

Buddhist Tantra Teachings And Practices For Touching Enlightenment With The Body

Vajra Wisdom presents the commentaries of two great nineteenth-century Nyingma masters that guide practitioners engaged in development stage practice through a series of straightforward instructions. The rarity of this kind of material in English makes it indispensable for practitioners and scholars alike. The goal of development stage meditation in the Tibetan Buddhist tradition is to directly realize the inseparability of phenomena and emptiness. Preceded by initiation and oral instructions, the practitioner arrives at this view through the profound methods of deity visualization, mantra recitation, and meditative absorption.

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 Rabjom. Also included is Choying Tobden Dorje's reworking of Candragomin's inspirational Extensive Commentary on the Sable Line of the Names of Manjushri.

Although Indian and Tibetan versions of tantric Buddhism are increasingly recognized, the East Asian variations on this practice remain largely overlooked. The only book to present the entire breadth of tantric Buddhism in East Asia, this collection remedies that oversight with 12 key essays drawn from rare sources. Organized into four sections—China and Korea, Japan, Deities and Practices, and Influences on Japanese Religion—the book brings together a "critical mass" of scholarship,

with the potential to create a sea change in the understanding of this subject

What does it mean to "meditate with the body"? Until you answer this question, explains Reggie Ray, meditation may be no more than a mental gymnastic—something you can practice for years without fruitful results. In Teaching Enlightenment, the esteemed author of five books about Buddhist history and practice guides you back to the original practice of the Buddha: a systematic process that results in a profound awareness in your body rather than in your head. Combining the wisdom of Tibetan Buddhist masters 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 Rabjom. Also included is Choying Tobden Dorje's reworking of Candragomin's inspirational Extensive Commentary on the Sable Line of the Names of Manjushri. Although Indian and Tibetan versions of tantric Buddhism are increasingly recognized, the East Asian variations on this practice remain largely overlooked. The only book to present the entire breadth of tantric Buddhism in East Asia, this collection remedies that oversight with 12 key essays drawn from rare sources. Organized into four sections—China and Korea, Japan, Deities and Practices, and Influences on Japanese Religion—the book brings together a "critical mass" of scholarship, with the potential to create a sea change in the understanding of this subject

The Lion's Roar

Tantric Buddhism in East Asia

The Yoga Method of Buddha Maitreya

Finding Realization in the Body

Essential Points of Tantric Meditation

Indic Roots of Mantra

Women in Tantric Buddhism

The preliminary practices of Tantra aren't a hurdle to be gotten through in order to get somewhere else; they're an extraordinarily rich collection of practices which have much to offer as a means of cultivating and maturing the practitioner's psychological ground. They can enable experiences to unfold, and they can clear the way when these seem to be problems or hindrances practitioners are struggling with. In Preparing Tantra, Preece draws on his experience as a Tantric Buddhist practitioner, meditation teacher, and psychotherapist to explain how to make the preliminary practices psychologically meaningful and spiritually transformative. He examines each of the practices with an eye to revealing how they may be used to heal and transform psychological trauma and offers practical suggestions for integrating them into daily life—as well as ensuring that practitioners are prepared psychologically, emotionally, and energetically to start out safely on the tantric path. Preparing for Tantra is an accessible guidebook for engaging in ngondro, the preliminary practices that are done before engaging in a long tantric retreat. These practices are also powerful tools for purifying negativities and alleviating guilt, healing difficult experiences, and enriching our minds with goodness so that we will be able to progress in our Dharma practice and gain realizations of the path.

Teachings and Practice of Tibetan TantraCourier Corporation

This book analyses our conventional ways of looking at Buddhism in general and Buddhist tantra in particular. It investigates how the frameworks and structures that were developed for European and Biblical studies have been deployed to interpret various facets of Buddhism. Many such models that still dominate the field of Buddhist studies have been examined in this book. This book also proposes an alternative approach towards the Buddhist studies and advocates incorporating the critical study of tantra texts from the perspective of traditional accounts.

Concise guide describes the art of spiritualizing one's sexuality and offers efficient methods for transmitting fear and attachment into love and universal power. Step-by-step instructions demonstrate how to perform traditional yoga exercises.

