rivero-De Martine Tharpa Publications, UK Tharpa Director info@emodernbuddhism.com

In Heart Jewel Geshe Kelsang presents two essential practices of Kadampa Buddhism, the popular Mahayana Buddhist tradition that derives from the renowned Tibetan teacher Je Tsongkhapa. The first practice is relying upon a Spiritual Guide, which lays the foundation for gaining all the blessings and realizations of the paths to liberation and enlightenment. The second practice is relying upon and enlightened Dharma Protector, whereby we can swiftly overcome all obstacles to our spiritual practice and create favourable conditions for developing and increasing pure Dharma realizations. An invaluable introduction to the profound and dynamic tradition of Kadampa buddhism.

Blazing Splendor
The Circle of Bliss
Dakini's Warm Breath
The Crystal Mirror of Philosophical Systems
Cutting Through Ego and Revealing Fearlessness
Mind Training
Woman of Power

A thorough and sparkling translation of an essential commentary on one of the most profound practices of Tibetan Buddhism. The Extremely Secret Dakini of Naropa has become the basis for almost every subsequent Vajrayogini commentary in the Gelug tradition. Kyabje Pabongkha's commentary is both very thorough in its presentation and deeply inspiring, providing rich detail on essential elements of Vajrayogini practice: - all eleven yogas of the generation stage - the transference of consciousness - tsok offering - left-sided conduct - and many other auxiliary practices There is also a stunning explanation of the completion stage that provides many extraordinarily profound methods unique to the practice of Vajrayogini. The second half of the book contains several sadhanas for the practice of Vajrayogini, including six-session guru yoga as well as two sadhanas on the transference of consciousness. "This is a teaching that practitioners can use to transform themselves into a buddha, like the artists who shape beautiful images out of raw materials." —Gelek Rinpoche

Vajrayogini is a female enlightened Deity of Highest Yoga Tantra, a manifestation of all Buddha's wisdom. By engaging in the Tantric practice of Vajrayogini under the guidance of a qualified Spiritual Guide, sincere practitioners can completely purify their body, speech and mind and attain a state of full enlightenment, the ultimate goal of human life. This comprehensive guide provides a detailed and practical explanation of the two stages of Vajrayogini practice – generation stage and completion stage – and shows how we can integrate these practices into our daily life, thereby transforming every moment of our life into the path to enlightenment. It is a unique guide to becoming a Tantric enlightened being in the modern world.

This small collection of commentaries and verse by Dilgo Khyentse Rinpoche, one of the greatest spiritual leaders of the twentieth century, contains exposition on different stages of the Buddhist path from the perspective of meditative experience and actually putting the teachings into practice. Originally given orally to Western students, the texts afford a rare glimpse into the direct transmissions of a master teacher. The commentaries are on ? • The Wheel of Investigation and Meditation That Thoroughly Purifies Mental Activity by Jamgön Mipham • The Lamp That Dispels Darkness by Jamgön Mipham • A Wondrous Ocean of Advice for the Practice of Retreat in Solitude by Jigme Lingpa. These, along with the five selected poems in the final section, provide an introduction to the wisdom and compassion of Khyentse Rinpoche.

Suniti Kumar Pathak, b. 1924, Indian indologist; contributed articles.

Heart Jewel

Masters of Mahamudra

An Introduction to the Esoteric Buddhism of Tibet

The Secret Life and Songs of the Lady Yeshe Tsogyel

The Hidden World of Tibetan Female Lamas

Selected Teachings and Poems

The Great Collection

The words of advice collected here are part of the ancient tradition of religious texts known as terma that were hidden in secret places during the first spread of Buddhism in Tibet in the ninth century.

