

The Life Of Shabkar Autobiography Of A Tibetan Yogin

The Social Life of Tibetan Biography outlines the growth of the Buddhist tradition of the Tibetan teacher Tokden Shakya Shri (1853-1919) through charting his biographical tradition and its influence on the development of his community. Tokden Shakya Shri’s tradition is an important exemplar of interpersonal exchange on the margins between East and South Asia, connections between text and social community, and the diversity of Tibetan Buddhist practice and institutional forms at the turn of the twentieth century.

Best known today as the author of the Life of Milarepa, Tsangnyön Heruka (1452-1507) was one of the most influential mad yogins of Tibet. Stefan Larsson’s Crazy for Wisdom, describes Tsangnyön Heruka's life, based on narratives by his disciples, and examines an unexpected aspect of fifteenth-century Tibetan Buddhist practice.

Introduction to the Middle Way presents an adventure into the heart of Buddhist wisdom through the Madhyamika, or "middle way," teachings, which are designed to take the ordinary intellect to the limit of its powers and then show that there is more. This book includes a verse translation of the Madhyamakavatara by the renowned seventh-century Indian master Chandrakirti, an extremely influential text of Mahayana Buddhism, followed by an exhaustive logical explanation of its meaning by the modern Tibetan master Jamgön Mipham, composed approximately twelve centuries later. Chandrakirti's work is an introduction to the Madhyamika teachings of Nagarjuna, which are themselves a systematization of the Prajnaparamita, or "Perfection of Wisdom" literature, the sutras on the crucial but elusive concept of emptiness. Chandrakirti's work has been accepted throughout Tibetan Buddhism as the highest expression of the Buddhist view on the sutra level. With Jamgön Mipham's commentary, it is a definitive presentation of the wisdom of emptiness, a central theme of Buddhist teachings. This book is a core study text for both academic students and practitioners of Mahayana and Vajrayana Buddhism.

Shabkar Tsogdruk Rangdrol (1781-1851) Lived At A Time In Tibetan History When Many Spiritual Lineages Were On The Verge Of Extinction. Transcending Sectarian Differences, He Exemplified Religious Tolerance, Altruism And Pure Perception. In Addition To His Autobiography, Shebkar Left Numerous Clear And Inspiring Teachings. The Present Catalogue Offers A Structured List And Description Of The 14 Volume Complete Edition Of The Master’S Collected Writings Prepared By Shechen Publications. Shabkar Has Often Been Compared With Milarepa Not Only For His Way Of Life And His Spiritual Accomplishments, But Also For His Amazing Ability To Improvise Songs. His Rich And Varied Style Ranks Among The Clearest And Most Beautiful In Tibetan Literature.

The Words of My Perfect Teacher

Hidden Lands in Himalayan Myth and History

The Secret Autobiographies of a Tibetan Visionary

Crazy for Wisdom

The Life and Legacy of the Tibetan Saint Sonam Peldren

Shambhala Sun

Echoes of Enlightenment

Love and Liberation reads the autobiographical and biographical writings of one of the few Tibetan Buddhist women to record the story of her life. Sera Khandro Dew Dorj (1892Ð1940) was extraordinary not only for achieving religious mastery as a Tibetan Buddhist visionary and guru to many lamas, monastics, and laity in the Golok region of eastern Tibet, but also for her candor. This book listens to Sera Khandro’s conversations with deities, dakinis, bodhisattvas, lamas, and fellow religious community members and investigates the concerns and sentiments relevant to the author and to those for whom she wrote. Sarah H. Jacoby’s analysis focuses on the status of the female body in Sera Khandro’s texts, the virtue of celibacy versus the expediency of sexuality for religious purposes, and the difference between profane lust and sacred love between male and female Tantric partners. Her findings add new dimensions to our understanding of Tibetan Buddhist consort practice, complicating standard scriptural presentations of a male subject and a female aide. Sera Khandro depicts herself and her guru and consort, Drimzer, as inseparable embodiments of insight and method that together form the Vajrayana Buddhist vision of complete buddhahood. By advancing this complementary sacred partnership, Sera Khandro carved a place for herself as a female virtuoso in the male-dominated sphere of early twentieth-century Tibetan religion.