Development Stage Meditation in Tibetan Buddhist Tantra

The Profound Treasury of the Ocean of Dharma, Volume Three

Tantra in Practice

Universal Love

Tantra

Buddhist Tantras

Creating the Psychological Ground for Practice

In 1838, Choying Tobden Dorje, a Buddhist yogi-scholar of eastern Tibet, completed a multivolume masterwork that traces the entire path of the Nyingma tradition of Tibetan Buddhism from beginning to end. Written by a lay practitioner for laypeople, it was intended to be accessible, 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. In Foundations of the Buddhist Path, which covers the first ten to twelve volumes of the Buddhist path, the author surveys the scope of the entire work and then begins with the topics that set the cornerstones for all subsequent Buddhist practice: what constitutes proper spiritual apprenticeship, how to receive the teachings, how to make the best use of this life, and how to motivate ourselves to generate effort on the spiritual path. He then describes refuge and the vows to take to the bodhisattva's way—bodhna nature, how to uplift the mind to supreme awakening, the bodhisattva's training, and the attainments of the paths leading to supreme awakening.

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The Generation Stage in Buddhist Tantra

The Foundation of Buddhist Thought

An Introduction to Tantra

History, Semiology, and Transgression in the Indian Traditions

Sakya: The Path with Its Result, Part One

Preparing for Tantra

First published in 1995. The volume is divided into four sections: The introduction places the position of the Buddhist Tantras within the Mahayana Buddhism and recalls their early literary history, especially the Guhyasamahatanra; the section also covers Buddhist Genesis and the Tantric tradition. Next is the foundations of the Buddhist Tantras are discussed and the Tantric presentation of divinity; the preparation of disciples and the meaning of initiation; symbolism of the mandala-palace Tantric ritual and the twilight language. The third section explores the Tantric teachings of the inner Zodiac and the fivefold ritual symbolism of passion. The bibliographical research contains an analysis of the Tantric section of the Kanjur exegesis and a selected Western Bibliography of the Buddhist Tantras with conclusions.

A compilation by one of Tibet's greatest Buddhist masters of the Path with Its Result teachings and practices of the Sakya lineage of Tibetan Buddhism. The Treasury of Precious Instructions by Jamgön Kongtrül Lodrö Taye, one of Tibet's greatest Buddhist masters, is a shining jewel of Tibetan literature, presenting essential teachings from the entire spectrum of practice lineages that existed in Tibet. Volumes in this series may be engaged as practice manuals while also preserving ancient teachings significant to the literature and history of world religions. Volume 5 of the series, Sakya: The Path with Its Result, presents a selection of teachings and practices from the Path with Its Result (Lamdre) practice lineage of the Sakya tradition of Tibetan Buddhism. The Sakya lineage derives from Virupa, Dombhi Heruka, and other Indian masters, or mahasiddhas, and passes through Gayadhara and his Tibetan disciple Drokmi Lotsawa Sakya Yeshe (992–1072). The practice tradition centers around the teaching and transmission of the Hevajra Tantra and its subsidiary texts. In three parts, this volume includes, respectively: the root text, commentary, and outlines for the Indian mahasiddha Virupa's core text, the Vajra Verse; the liturgies for empowerment and offering rituals specific to a Hevajra Tantra practice lineage; and instructional manuals for practice.

Creation and Completion represents some of the most profound teachings of Jamgon Kongtrul (1813-1990), one of the true spiritual and literary giants of Tibetan history. Though brief, it offers a lifetime of advice for all who wish to engage in-and deepen-the practice of tantric Buddhist meditation. The original text, beautifully translated and introduced by Sara Harding, is further brought to life by an in-depth commentary by the contemporary master Thrangu Rinpoche. Key Tibetan Buddhist fundamentals are quickly made clear, so that the reader may confidently enter into tantra's oft-misunderstood "creation" and "completion" stages. In the creation stage, practitioners visualize themselves in the form of buddhas and other enlightened beings in order to break down their ordinary concepts of themselves and the world around them. This meditation practice prepares the mind for engaging in the completion stage, where one has a direct encounter with the ultimate nature of mind and reality.

