

Meditations Of A Tibetan Tantric Abbot The Main Practices Of The Mahayana Buddhist Path

The mysteries of Tantra have engrossed countless meditators for centuries. Since the time of Buddha, these secrets have been passed down from accomplished master to disciple largely by word of mouth. Now drawing from his own experience and the works of Je Tsongkhapa and other great Tibetan Yogis, Geshe Kelsang clearly sets out all the stages of the four classes of Tantra, giving a full explanation of generation and completion stages. Tantra is revealed as the gateway to a blissful new world. The book represents a significant milestone in revealing these profound mysteries to the contemporary world. 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 there seem to be problems or hindrances practitioners are struggling with. In *Preparing for 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.

Meditation has flourished in different parts of the world ever since the foundations of the great civilizations were laid. It played a vital role in the formation of Asian cultures that trace much of their heritage to ancient India and China. This volume brings together for the first time studies of the major traditions of Asian meditation as well as material on scientific approaches to meditation. It delves deeply into the individual traditions while viewing each of them from a global perspective, examining both historical and generic connections between meditative practices from numerous historical periods and different parts of the Eurasian continent. It seeks to identify the cultural and historical peculiarities of Asian schools of meditation while recognizing basic features of meditative practice across cultures, thereby taking the first step toward a framework for the comparative study of meditation. The book, accessibly written by scholars from several fields, opens with chapters that discuss the definition and classification of meditation. These are followed by contributions on Yoga and

Tantra, which are often subsumed under the broad label of Hinduism; Jainism and Sikhism, Indian traditions not usually associated with meditation; Buddhist approaches found in Southeast Asia, Tibet, and China; and the indigenous Chinese traditions, Daoism and Neo-Confucianism. The final chapter explores recent scientific interest in meditation, which, despite its Western orientation, remains almost exclusively concerned with practices of Asian origin. Until a few years ago a major obstacle to the study of specific meditation practices within the traditions explored here was a widespread scholarly orientation that prioritized doctrinal issues and sociocultural contexts over actual practice. The contributors seek to counter this bias and supplement concerns over doctrine and context with the historical study of meditative practice. Asian Traditions of Meditation will appeal broadly to readers interested in meditation, mindfulness, and spirituality and those in the emerging field of contemplative education, as well as students and scholars of Asian and religious studies.

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.

Deity Yoga

Meditations to Transform The Mind

Introduction to the Kalachakra Initiation

Or Seven Books of Wisdom of the Great Path, According to the Late Lama Kazi Dawa-Samdup's English Rendering

How to Practice Shamatha Meditation

Meditation Series: Meditations in the Supreme Yogatantra

Guide to the Deities of the Tantra

Karmamudra is the ancient practice of partnered sexual yoga, a technique for transforming ordinary pleasure, worldly desire, and orgasm into vehicles for spiritual transformation and liberation. A ground breaking book by traditional Tibetan physician and yogi Dr. Nida Chenagtsang offering vital context and instruction, aimed to inform and empower. Exploring crucial points on the path to enlightenment, “Stages of the Path” literature continues to hold its place as one of the great treasures of Buddhist thought. In this volume, Geshe Rabten presents a structured explanation of the

popular and practical text, **The Essential Nectar of Holy Doctrine**, by the 18th century scholar Yeshe Tsöndru?. Geshe Rabten's teachings reveal how we may see life's great value and, by taking up the profound practice described herein, make the most of its abundant opportunity. In a voice both sweet and potent, **The Essential Nectar** reveals the essence of the path to enlightenment.

Translated from the original Tibetan texts, **Esoteric Teachings of the Tibetan Tantra** provides a full flavor version of the ancient spiritual texts of Tantric Buddhism. Replete with traditional spiritual practices and meditations, it is an essential resource for any student. The collection includes **Seven Initiation Rituals of the Tibetan Tantra**, the **Six Yogas of Naropa**, plus the **Vow of Mahamudra**.

Teaches the meditative techniques of **Action and Performance Tantras**—the basis of all higher tantric practices.

Buddhist Meditational Art

The Circle of Bliss

Buddhist Meditations to Awaken from the Illusion of Separation

The Story of the Forgotten Meditation Tradition of Southeast Asia

Asian Traditions of Meditation

Tibetan Zen

Karmamudra

Sound is so simple. There is no more direct or expedient way to arrive at the core of one's own nature than to hearken to it. In **The Lotus Song**, Bryan Phillips shares knowledge on how to harness the power of sound, vibration, and intention in order to energize ourselves and our personal and professional relationships. As with any mantra, the **Lotus Song** must be approached with keen and genuine inquisitiveness. Phillips, a seasoned teacher of Tantra, Tibetan philosophy, and Buddhist meditation, demonstrates how to use sacred sounds developed over thousands of years by meditators and yogis in India and Tibet to access innate intelligence and limitless compassionate energy. Through guided meditations and exercises, Phillips helps you develop the skills to conduct and direct potent healing energy throughout your body and in daily interactions. The **Lotus Song** shares a time-tested method that equips you to embark on a transformative, deeply reflective journey into the creative potency of sound.