A trusted companion and go-to resource for everyone supporting someone at the end of life--from the moment we first learn that someone is dying through the time of death and beyond. Present through the End offers the guidance and essential wisdom we need when we are struggling to support someone who is nearing death. This book helps us meet the many challenges ahead and navigate through difficult times with clarity and kindness--both for the person who is dying and also for ourselves. Inspired by decades of experience caring for the dying and years teaching contemplative care around the world, Kirsten DeLeo shares down-to-earth advice and offers short, simple "on the spot" tools to help us handle our emotions, deal with difficult relationships, talk about spiritual matters, practice self-care, listen fully, and more. This book offers insight and encouragement when we are unsure what to do or say and shows us how to be present even though we may feel utterly helpless, love when loss is just around the corner, and be fully alive to each moment as time runs out.

So compelling is the story of Prince Siddharta Gautama that it loses none of its sheen with a retelling. Impelled by a desire to deal with the sorrows of human existence, he renounces the world when barely ninety-nine and find Buddhism. Varied and meaningful this book provides a rare glimpse into Buddhism.

"It was not always easy to be the guru's wife," writes Diana Mukpo. "But I must say, it was rarely boring." At the age of sixteen, Diana Mukpo left school and broke with her upper-class English family to marry Chögyam Trungpa, a young Tibetan lama who would go on to become a major figure in the transmission of Buddhism to the West. In a memoir that is at turns magical, troubling, humorous, and totally out of the ordinary, Diana takes us into her intimate life with one of the most influential and dynamic Buddhist teachers of our time. Diana led an extraordinary and unusual life as the "first lady" of a burgeoning Buddhist community in the American 1970s and '80s. She gave birth to four sons, three of whom were recognized as reincarnations of high Tibetan lamas. It is not a simple matter to be a modern Western woman married to a Tibetan Buddhist master, let alone to a public figure who is sought out and adored by thousands of eager students. Surprising events and colorful people fill the narrative as Diana seeks to understand the dynamic, puzzling, and larger-than-life man she married—and to find a place for herself in his unusual world. Rich in ambiguity, Dragon Thunder is the story of an uncommon marriage and also a stirring evocation of the poignancy of life and of relationships—from a woman who has lived boldly and with originality.

Machig Labdron and the Foundations of Chod

The Making of a Mad Yogin in Fifteenth-Century Tibet

Compassionate Action

A Detailed Commentary on Shantideva’s Way of the Bodhisattva

Configurations of Identity in Tibetan Life Writing

Apparitions of the Self

Seeing Accomplishes All

Apparitions of the Self is a groundbreaking investigation into what is known in Tibet as "secret autobiography," an exceptional, rarely studied literary genre that presents a personal exploration of intimate religious experiences. In this volume, Janet Gyatso translates and studies the outstanding pair of secret autobiographies by the famed Tibetan Buddhist visionary, Jigme Lingpa (1730-1798), whose poetic and self-conscious writings are as much about the nature of his own identity, memory, and the undecidabilities of autobiographical truth as they are narrations of the actual content of his experiences. Their translation in this book marks the first time that works of this sort have been translated in a Western language. Gyatso is among the first to consider Tibetan literature from a comparative perspective, examining the surprising fit--as well as the misfit--of Western literary theory with Tibetan autobiography. She examines the intriguing questions of why Tibetan Buddhists produced so many autobiographies (far more than other Asian Buddhists) and how autobiographical self-assertion is possible even while Buddhists believe that the self is ultimately an illusion. Also explored are Jigme Lingpa's historical milieu, his revelatory visions of the ancient Tibetan dynasty, and his meditative practices of personal cultivation. The book concludes with a study of the subversive female figure of the "Dakini" in Jigme Lingpa's writings, and the implications of her gender, her sexuality, and her unsettling discourse for the autobiographical subject in Tibet.