This book is based on two historic seminars of the 1970s, in which Chögyam Trungpa introduced the tantric teachings of Tibetan Buddhism to his Western students for the first time. Each seminar bore the title "The Nine Yanas," Yana, a Sanskrit word meaning "vehicle," refers to a body of doctrine and practical instruction that enables students to advance spiritually on the path of Buddha-dharma. Nine vehicles, arranged in successive levels, make up the whole path of Buddhist practice. Teaching all nine means giving a total picture of the spiritual journey. The author's nontheoretical, experiential approach opens up a world of fundamental psychological insights and subtleties. He speaks directly to a contemporary Western audience, using earthly analogies that place the ancient teachings in the midst of ordinary life.

Esoteric Teachings Of The Tibetan Tantra (Annotated Edition)

A Philosophical Reflection and Religious Investigation

Principles and Practices

An Introduction to Its Philosophy and Practice

Pronaos

The Transformation of Desire

The Complete Nyingma Tradition from Sutra to Tantra, Books 1 to 10

Language in the Buddhist Tantra of Japan dismantles the preconception that Buddhism is a religion of mystical silence, arguing that language is in fact central to the Buddhist tradition. By examining the use of 'extraordinary language'-evocations calling on the power of the Buddha-in Japanese Buddhist Tantra, Richard K. Payne shows that such language was not simply cultural baggage carried by Buddhist practitioners from South to East Asia. Rather, such language was a key element in the propagation of new forms of belief and practice. In contrast to Western approaches to the philosophy of language, in viewing language as a form of communication, this book argues that it is the Indian and East Asian philosophies of language that shed light on the use of language in meditative and ritual practices in Japan. It also illuminates why language was conceived as an effective means of progress on the path from delusion to awakening.

Like Becoming the Compassion Buddha, this is another of Lama Yeshe's examinations of key Tantric deity practices in the Tibetan Buddhist tradition. Common to all four traditions of Tibetan Buddhism, the practice of Vajrasattva is used to purify obstacles to spiritual development, negative karma, and illness. Lama Yeshe, the inspirational teacher who strongly influenced the development of Buddhism in the West, found that the practice of Vajrasattva brought dramatic results for his Western students. Becoming Vajrasattva is a complete guide to this purification practice, providing instruction on the method, commentary on the traditional texts, and insight into tantra. Also included is an entire section of complete retreat instructionsrequired reading for anyone undertaking a meditation retreat in the Tibetan tradition.

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.

If you're interested in esoteric spirituality and the pursuit of gnosis, seeking effective and practicable methods that produce transformation and even have the potential to bring the practitioner to self-realization, then this book is for you. Designed to provide readers with a perspective on the view and methods of the preliminary practices of Buddhist Tantra (Vajrayana) in a way that is accessible and applicable to modern Westerners, using examples and quotations from familiar philosophical and esoteric traditions. Because human beings are essentially similar, this path of esoteric Buddhism can be effective and has proven to be so for women and men across centuries, continents, and cultures. The highest spiritual realization is available to all of us regardless of who we are, where or when we live, or any other circumstance provided we receive the teachings and practice the methods. This book is a first step towards that.

Making Sense of Tantric Buddhism

Tantric Traditions in Transmission and Translation

Essential Teachings of the Eight Practice Lineages of Tibet, Volume 5 (The Treasury of Precious Instructions)

The Complete Nyingma Tradition from Sutra to Tantra, Books 15 to 17

Reflections on the Preliminary Practices of Buddhist Tantra from a Western Perspective

Guide to Dakini Land

A Lamp to Illuminate the Five Stages

There are a great many books now available describing the complex rituals and esoteric significance of the ancient practices of Buddhist tantra. But none take the friendly, helpful approach of Geshe Tashi Tsering's Foundation of Buddhist Thought series. Understanding the many questions Westerners have upon first encountering tantra's colorful imagery and veiled language, Geshe Tsering gives straight talk about deities, initiations, mandalas, and the various stages of tantric development. He even goes through a simple tantric compassion practice written by the Dalai Lama, using it to unpack the building blocks common to all visualization techniques. Tantra is a conclusion to the folksy and practical wisdom of the Foundation of Buddhist Thought series.