Meditations of a Tibetan Tantric Abbot The Main Practices of the Mahayana Buddhist Path Snow Lion

In 1988, Gen Lamrimpa, a Tibetan monk, led a one-year retreat in the Pacific Northwest, during which a group of Western meditators devoted themselves to the practice of meditative quiescence (shamatha). This book is a record of the oral teachings he gave to this group at the outset of the retreat. The teachings are brought to life by Gen Lamrimpa's warmth, humor, and extensive personal experience as a contemplative recluse. An invaluable practical guide for those seeking to develop greater attentional

stability and clarity, this work will be of considerable interest to meditators, psychologists, and all others who are concerned with the potentials of the human mind.

This text contains a meditation practice from Tibetan Buddhism. Buddhist teachings are divided into the General Paths and the Higher Paths on the Vajrayana path. For tantric meditations like this one should have already acquired knowledge of Tibetan Buddhism. They presuppose teachings from the general paths. Without these teachings, the contents of the meditation texts are difficult to understand. In addition, one should be familiar with Deity Yoga and have received at least one Kriya Tantra Initiation from a qualified teacher.

Tibetan Buddhism

Universal Love

Esoteric Theravada

Journey Into Consciousness

Discovering a Lost Tradition

The Swift Path

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 contains the teachings and meditations Lama gave at a five-day retreat he led near Melbourne, Australia, which he introduced by saying: "Whether or not this five-day meditation course becomes beneficial is up to you; it depends on your own mind. It's not a lama thing; I'm not going to bring you to enlightenment in this short time. Instead of having too many expectations of the lama, it's better that you generate a pure motivation for being here. Expectations cause mental problems; instead of being positive, they become negative..." If over the next five days you can begin to recognize the reality of your own nature, this meditation course will have been worthwhile. Therefore, dedicate your actions during this time to discovering inner freedom through recognizing the negative characteristics of your own uncontrolled mind." In line with Lama's intentions, this book is dedicated to the awakening of inner freedom within the minds of its readers and all other sentient beings.

The Piatkus Guide to Tibetan Buddhism provides an accessible guide to one of the fastest-growing spiritual philosophies in the Western world. Stephen Hodge explains central teachings including the workings of karma and the nature of Enlightenment and Nirvana. This book combines ancient knowledge with practical exercises and meditations to help you experience the wisdom of Buddhism. Discover - The role of the lama - The nature of loving-kindness, compassion, sympathetic joy and equanimity and how to practise these concepts in your daily life - The initiations and commitments necessary for spiritual growth - The nature of offerings and worship If you want to discover how Tibetan Buddhism can bring greater fulfilment and harmony to your life, this is the book for you.

Books, audiotapes, and classes about yoga are today as familiar as they are widespread, but we in the West have only recently become engaged in the meditative doctrines of the East--only in the last 70 or 80 years, in fact. In the early part of the 20th century, it was the pioneering efforts of keen scholars like W. Y. Evans-Wentz, the late editor of this volume, that triggered our ongoing occidental fascination with such phenomena as yoga, Zen, and meditation. Tibetan Yoga and Secret Doctrines--a companion to the popular Tibetan Book of the Dead, which is also published by Oxford in an authoritative Evans-Wentz edition--is a collection of seven authentic Tibetan yoga texts that first appeared in English in 1935. In these pages, amid useful photographs and reproductions of yoga paintings and manuscripts, readers will encounter some of the principal meditations used by Hindu and Tibetan gurus and philosophers throughout the ages in the attainment of Right Knowledge and Enlightenment. Special commentaries precede each translated text, and a comprehensive introduction contrasts the tenets of Buddhism with European notions of religion, philosophy, and science. Evans-Wentz has also included a body of orally transmitted traditions and teachings that he received firsthand during his fifteen-plus years of study in the Orient, findings that will interest any student of anthropology, psychology, comparative religion, or applied Mahayana Yoga. These seven distinct but intimately related texts will grant any reader a full and complete view of the spiritual teachings that still inform the life and culture of the East. As with Evans-Wentz's other three Oxford titles on Tibetan religion, which are also appearing in new editions, this third edition of Tibetan Yoga and Secret Doctrines features a new foreword by Donald S. Lopez, author of the recent Prisoners of Shangri-La: Tibetan Buddhism and the West.