Fear, anger, and negativity are states that each of us have to contend with. Machik's Complete Explanation, the most famous book of the teachings of Machik Lapdrön, the great female saint and yogini of eleventh- to twelfth-century Tibet, addresses these issues in a practical, direct way. Machik developed a system, the Mahamudra Chöd, that takes the Buddha's teachings as a basis and applies them to the immediate experiences of negative mind states and malignant forces. Her unique feminine approach is to invoke and nurture the very "demons" that we fear and hate, transforming those reactive emotions into love. It is the tantric version of developing compassion and fearlessness, a radical method of cutting through ego-fixation. This expanded edition includes Machik Lapdrön's earliest known teaching, the original source text for the tradition, The Great Bundle of Precepts on Severance (Chöd). This pithy set of instructions reveals that the teachings of the perfection of wisdom are the true inspiration for Chöd. It is beautifully clarified in a short commentary by Rangjung Dorje, the Third Karmapa.

Treasured by Buddhists of all traditions, The Way of the Bodhisattva (Bodhicharyavatara) is a guide to cultivating the mind of enlightenment, and to generating the qualities of love, compassion, generosity, and patience. This text has been studied, practiced, and expounded upon in an unbroken tradition for centuries, first in India, and later in Tibet. Presented in the form of a personal meditation in verse, it outlines the path of the Bodhisattvas--those who renounce the peace of individual enlightenment and vow to work for the liberation of all beings and to attain buddhahood for their sake. This version, translated from the Tibetan, is a revision by the translators of the 1997 edition. Included are a foreword by His Holiness the Dalai Lama, a new translator's preface, a thorough introduction, a note on the translation, and three appendices of commentary by the Nyingma master Kunzang Pelden.

The essays collected in The Selfless Ego propose an innovative approach to one of the most fascinating aspects of Tibetan literature: life writing. Departing from past schemes of interpretation, this book addresses issues of literary theory and identity construction, eluding the strictures imposed by the adoption of the hagiographical master narrative as synonymous with the genre. The book is divided into two parts. Ideally conceived as an 'introduction' to traditional forms of life writing as expressed in Buddhist milieus, Part I. Memory and Imagination in Tibetan Hagiographical Writing centres on the inner tensions between literary convention and self-expression that permeate indigenous hagiographies, mystical songs, records of teachings, and autobiographies. Part II: Conjuring Tibetan Lives explores the most unconventional traits of the genre, sifting through the narrative configuration of Tibetan biographical writings as 'liberation stories' to unearth those fragments of life that compose an individual’s multifaceted existence. This volume is the first to approach Tibetan life writing from a literary and narratological perspective, encompassing a wide range of disciplines, themes, media, and historical periods, and thus opening new and vibrant areas of research to future scholarship across the Humanities. The chapters in this book were originally published as two special issues of Life Writing.

The Life of Jamgon Kongtrul the Great

Transformations of sbas yul through Time

The Autobiography of a Tibetan Yogin

The Path of the Buddha

Cultural re-signification in practice and institutions

The Life of Marpa the Translator

In the Lap of the Buddha

These deeply personal songs of realization by Nyingmapa yogi Shabkar Tshogdruk Rangdrol (1781–1851), composed in a simple yet richly poetic style, charm by their beauty and directness, often expressing the delights of nature. Drawn from the vast and mostly untranslated collection, The Festival of Melodious Songs, they have been organized thematically to reflect Shabkar's quest for spiritual awareness through renouncing the world and meditating in mountain hermitages.