Unlocking the secrets of Tantra—one of the most alluring forms of Buddhism Often misunderstood, Tantrism focuses on a particular style of meditation and ritual. Having far more to do with the sacred than the sexual, Tantric Buddhism is believed to have originated around the 5th Century AD in the rich cultural basin of Bengal and spread throughout the Asian world. Today it is widely practiced in Tibet, Japan, and the West. The Secrets of Tantric Buddhism presents accurate translations of 46 classic texts found in the Caryā-Gīti, a collection of teachings by more than twenty famous Siddhas, or Tantric adepts, who lived during the illustrious Pala dynasty of the 10th and 11th centuries. Renowned translator and scholar Thomas Clear unlocks the mysteries of these texts and provides commentary for each that explains the ancient teachings in a way that makes them seem fresh and contemporary. These teachings emanate from one of the most dynamic sources of Buddhism, at the height of its religious development. They are completely nonsectarian and will be greeted enthusiastically by those interested in spirituality, world religions, and classic Buddhism.

Chögyam Trungpa explores the the vajrayana teachings of the tantric path in this final volume of his masterpiece on Tibetan Buddhism This three-volume collection presents in lively, relevant language the comprehensive teachings of the Tibetan Buddhist path of the hinayana, mahayana, and vajrayana. Considered Chögyam Trungpa's magnum opus, The Profound Treasury of the Ocean of Dharma will resonate with new and senior students of Buddhism. In this third and final volume, Chögyam Trungpa's examines 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, 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.

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 Akanishtha, 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 Mahāpaṇḍita 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.

Introduction to Tantra

The Tantric Path of Indestructible Wakefulness

Tibetan Yoga

Women, Race, and Tantra

The Tantric Path of Purification

Teachings and Practice of Tibetan Tantra

The Lamp for Integrating the Practices (Caryamelapakaradipa)

Making Sense of Tantric Buddhism fundamentally rethinks the nature of the transgressive theories and practices of the Buddhist Tantric traditions, challenging the notion that the Tantras were "marginal" or primitive and situating them instead—both ideologically and institutionally—within larger trends in mainstream Buddhist and Indian culture. Critically surveying prior scholarship, Wedemeyer exposes the fallacies of attributing Tantric transgression to either the passions of lusty monks, primitive tribal rites, or slavish imitation of Saiva traditions. Through comparative analysis of modern historical narratives—that depict Tantrism as a degenerate form of Buddhism, a primal religious undercurrent, or medieval ritualism—he likewise demonstrates these to be stock patterns in the European historical imagination. Through close analysis of primary sources, Wedemeyer reveals the lived world of Tantric Buddhism as largely continuous with the Indian religious mainstream and deploys contemporary methods of semiotic and structural analysis to make sense of its seemingly repellent and immoral injunctions. Innovative, semiological readings of the influential Guhyasamāja Tantra underscore the text's overriding concern with purity, pollution, and transcendence insight—issues shared by all Indic religions—and a large-scale, quantitative study of Tantric literature shows its radical antinomianism to be a highly managed ritual observance restricted to a sacerdotal elite. These insights into Tantric scripture and ritual clarify the continuities between South Asian Tantrism and broader currents in Indian religion, illustrating how thoroughly these "radical" communities were integrated into the intellectual, institutional, and social structures of South Asian Buddhism.