Kalachakra is a system of highest tantra practice for overcoming the limitations imposed by historical, astrological, and biological cycles so as to become a Buddha for the benefit of all. His Holiness the Dalai Lama and other great Tibetan teachers have been conferring the Kalachakra initiation in the West, empowering prepared practitioners to engage in its meditations. Large numbers of people also attend this initiation as interested observers and gain inspiration for their spiritual growth. Introduction to the Kalachakra Initiation explains on a practical level and in everyday language the theory of tantra, the vows, commitments, and their implications, the factors to consider in deciding if one is ready to attend a Kalachakra initiation as a participant, how to visualize during the initiation, and the most important thoughts and feelings for participants and observers at each step of the empowerment. In preparing this guidebook, Alexander Berzin has done a great service to everyone interested in the Kalachakra initiation. It will help people to prepare for the ceremony and understand the essential points of each step of the procedure.

Compassion in Tibetan Buddhism

Meditation of the Wheel of Protection

The Chakras, Tantra and Jungian Psychology

The Practice of Pure Awareness

Make Me One with Everything

Creating the Psychological Ground for Practice

The Yoga Method of Buddha Maitreya

The texts presented here are an intermediate-length sadhana and a concise self-initiation ritual of the Solitary Hero Vajrabhairava. After receiving the Highest yoga Tantra initiation of Vajrabhairava, and then completing the retreat of this deity, with the compensating ritual fire offering of peace, one is authorized to do the self-initiation. It is important to do the self-initiation in order to restore broken vows and tantric commitments. A sadhana must be done in conjunction with self-initiation will enable many practitioners to do this practice more frequently.

Until the early twentieth century, hardly any traces of the Tibetan tradition of Chinese Chan Buddhism, or Zen, remained. Then the discovery of a sealed cave in Dunhuang, full of manuscripts in various languages dating from the first millennium CE, transformed our understanding of early Zen. This book translates some of the earliest surviving Tibetan Zen manuscripts preserved in Dunhuang. The translations illuminate different aspects of the Zen tradition, with brief introductions that not only discuss the roles of ritual, debate, lineage, and meditation in the early Zen tradition but also explain how these texts were embedded in actual practices.

A highly practical form of mysticism, Mahayana Buddhism offers precise techniques for attaining wisdom by negating the ego and entering the bliss of divinity. This book gives the background, techniques, purpose, and underlying theory of the Tantric forms of meditation, which have often been successful for those who have failed to make progress with more familiar methods.

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 pa

Heart Practice of the Six Yogas of Naropa

Esoteric Teachings Of The Tibetan Tantra (Annotated Edition)

Essence of Vajrayana

The Yoga of Bliss

How to Begin, Progress On, and Complete the Vajrayana Path

Tsong-kapa ; with Kensur Lekden's Meditations of a Tantric Abbot

The Highest Yoga Tantra Practice of Heruka Body Mandala

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.

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 With Phurba 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 Percipience Chapter Five - The Initiation Ritual Of The Red Gshin-Rje Chapter Six - The Superb Initiation Ritual Of Ahm Gtsug 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 Arising 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 - The Vow Of Mahamudra Translator's Introduction Editor's Note The Vow Of Mahamudra

The Seventh Dalai Lama wrote extensive commentaries on the Tantras and over a thousand mystical poems and prayers. Meditations to Transform the Mind is a highly valued collection of spiritual advice for taming and developing the mind.

A respected teacher presents the core and essential wisdom of Tibet and shows us the possibilities of "enlightenment in this present life" through the meditative practice of Pure Awareness. Perhaps the most precious teaching Tibet has to offer the modern world is the practice of meditation. Reginald Ray presents the essence of this tradition through the somatic practice of Pure Awareness—a unique kind of meditation that is thoroughly grounded in the body and in ordinary experience. This fundamentally

transformative practice offers the possibility of enlightenment in this present life and invites us into the immensely powerful journey that Tibetan tantric spirituality has to offer. Includes a link to a free download of audio meditations.