Echoes of Enlightenment explores the issues of gender and sainthood raised by the recently discovered "liberation story" of the fourteenth-century Tibetan female Buddhist practitioner Sönam Peldren. Born in 1328, Sönam Peldren spent most of her adult life as a nomad in eastern Tibet until her death in 1372. She is believed to have been illiterate, lacking religious education, and unconnected to established religious institutions. For that reason, and because as a woman her claims of religious authority would have been constantly questioned, Sönam Peldren's success in legitimizing her claims of divine identity appear all the more remarkable. Today the site of her death is recognized as sacred by local residents. Suzanne Bessenger draws on the new-found biography of the saint to understand how the written record of the saint's life is shaped both by the hagiographical agendas of its multiple authors and by the dictates of the genres of Tibetan religious literature, including biography and poetry. She considers Sönam Peldren's enduring historical legacy as a fascinating piece of Tibetan history that reveals much about the social and textual machinations of saint production. Finally, she identifies Sönam Peldren as one of the earliest recorded instances of a historical Tibetan woman successfully using the uniquely Tibetan hermeneutic of deity emanation to achieve religious authority.

Hidden Lands in Himalayan Myth and History showcases recent scholarship, photo essays, maps, and translations about hidden lands (sbas yul) across the Himalaya, from historical and contemporary perspectives.

The Buddhist World joins a series of books on the world's great religions and cultures, offering a lively and up-to-date survey of Buddhist studies for students and scholars alike. It explores regional varieties of Buddhism and core topics including buddha-nature, ritual, and pilgrimage. In addition to historical and geo-political views of Buddhism, the volume features thematic chapters on philosophical concepts such as ethics, as well as social constructs and categories such as community and family. The book also addresses lived Buddhism in its many forms, examining the ways in which modernity is reshaping traditional structures, ancient doctrines, and cosmological beliefs.

Rainbows Appear

Songs of Shabkar

'Gro ba'i mgon po zhabs dkar tsoqs drug rang grol gi gsung 'bum gyi bzhugs byang ni'i phreng ba

"Flight of the Garuda"

The Social Life of Tibetan Biography

A Complete Translation of a Classic Introduction to Tibetan Buddhism

Machik's Complete Explanation

Marpa the Translator, the eleventh-century farmer, scholar, and teacher, is one of the most renowned saints in Tibetan Buddhist history. In the West, Marpa is best known through his teacher, the Indian yogin Nāropa, and through his closest disciple, Milarepa. This lucid and moving translation of a text composed by the author of The Life of Milarepa and The Hundred Thousand Songs of Milarepa documents the fascinating life of Marpa, who, unlike many other Tibetan masters, was a layman, a skillful businessman who raised a family while training his disciples. As a youth, Marpa was inspired to travel to India to study the Buddhist teachings, for at that time in Tibet, Buddhism had waned considerably through ruthless suppression by an evil king. The author paints a vivid picture of Marpa's three journeys to India: precarious mountain passes, desolate plains teeming with bandits, greedy customs-tax collectors. Marpa endured many hardships, but nothing to compare with the trials that ensued with his guru Nāropa and other teachers. Yet Marpa succeeded in mastering the tantric teachings, translating and bringing them to Tibet, and establishing the Practice Lineage of the Kagyüs, which continues to this day.

Fabrice Midal, by steering his way between conventional Western biography and traditional Tibetan hagiography, has succeeded in painting a detailed portrait of Chgyam Trungpa, the unconventional Tibetan lama, who is regarded as one of the most influential forces in spreading Buddhism to the West. Although Trungpa appeared to be a modern teacher at first glance, he was really one of the most traditional teachers because of his radical emphasis on the source: the root practice of sitting meditation.

Chatral Rinpoche, the quintessential "hidden yogi," has been a legend in the Himalayan region for the past seventy years. Although he has never traveled to the West, his amazing story and teachings have gradually been infiltrating the Western Buddhist consciousness since Father Thomas Merton first met him in 1968 and famously remarked that he was "the greatest man I ever met." This is the first English-language book of this living legend; it includes his biography and autobiography, six of his essays, five prayers he composed, an exclusive interview, and sixteen pages of photos

Where To Download The Life Of Shabkar Autobiography Of A Tibetan Yogin

from throughout his life.