A visual presentation of Tibetan yoga, the hidden treasure at the heart of the Tibetan Tantric Buddhist tradition • Explores esoteric practices less familiar in the West, including sexual yoga, lucid dream yoga, and yoga enhanced by psychoactive substances • Draws on scientific research and contemplative tradition to explore Tibetan yoga from a historical, anthropological, and biological perspective • Includes full-color reproductions of previously unpublished works of Himalayan art Tibetan yoga is the hidden treasure at the heart of the Tibetan Tantric Buddhist tradition: a spiritual and physical practice that seeks an expanded experience of the human body and its energetic and cognitive potential. In this pioneering and highly illustrated overview, Ian A. Baker introduces the core principles and practices of Tibetan yoga alongside historical illustrations of the movements and beautiful, full-color works of Himalayan art, never before published. Drawing on Tibetan cultural history and scientific research, the author explores Tibetan yoga practices from historical, anthropological, and biological perspectives, providing a rich background to enable the reader to understand this ancient tradition with both the head and the heart. He provides complete, illustrated instructions for meditations, visualizations, and sequences of practices for the breath and body, as well as esoteric practices including sexual yoga, lucid dream yoga, and yoga enhanced by psychoactive plants. He explains how, while Tibetan yoga absorbed aspects of Indian hatha yoga and Taoist energy cultivation, this ancient practice largely begins where physically-oriented yoga and chi-gong end, by directing prana, or vital energy, toward the awakening of latent human abilities and cognitive states. He shows how Tibetan yoga techniques facilitate transcendence of the self and suffering and ultimately lead to Buddhist enlightenment through transformative processes of body, breath, and consciousness. Richly illustrated with contemporary ethnographic photography of Tibetan yoga practitioners and rare works of Himalayan art, including Tibetan thangka paintings, murals from the Dalai Lama's once-secret meditation chamber in Lhasa, and images of yogic practice from historical practice manuals and medical treatises, this groundbreaking book reveals Tibetan yoga's ultimate expression of the interconnectedness of all existence.

A powerful collection of essays on race and gender in contemporary Buddhist practice, a hot-button topic in the West right now, by one of the leading thinkers in the area. Jan Willis was among the first Westerners to encounter exiled Tibetan teachers abroad in the late sixties, instantly finding her spiritual and academic home. TIME Magazine named her one of six "spiritual innovators for the new millennium," both for her considerable academic accomplishments and for her cultural relevance. Her writing engages head-on with issues current to Buddhist practitioners in America, including dual-faith practitioners and those from marginalized groups. This collection of eighteen scholarly and popular essays spans a lifetime of reflection and teaching by Willis. Grouped in four sections—Women and Buddhism, Buddhism and Race, Tantric Buddhism and Saints' Lives, and Buddhist-Christian Reflections—the essays provide timeless wisdom for all who are interested in contemporary Buddhism and its interface with ancient tradition. "This collection of essays by Jan Willis, penned over thirty years of study, teaching, and practice, is destined to become an authoritative resource in Buddhist studies and in the history of Tibetan Buddhism." —Sharon Salzberg, author of Lovingkindness and Real Happiness "From Birmingham to Bodhgaya, Jan bridges worlds like no other. Her essays are treasures of wisdom born from a remarkable life richly lived." —Matthew T. Kapstein, author of Reason's Traces: Identity and Interpretation in Indian and Tibetan Buddhist Thought "This book is a blessing for us all—across cultures, across genders, across traditions." —Larry Yang, author of Awakening Together: The Spiritual Practice of Inclusivity and Community

This comprehensive guide to the Buddhist path from the Tibetan point of view is as accessible as it is complete. Trailog Kyabgon breaks the teachings down conveniently into the three traditional "vehicles," while never letting us forget that the point of all the Dharma is nothing other than insight into the mind and heart. Along the way he provides vivid definitions of fundamental Buddhist concepts such as compassion, emptiness, and Buddha-nature and answers common questions such as: • Why does Buddhism teach that there is "no self"? • Are Buddhist teachings pessimistic? • Does Buddhism encourage social passivity? • What is the role of sex in Buddhist tantra? • Why is it said that samsara is nirvana? • Does it take countless lifetimes to attain enlightenment, or can it be achieved in a moment?