Overcoming Your Mental Bureaucracy

The Essential Nectar

Tibetan Yoga

Tantric Art and Meditation

The Bliss of Inner Fire

Meditations of a Tibetan Tantric Abbot

Tibetan Yoga and Secret Doctrines

A groundbreaking exploration of a practice tradition that was nearly lost to history. Theravada Buddhism, often understood as the school that most carefully preserved the practices taught by the Buddha, has undergone tremendous change over time. Prior to Western colonialism in Asia—which brought Western and modernist intellectual concerns, such as the separation of science and religion, to bear on Buddhism—there existed a tradition of embodied, esoteric, and culturally regional Theravada meditation practices. This once-dominant traditional meditation system, known as borān kammattāna, is related to—yet remarkably distinct from—Vipassana and other Buddhist and secular mindfulness practices that would become the hallmark of Theravada Buddhism in the twentieth century. Drawing on a quarter century of research, scholar Kate Crosby offers the first holistic discussion of borān kammattāna, illuminating the historical events and cultural processes by which the practice has been marginalized in the modern era.

In the classic bestseller, Introduction to Tantra, Lama Yeshe offered a profound and wonderfully clear glimpse into the sophisticated practices of Tibetan Buddhist tantra. This present book, the last major teachings of this great lama, opens up the world of advanced practices for Highest Yoga Tantra initiates in much the same way his earlier work opened up the world of tantra in general. Following Je Tsongkhapa's (1357-1419 C.E.) text Having the Three Convictions, Lama Yeshe introduces the renowned Six Yogas of Naropa, focusing mainly on the first of these six, the practice of inner fire (tummo). Mastery of inner fire quickly brings the mind to its most refined and penetrating state--the experience of clear light, an extra-ordinarily powerful state of mind that is unequalled in its ability to directly realize ultimate reality. Lama Yeshe felt that twentieth-century Westerners could easily grasp the often misunderstood ideas of this esoteric tradition: "We really need tantra these days because there is a tremendous

explosion of delusion and distraction, and we need the atomic energy of inner fire to blast us out of our delusion." Lama Yeshe's aim was for his students to actually taste the experience of inner fire rather than merely gain an intellectual understanding. Lama's own realization of the transformative power of these practices comes through, inspiring his students to discover for themselves their own capacity for inexhaustible bliss.

What did the Dalai Lama say to the pizza guy from Brooklyn? "Make me one with everything!" It's a familiar joke, muses Lama Surya Das, but it holds a profound truth: that in addition to inner peace, meditation is a path for all-inclusive connection. With *Make Me One with Everything*, he invites us to experience this expansive dimension of the dharma through the art of intermeditation. "If you've ever felt 'at one' with something—your beloved or your child, a wooded trail, a favorite song—then you've experienced intermeditation," teaches Surya Das. Based on Tibetan Buddhism's core insights into the deeply connected nature of who we are, intermeditation offers both new and experienced meditators a fresh new way to commune with every moment—on and off the cushion—in oneness with our partners, our family and friends, our enemies, those in need near or far, our higher Selves, and Nature itself.

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*.

The Cultivation of Meditative Quiescence

Self-initiation of Vajrabhairava

Tantric Grounds and Paths

The Lotus Song

Development Stage Meditation in Tibetan Buddhist Tantra

In Action and Performance Tantra

Meditation Techniques of the Buddhist and Taoist Masters

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

Tantric Art and Meditation: The Tendai Tradition describes the four basic meditations of Tantric Buddhism: the Eighteen-path Mandala, the Lotus-womb Mandala, the Vajra-thunder Mandala, and the Goma Rite of Fire. The book summarizes the teachings of Tendai Tantric Buddhism, as practiced on Mt. Hiei, Kyoto, by a Master of the Homan devotional (Bakhti) school, one of the major kinds of Tantric Meditation practiced in Japan. Profuse woodblock and line art illustrate the mudra, mantra, and mandala of Tantric practice. This book presents, with the intimate freshness of a personal teaching, the main practices of the Mahayana Buddhist path.

In the present book, the author introduces the Tantric methods of Tibetan Buddhism and draws correlations between this practice and the teachings of Carl Jung. In a clear, concise style, Breaux points out how many psychological truths are woven into the fabric of the Tantric doctrine. The language of the Tantra is visionary--abounding in symbols and metaphors produced spontaneously in the meditations of ancient yogis. At the heart of tantra is the experience of a divine power within the human being that can be awakened. The format of the book begins in the root chakra and follows the path of your psychological and spiritual continuum up through the chakras. Each chapter includes a meditation practice employing Tibetan Tantric Deities and procedures. Although not a substitute for a genuine Tantric teacher, the book will enable readers to experience the tantra through suggested meditation. You enter the light within when you step outside of your own shadow. The basic drive to remember your essential nature surges beneath all your fears, desires and preconceptions. Although they approach this process from opposite

sides of the world, both Tantra and Jungian psychology aspire to fathom this mysterious process and create the necessary conditions so spiritual transformation can occur.