In the Madhyamakalankara, Shantarakshita synthesized the views of Madhyamaka and Yogachara, the two great streams of Mahayana Buddhism. This was the last great philosophical development of Buddhist India. In his brilliant and searching commentary, Mipham re-presented Shantarakshita to a world that had largely forgotten him, defending his position and showing how it should be understood in relation to the teaching of Chandrakirti. To do this, he subtly reassessed the Svatantrika-Prasangika distinction, thereby clarifying and rehabilitating Yogachara-Madhyamaka as a bridge whereby the highest philosophical view on the sutra level flows naturally into the view of tantra. Mipham’s commentary has with reason been described as one of the most profound examinations of Madhyamaka ever written.

The Path of a Tibetan Yogi Inspired by Nature

Clarifying the Meaning of Chod (Expanded Edition)

Entrance to the Great Perfection

His Life and Vision

Enlightened Vagabond

The Life and Enlightenment of Yeshe Tsogyal

The Way of the Bodhisattva

The imperialist ambitions of China - which invaded Tibet in the late 1940s - have sparked the spectacular spread of Tibetan Buddhism worldwide, and especially in western countries. This work is a study on the malleability of a particular Buddhist tradition; on its adaptability in new contexts. The book analyses the nature of the Tibetan Buddhism in the Diaspora. It examines how the re-signification of Tibetan Buddhist practices and organizational structures in the present refers back to the dismantlement of the Tibetan state headed by the Dalai Lama and the fragmentation of Tibetan Buddhist religious organizations in general. It includes extensive multi-sited fieldwork conducted in the United States, Brazil, Europe, and Asia and a detailed analysis of contemporary documents relating to the global spread of Tibetan Buddhism. The author demonstrates that there is a "de-institutionalized" and "de-territorialized" project of political power and religious organization, which, among several other consequences, engenders the gradual "autonomization" of lamas and lineages inside the religious field of Tibetan Buddhism. Thus, a spectre of these previous institutions continues to exist outside their original contexts, and they are continually activated in ever-new settings. Using a combination of two different academic traditions - namely, the Brazilian anthropological tradition and the American Buddhist studies tradition - it investigates the "process of cultural re-signification" of Tibetan Buddhism in the context of its Diaspora. Thus, it will be a valuable resource to students and scholars of Asian Religion, Asian Studies and Buddhism.

The Life of Shabkar has long been recognized by Tibetans as one of the masterworks of their religious heritage. Shabkar Tsogdruk Rangdrol devoted himself to many years of meditation in solitary retreat after his inspired youth and early training in the province of Amdo under the guidance of several extraordinary Buddhist masters. With determination and courage, he mastered the highest and most esoteric practices of the Tibetan tradition of the Great Perfection. He then wandered far and wide over the Himalayan region expressing his realization. Shabkar's autobiography vividly reflects the values and visionary imagery of Tibetan Buddhism, as well as the social and cultural life of early nineteenth-century Tibet.

In this book a teacher of insight meditation offers personal testament, healing words, and wise instruction to help meet the suffering that comes with catastrophic life events. Speaking openly about his own struggles with memories of childhood sexual abuse and with the HIV diagnosis he received in 1989, Gavin Harrison reveals how compassion offers refuge and help for all who suffer from similar crises of body, heart, and spirit. Among the topics covered are:

- Dealing with fear, anger, and self-hatred***
- Working with difficult relationships***
- Confronting physical pain and the fear of death***
- Transforming the legacy of sexual abuse***
- The question of karma and "Why me?"***
- Grappling with issues of faith, freedom, hope, and miracles***
- Basic insight meditation instructions, plus guided meditations for forgiveness, compassion, and equanimity***

These songs of enlightenment are taken from the autobiography of the famed Tibetan itinerant teacher. Illustrations.