The Secrets of Tantric Buddhism Foundations of the Buddhist Path Vajra Wisdom Buddhist Tantra: Methodology and Historiography The Essence of Buddhism The Gradual Path of Vajrayana Buddhism Becoming Vajrasattva

An essential tantric text on the practice of advanced yoga in tantric Buddhism. The Lamp for Integrating the Practices (Caryamelapakaradipa) is a systematic and comprehensive exposition of the most advanced yogas of the Esoteric Community Tantra (Guhyasamaja-tantra) as espoused by the Noble (Nagarjuna) tradition, an influential school of interpretation within the Mahayoga traditions of Indian Buddhist mysticism. Equal in authority to Nagarjuna's famous Five Stages (Pāncakrama), Aryadeva's work is perhaps the earliest prose example of the "stages of the mantra path" genre in Sanskrit. Its systematic path exerted immense influence on later Indian and Tibetan traditions, and it is widely cited by masters from all four major lineages of Tibetan Buddhism. This volume presents the Lamp in a thoroughly annotated English translation. It includes an introductory study discussing the history of the Guhyasamaja and its exegetical traditions, surveying the scriptural and commentarial sources of the Nagarjuna tradition, and analyzing in detail the contents of the Lamp. The book also features a detailed, trilingual glossary. Simultaneously presented online for scholars are a version of its Sanskrit original, critically edited from recently identified manuscripts, and a critical edition of the eleventh-century Tibetan translation by Rinchen Zangpo, including notes on readings found in "lost," alternative translations.

Westerners wanting to know about tantra—particularly the Buddhist tantra of Tibet—often find only speculation and fancy. Tibet has been shrouded in mystery, and "tantra" has been called upon to name every kind of esoteric fantasy. In The Dawn of Tantra the reader meets a Tibetan meditation master and a Western scholar, each of whose grasp of Buddhist tantra is real and unquestionable. This collaboration is both true to the intent of the ancient Tibetan teachings and relevant to contemporary Western life.

Tantra, or Vajrayana, Buddhism is a set of esoteric practices that involve mantra recitation and complex visualizations. Tantra constitutes the fabric of a Tibetan Buddhist's daily practice, but no practice of tantra can be successful without adherence to the tantric precepts, the highest of three complementary sets of vows. Tsongkhapa is perhaps the greatest philosopher ever produced by the Tibetan Buddhist culture, and this book is a translation of his explanation of the tantric precepts.

This book offers an exceptionally clear and accessible presentation of the generation stage practices of deity yoga. Gyatrul Rinpoche explains the state of mind to be established at the beginning of the practice session, the details of the visualization sequences, the three types of offerings, and proper mantra recitation—as well as mudras, tormas, and malas. Practitioners from all lineages of Tibetan Buddhism will find that these teachings enhance their understanding of sadhana practice. Rinpoche's detailed explanations make it possible to practice these meditations as they were intended and as they were practiced in Tibet and ancient China. It was originally published as Generating the Deity.

An Explanation of the Precepts for Buddhist Vajrayana Practice

The Essential Tantras of Mantra

Touching Enlightenment

Language in the Buddhist Tantra of Japan

Buddhist Tantra

Dharma Ethics

Kirti Tsenzhab Rinpoche was a renowned teacher of Tibetan Buddhism with students worldwide. Revered as a teacher by even the Dalai Lama, he was known especially as a master of Buddhist tantra, the powerful esoteric methods for attaining enlightenment swiftly. The teachings in this book are a singular record of his deep learning in that field. Originally delivered in California to a group of Western students, the teachings comment on a classic introduction to tantra by the nineteenth-century Mongolian lama Choje Ngawang Palden. The work, Illumination of the Tantric Tradition, is a staple even today of the curriculum for training young monastics. Kirti Tsenzhab Rinpoche explains the distinctive features of the four classes of tantra—action tantra, performance tantra, yoga tantra, and highest yoga tantra—by describing the way to progress through their paths and levels. He illuminates key issues in tantric practice that are still a matter for debate within the tradition. Finally, he gives a special treatment to the unique methods of Kalacakra tantra, which is regularly taught around the globe. Holiness the Dalai Lama.

What Is Tantra? Who is qualified to practice it? How should it be practiced? What are the results? According to Buddhism, every human being has the potential to achieve profound and lasting happiness. And according to the tantric teachings of Buddhism, this remarkable transformation can be realized very quickly if we utilize all aspects of our human energy - especially the energy of our desires. Introduction to Tantra is the best available clarification of a subject that is often misunderstood. This new edition of this classic text includes a new foreword by Philip Glass and a new cover design, but leaves untouched Lama Yeshe's excellent original text, edited by Jonathan Landau. Tantra recognizes that the powerful energy aroused by our desire is an indispensable resource for the spiritual path. It is precisely because our lives are so inextricably linked with desire that we must make use of desire's tremendous energy not just for pleasure, but to transform our lives. Lama Yeshe presents tantra as a practice leading to joy and self-discovery, with a vision of reality that is simple, clear, and extremely relevant to twenty-first century life.

