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The Path of Individual Liberation: The Profound Treasury ...

Mit "The Path of Individual Liberation" und dem Folgewerk "The Bodhisattva Path of Wisdom and Compassion" habe ich nun endlich in zwei (bzw. bald vermutlich drei) Büchern das gefunden, was ich in den anderen 20 Büchern gesucht hatte.

The first volume of this landmark series presents the teachings of the hinayana. The hinayana introduces core Buddhist teachings on the nature of mind, the practice of meditation, the reality of suffering, and the possibility of liberation. It examines the nature of suffering, impermanence, and egolessness, with an emphasis on personal development through meditative discipline and study. The formal entry into the hinayana and the Buddhist path altogether is the refuge vow, in which a student goes for refuge to the Buddha, or the teacher; the dharma, or the teachings; and the sangha, or the community. The hinayana path is based on training in mindfulness and awareness, cultivating virtue, and cutting grasping. Topics covered in detail in this volume include the four noble truths, karma, the four foundations of mindfulness, meditation practice, the refuge vows, the three jewels, the five skandhas, the five precepts, twofold egolessness, and more. The Profound Treasury of the Ocean of Dharma represents meditation master Chögyam Trungpa's greatest contribution to Western Buddhism. This three-volume collection presents in lively, relevant language the comprehensive teachings of the Tibetan Buddhist path of the hinayana, mahayana, and vajrayana. This work will resonate with new students of Buddhism as well as the most senior students.

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Here is an inspiring collection of short teachings from the writings of the renowned Tibetan meditation master Chögyam Trungpa. Pithy and immediate, these teachings can be contemplated and practiced every day—or any day—of the year. Drawn from a wide variety of sources—including never-before-published writings—Ocean of Dharma addresses a range of topics, including fear and fearlessness, accepting our imperfections, developing confidence, helping others, appreciating our basic goodness, and everyday life as a spiritual path.

Derived from a Buddhist funerary text, this famous volume's timeless wisdom includes instructions for attaining enlightenment, preparing for the process of dying, and moving through the various stages of rebirth.

Chögyam Trungpa describes "crazy wisdom" as an innocent state of mind that has the quality of early morning—fresh, sparkling, and completely awake. This fascinating book examines the life of Padmasambhava—the revered Indian teacher who brought Buddhism to Tibet—to illustrate the principle of crazy wisdom. From this profound point of view, spiritual practice does not provide comfortable answers to pain or confusion. On the contrary, painful emotions can be appreciated as a challenging opportunity for new discovery. In particular, the author discusses meditation as a practical way to uncover one's own innate wisdom.

An introduction to the Tibetan Buddhist practice of lojong features a collection of classical "slogans" designed to help promote clarity, intelligence, compassion, and other virtues, in a guide that demonstrates how to overcome such challenges as fear and self-centeredness. Original.

According to Osho, life is nothing but an expression of silence. We come out of silence but then lose the way.

The Profound Treasury of the Ocean of Dharma represents meditation master Chögyam Trungpa's greatest contribution to Western Buddhism. This three-volume collection presents in lively, relevant language the comprehensive teachings of the Tibetan Buddhist path of the hinayana, mahayana, and vajrayana. This work will resonate with new students of Buddhism as well as the most senior students. The third volume, The Tantric Path of Indestructible Wakefulness, presents the vajrayana teachings of the tantric path. The vajrayana, or "diamond vehicle," also referred to as tantra, draws upon and extends the teachings of the hinayana and mahayana. As with the hinayana and the mahayana, the formal acceptance into the vajrayana is marked by a vow, in this case the samaya vow. There is an emphasis at this stage on the student-teacher relationship and on the quality of devotion. Generally, students must complete preliminary practices, called ngöndro,

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to prepare themselves for initiation into the vajrayana path before going further. Having done so, they then receive the appropriate empowerments to begin tantric practices. There are empowerment ceremonies of many kinds, called abhishekas. The vajrayana includes both form practices, such as visualizations and sadhanas (ritual liturgies), and formless practices based on allowing the mind to rest naturally in its inherent clarity and emptiness. Although on the surface, there is much greater complexity in tantric practices, the principles of mindfulness and awareness and the cultivation of compassion and skillful action continue to be of central importance. The tantric path requires complete engagement and fierce dedication. It is said to be a more rapid path, but it is also more dangerous. There is a quality of directness, abruptness, and wholeheartedness. Tantrikas, or vajrayana practitioners, recognize that the most challenging aspects of life, the energies and play of confused emotions and frightening obstacles, can be worked with as gateways to freedom and realization. Other topics covered in detail in this volume include the four reminders, the mandala principle, mahamudra, atiyoga, and more.

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 sūtra 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).

Why are more and more psychotherapists embracing meditation practice, while so many Buddhists are exploring psychology? "Both psychology and Buddhism seek to provide freedom from suffering," explains Bruce Tift, "yet each offers a completely different approach for reaching this goal." In *Already Free*, Tift opens a fresh and provocative dialogue between these two profound perspectives on the human condition. Tift reveals how psychotherapy's "Developmental" approach of understanding the way our childhood wounds shape our adult selves both contradicts and supports the "Fruitional" approach of Buddhism, which tells us that the freedom we seek is always available. In this investigation, he uncovers insights for connecting with authentic experience, releasing behaviors that no longer serve us, enhancing our relationships, and more. "When we use the Western and Eastern approaches together," writes Bruce Tift, "they can help us open to all of life—its richness, its disturbances, and its inherent completeness."

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