My Life with Chogyam Trungpa

His Life and Teachings

Present through the End

The Life and Teachings of Patrul Rinpoche

The Autobiography of a Tibetan Yogin ; the King of Wish Granting Jewels that Fulfills the Hopes of All Fortunate Disciples who Seek Liberation ; the Detailed Narration of the Life and Liberation of the Great Vajra Holder Shabkar Tsogdruk Rangdrol, Refuge and Protector for All Sentient Beings of this Dark Age

Chögyam Trungpa

Writings on Contemporary Buddhism

A narrative with a deep philosophical insights hidden in every nook and corner of every sentence... Back Over the Mountains is the true story of unexpected friendship between a Buddhist monk seeking to establish himself far from his homeland, and a writer clinging to the remnants of fading borderland culture. When she unexpectedly meets exiled Tibetan Buddhist monk Kushok Lobsang Dhamchoe, she begins a journey that not only leads her to remote corners of the Himalayas, but into the realm of memory, loss, and acceptance. From the Potala Palace in Lhasa, Tibet to the secret valley of Tsum, Nepal, Marshall first follows in the footsteps of her teacher before finding the courage to seek out her own spiritual path. While trying to mend Kushok’s broken past, she discovers she’s healing her own, too. Jane Marshall has created a beautiful narrative with deep philosophical insights hidden in every nook and corner of every sentence. Mountain pebbles, people, wind, and longing are all carefully knitted together to form an inspirational memoir of her travels to Nepal in search for inner peace. This book comes across as transparent, emotional, and enlightening. It is bound to resonate and act as a brightly lit pathway for the ever-searching, travelling soul. Based on the teachings of the Buddha, this book offers the most compelling and impassioned indictment of meat-eating to be found in Tibetan literature and is pertinent to anyone interested in vegetarianism as a moral or spiritual issue. The Buddha’s teachings show how destructive habits can be examined and transformed gradually from within. The aim is not to repress one’s desire for meat and animal products by force of will, but to develop heartfelt compassion and sensitivity to the suffering of animals, so that the desire to exploit and feed on them naturally dissolves. There are two texts presented here. One is an excerpt from Shabkar’s Book of Marvels, consisting of quotations from the Buddhist scriptures and the teachings of masters of Tibetan Buddhism that argue against the consumption of meat, with Shabkar’s commentary. The second, the Nectar of Immortality, is Shabkar’s discourse on the importance of developing compassion for animals.

Machig Labdron is popularly considered to be both a dakini and a deity, an emanation of Yum Chenmo, or Prajnaparamita, the embodiment of the wisdom of the buddhas. Historically, this Tibetan woman, a contemporary of Milarepa, was an adept and outstanding teacher, a mother, and a founder of a unique transmission lineage known as the Chöd of Mahamudra. This translation of the most famous biography of Machig Labdron, founder of the unique Mahamudra Chöd tradition, is presented together with a comprehensive overview of Chöd’s historical and doctrinal origins in Indian Buddhism and its subsequent transmission to Tibet. Chöd refers to cutting through the grasping at a self and its attendant emotional afflictions. Most famous for its teaching on transforming the aggregates into an offering of food for demons as a compassionate act of self-sacrifice, Chöd aims to free the mind from all fear and to arouse realization of its true nature, primordially clear bliss and emptiness.

Colorful stories about and profound teachings of Patrul Rinpoche, one of the most impactful teachers and thinkers in the Tibetan tradition from the nineteenth century. The life and teachings of the wandering yogi Patrul Rinpoche—a highly revered Buddhist master and scholar of nineteenth-century Tibet—come alive in true stories gathered and translated by the French Buddhist monk Matthieu Ricard over more than thirty years, based on the oral accounts of great contemporary teachers as well as written sources. Patrul’s life story reveals the nature of a highly realized being as he transmits the Dharma in everything he does, teaching both simple nomads and great lamas in ways that are often unconventional and even humorous, but always with uncompromising authenticity.