As David White explains in the Introduction to Tantra in Practice, Tantra is an Asian body of beliefs and practices that seeks to channel the divine energy that grounds the universe, in creative and liberating ways. The subsequent chapters reflect the wide geographical and temporal scope of Tantra by examining thirty-six texts from China, India, Japan, Nepal, and Tibet ranging from the seventh century to the present day, and representing the full range of Tantric experience—Buddhist, Hindu, Jain, and even Islamic. Each text has been chosen and translated, often for the first time, by an international expert in the field who also provides detailed background material. Students of Asian religions and general readers alike will find the book rich and informative. The book includes plays, transcribed interviews, poetry, parodies, inscriptions, instructional texts, scriptures, philosophical conjectures, dreams, and astronomical speculations, each text illustrating one of the diverse traditions and practices of Tantra. Thus, the nineteenth-century Indian Buddhist Gargad of Garg, a series of songs, warns against the illusion of appearance by referring to bees, yogurt, and the fire of Malaya Mountain while fourteenth-century Chinese Buddhist manuscripts detail how to prosper through the Seven Stars of the Northern Dipper by burning incense, making offerings to scriptures, and chanting incantations. In a transcribed conversation, a modern Hindu priest in Bengal candidly explains how he serves the black Goddess Kali and feeds temple skulls lentils, wine, or rice: a seventeenth-century Nepalese Hindu priest-poem hammered into the golden doors to the temple of the Goddess Taleju lists a king's faults and begs her forgiveness and grace. An introduction accompanies each text, identifying its period and genre, discussing the history and influence of the work, and identifying points of particular interest or difficulty. The first book to bring together texts from the entire range of Tantric phenomena, Tantra in Practice continues the Princeton Readings in Religions series. The breadth of work included, geographic areas spanned, and expert scholarship highlighting each piece serve to expand understanding of what it means to practice Tantra.

This is the extended and annotated edition including * an extensive annotation of more than 10,000 words about the history and basics of Buddhism, written by Thomas William Rhys Davids Contents: Part I. Seven Initiation Rituals Of The Tibetan Tantra Chapter One - The Initiation Ritual Of The Fierce Guru Chapter Two - The Initiation Ritual Of The Fierce Guru Chapter Three - The Initiation Ritual Of The All-Merciful One Chapter Four - The Initiation Ritual Of Hayagriva Buddha. The Green Rta-Mgrin's Initiation Ceremony From The Treasury Of Perception Chapter Five - The Initiation Ritual Of The Red Gshin-Rje Chapter Six - The Superb Initiation Ritual Of Ahm Gtsav Vajrapani Chapter Seven - A Compendium Of The Initiation Rituals Of Performance Or All-Accomplishing Wisdom Presided Over By Amoghasiddhi Part II - The Six Yogas Of Naropa [In Tsong-Kha-Pa's Commentary] Prologue Chapter One - Introduction Chapter Two - Special Preparations Chapter Three - The Rising And Perfecting Yoga Chapter Four - The Steps Of Practice In The Path Chapter Five - The Art Of Gtum-Mo Or Heat Yoga Chapter Six - The Practice Of The Illusory Body Or Dream Yoga, Depending On Foregoing Heat Yoga Chapter Seven - On The Bardo Realm Chapter Eight - The Yoga Of The Light Chapter Nine - The Transformation Yoga Chapter Ten - How To Improve The Practice In The Path Chapter Eleven - Tsong Khopa's Summary Of Sources Epilogue Appendix - Deity, Mantra, and Wisdom

Deity Practice in Tibetan Buddhism

Principles of Buddhist Tantra

Teachings on Guhyasamaja Tantra

Creation and Completion

The Dawn of Tantra

Understanding the Ecstasy of Enlightenment

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Passionate Enlightenment