In the last few decades, yoga has helped millions of people to improve their concepts of themselves. Yoga realizes that man is not only the mind, he is body as well. Yoga has been designed in a special way that it can complete the process of evolution of the personality in every possible direction. Kundalini yoga is a part of the tantric tradition. Even though you may have already been introduced to yoga, it is necessary to know something about tantra also. Since the dawn of creation, the tantrics and yogis have realised that in this physical body there is a potential force that is not psychological or transcendental; it is a dynamic potential force in the material body, and it is called Kundalini. This Kundalini is the greatest discovery of tantra and yoga. Scientists have begun to look into this, and a summary of the latest scientific experiments is included in this book. What drives a young London librarian to board a ship to India, meditate in a remote cave by herself for twelve years, and then build a flourishing nunnery in the Himalayas? How does a surfer girl from Malibu become the head of the main international organization for Buddhist women? Why does the daughter of a music executive in Santa Monica dream so vividly of peacocks one night that she chases these images to Nepal, where she finds the love of her life with an unconventional young Tibetan master? The women featured in *Dakini Power*—contemporary teachers of Tibetan Buddhism, both Asians and Westerners, who teach in the West—have been universally recognized as accomplished practitioners and brilliant teachers whose life stories demonstrate their immense determination and bravery. Meeting them in this book, readers will be inspired to let go of old fears, explore new paths, and lead the lives they envision. Featured here are: • Jetsun Khandro Rinpoche (*This Precious Life*) • Dagmola Sakya (*Princess in the Land of Snows*) • Jetsun Tenzin Palmo (Diane Perry) (*Into the Heart of Life*) • Pema Chödrön (Deirdre Blomfield-Brown) (*When Things Fall Apart; Start Where You Are*) • Khandro Tsering Chödrön (most familiar to readers as the late aunt of Sogyal Rinpoche, author of *The Tibetan Book of Living and Dying*) • Thubten Chodron (Cherry Greene) (*Buddhism for Beginners; Taming the Mind*) • Karma Lekshe Tsomo (Patricia Zenn) (*Buddhism Through American Women's Eyes*) • Chagdud Khadro (Jane Dedman) (*P'howa Commentary; Life in Relation to Death*) • Sangye Khandro (Nanci Gay Gustafson) (*Meditation, Transformation, and Dream Yoga*) • Roshi Joan Halifax (*Being with Dying*) • Lama Tsultrim Allione (Joan Rousmanière Ewing) (*Women of Wisdom; Feeding Your Demons*) • Elizabeth Mattis-Namgyel (*The Power of an Open Question*) In addition to its inspirational value, Kongtrul's story is a rich source of information on the religion, culture, and political climate of Tibet during his times.

A Marvelous Garland of Rare Gems

Highest Yoga Tantra

The Lotus-born

The Way of Power

On the Four Noble Truths

The Life Story of Padmasambhava

A Collection of Padmasambhava's Advice to the Dakini Yeshe Tsogyal

Dzogchen teaches the essence of Chod. We could also say that Dzogchen practice is absolute Chod practice. Many of us know and practice the Dzogchen approach of Trekcho, which means "cutting thoroughly." In Dzogchen, where are we cutting?

We're cutting in the space of the dharmadhatu. What are we cutting? All dualistic conceptions. While we're cutting with this view, there is no cutter, no object to be cut, and no cutting. In other words, our practice is free from grasping on to subject, object, and action. This is the essential view that Dzogchen practitioners use to cut all dualistic conceptions, which is also the essential understanding to maintain during Chod practice. We can also regard Chod from yet another point of view.

Machig Labdron said, "Chod practice is a combination of the view of the Sutras and the skillful means of the Tantras." The view of the Sutras was taught by the Buddha in the Prajnaparamita Sutras, such as at the beginning of the Heart Sutra: "Inconceivable, inexpressible, unborn, unceasing, by nature like the sky." That is the view of the ultimate truth of reality that we discover within the nature of our own mind. Then we deepen this view using the skillful means of the Tantras, such as the ritual implements, chants, visualizations, and meditations that are taught in each specific sadhana. Combining this view with skillful means brings realization quickly.

Published in conjunction with a 2003 exhibition co-organized by the Columbus Museum of Art and the Los Angeles County Museum of Art, this hefty, oversize (10x13 catalogue features approximately 160 powerful masterpieces of Indian, Nepalese, Tibetan, Chinese, and Mongolian art produced over the past
Commentary on Dudjom Lingpa's Heart Essence of Saraha and second edition translation of Heart Essence of Saraha

Describes the life of Yeshe Tsogyel, the consort of a distinguished Tibetan guru, and portrays her path to enlightenment

Pith Instructions

Her Visualization, Rituals, and Forms

Chod Practice According to Jigme Lingpa's Bellowing Laugh of the Dakini

A Glorious Garland of Great Bliss--The Fundamental, Female Practice of Tsogyal, the Queen of Great Bliss, from the Heart Essence of the Vast Expanse

The Autobiography Of Jamgon Kongtrul

Vajrayogini Sadhana & Commentary

Sky Dancer