The Generation Stage in Buddhist Tantra

Principles and Practices

The Tendai Tradition

Meditations on the Buddhist Path

A Meditation Manual on the Stages of the Path to Enlightenment

Teachings on Guhyasamaja Tantra

The Tantric Mysticism of Tibet

Vessantara explains the key characteristics of the Tantra, introduces its many Deities, and explores its symbolism. This guide provides foundations for a gradual and thorough understanding of Tantric Buddhism, encouraging confidence in the exploration of its rich and lavish forms. Mantra recitation and colourful visualizations of the Deities lie at the heart of the Tantric practice and Vessantara provides beautiful meditations on each of the key figures while also explaining the reasoning, theory and history behind each. This collection of guided meditations from eighteenth-century Tibet harnesses elements of tantric visualization to induce realizations while contemplating the steps on the path to buddhahood. The Swift Path by the Second Panchen Lama has long been heralded in the Gelug school of Tibetan Buddhism as one of the "eight great lamrims," or works presenting the stages of the path to enlightenment. It has now at last become widely available in English translation. Composed by a preceptor of two Dalai Lamas, this practical and systematic guide to meditating on the lamrim is based on the Easy Path, a more concise work by the First Panchen Lama. In The Swift Path, Panchen Lama Yeshé expands on the earlier Panchen Lama's meditation guide with more detailed instructions on how to generate a clear and powerful experience of the key recognitions that allow us to advance on our spiritual journey. These include the recognition of the opportunities afforded by our human existence, both its preciousness and its precariousness, and the way to adopt and live out the practice of bodhisattva. The guided meditations here make use of a visualization of one's teacher in the guise of Sakyamuni Buddha to unlock our innate potential for buddhahood, complete enlightenment, to best benefit humanity and all living beings.

Beginning with the simple and fundamental steps necessary to prepare for meditation, the author guides the reader through the mental disciplines and visualizations that Buddhist and Taoist masters have used for ages in their quest for illumination. C
A visual presentation of Tibetan yoga, the hidden treasure at the heart of the Tibetan Tantric Buddhist tradition • Explains the principles and practices of Tibetan yoga with illustrated instructions • Explores esoteric practices less familiar in the West, including lucid dream yoga, and yoga enhanced by psychoactive substances • Draws on scientific research and contemplative traditions to explain 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

and physical practice that seeks an expanded experience of the human body and its energetic and cognitive potential. In this highly illustrated overview, Ian A. Baker introduces the core principles and practices of Tibetan yoga alongside historical illustrations, movements and beautiful, full-color works of Himalayan art, never before published. Drawing on Tibetan cultural history and research, the author explores Tibetan yogic practices from historical, anthropological, and biological perspectives, providing a background to enable the reader to understand this ancient tradition with both the head and the heart. He provides complete instructions for meditations, visualizations, and sequences of practices for the breath and body, as well as esoteric practices such as yoga, lucid dream yoga, and yoga enhanced by psychoactive plants. He explains how, while Tibetan yoga absorbed aspects of 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 of transcendence of the self and suffering and ultimately lead to Buddhist enlightenment through transformative processes of body 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 a wealth 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.

Ego, Attachment and Liberation

A Lamp to Illuminate the Five Stages

Esoteric Teachings of the Tibetan Tantra

A Practical Guide

Deity, Mantra, and Wisdom

The Main Practices of the Mahayana Buddhist Path

Vajra Wisdom

Tsongkhapa's *A Lamp to Illuminate the Five Stages* (1419) is a comprehensive presentation of the highest yoga class of Buddhist tantra, especially the key practices - the so-called five stages (pancakrama) - of the advanced phase of Guhyasamaja tantra. Beginning with a thorough examination of the Indian sources, Tsongkhapa draws particularly from the writings of Nagarjuna, Aryadeva, Candrakirti, and Naropa to develop a definitive understanding of the Vajrayana completion stage. Whereas in the generation stage, meditators visualize the Buddha in the form of the deity residing in a mandala palace, in the completion stage discussed in the present volume, meditators transcend ordinary consciousness and actualize the state of a buddha themselves. Among other things, Tsongkhapa's work covers the subtle human physiology of channels and winds along with the process of dying, the bardo, and rebirth. This definitive statement on Guhyasamaja tantra profoundly affected the course of Buddhist practice in Tibet.

By pulling together some of Lama Yeshe's introductory teachings on Buddhism, meditation, compassion and emptiness, and combining them with the definitive explanation of tantra, this one valuable volume will inspire students to go more deeply into the Yoga Method of Buddha Maitreyaa tantric practice.

Somatic Meditation for Awakening the Sacred

Deity Practice in Tibetan Buddhism

Preparing for Tantra