Tibetan Poems of Shabkar

Love and Liberation

Food of Bodhisattvas

The Adornment of the Middle Way

The Selfless Ego

Historical Dictionary of Tibet

The Nectar of Manjushri’s Speech

Historical Dictionary of Tibet, Second Edition is a comprehensive resource for Tibetan history, politics, religion, major figures, prehistory and paleontology, with a primary emphasis on the modern period. It also covers the surrounding areas influenced by Tibetan religion and culture, including India, China, Nepal, Bhutan, Central Asia, and Russia. It contains a chronology, a glossary, an introduction, and an extensive bibliography. The dictionary section has over 500 cross-referenced entries on important personalities as well as aspects of the country’s politics, economy, foreign relations, religion, and culture. This book is an excellent resource for students, researchers, and anyone wanting to know more about Tibet.

Patrul Rinpoche makes the technicalities of his subject accessible through a wealth of stories, quotations, and references to everyday life. His style of mixing broad colloquialisms, stringent irony, and poetry has all the life and atmosphere of an oral teaching. Great care has been taken by the translators to render the precise meaning of the text in English while still reflecting the vigor and insight of the original Tibetan.

Jamgön Mipam (1846–1912) is one of the most extraordinary figures in the history of Tibet. Monk, mystic, and brilliant philosopher, he shaped the trajectory of Tibetan Buddhism’s Nyingma school. This introduction provides a most concise entrée to this great luminary’s life and work. The first section gives a general context for understanding this remarkable individual who, though he spent the greater part of his life in solitary retreat, became one of the greatest scholars of his age. Part Two gives an overview of Mipam’s interpretation of Buddhism, examining his major themes, and devoting particular attention to his articulation of the Buddhist conception of emptiness. Part Three presents a representative sampling of Mipam’s writings.

The Bodhicharyavatara, or Way of the Bodhisattva, composed by the eighth-century Indian master Shantideva, has occupied an important place in the Tibetan Buddhist tradition throughout its history. It is a guide to cultivating the mind of enlightenment through generating the qualities of love, compassion, generosity, and patience. In this commentary, Kunzang Pelde has compiled the pith instructions of his teacher Patrul Rinpoche, the celebrated author of The Words of My Perfect Teacher.

A Caring Companion’s Guide for Accompanying the Dying

Tibetan Buddhism in Diaspora

A Complete Explanation of Thorough Cut by Zhabkar

Autobiographical Writings of the Tibetan Buddhist Visionary Sera Khandro

A Guide to the Dzogchen Preliminary Practices

Jamgon Mipam

Chandrakirti’s Madhyamakavatara with Commentary by Ju Mipham

Instructions for traversing the entire Vajrayana path to enlightenment from one of Tibet’s most famous wandering yogis. Composed by Shabkar at the Cave of Miracles close to Mount Kailash around 1815, this compendium of spiritual instructions is written in the form of questions and answers, alternating verse and prose, between Shabkar and his disciples. It presents the essence of the entire graded path to enlightenment, using Tsongkhapa’s Great Graded Path (Lam rim chen mo) as its model. In twenty-three pieces of advice, he explains the need to renounce the world, how to develop genuine compassion, and methods for achieving an undistracted mind that can unite meditation on emptiness with compassion. His nonsectarian approach is evident in his teachings on the nature of mind according to the Mahamudra tradition of Milarepa, his practical explanations of Saraha’s songs of realization, and the attainment of buddhahood without meditation, which draws on the teachings of the Great Perfection, Dzogchen. Shabkar’s style is direct and fresh; his realization infuses his instructions with an authenticity that will continue to inspire Buddhist practitioners for years to come.

The Life of Shabkar has long been recognized by Tibetans as one of the master works of their religious heritage. Following his inspired youth and early training in his native province of Amdo under the guidance of several extraordinary Buddhist masters, Shabkar Tsodruk Rangdrol devoted himself to many years of meditation in solitary retreat. With determination and courage, he mastered the highest and most esoteric practices of the Tibetan tradition of the Great Perfection. He then wandered far and wide over the Himalayan region expressing his realization. His autobiography vividly reflects the values and visionary imagery of Tibetan Buddhism as well as the social and cultural life of early nineteenth century Tibet.

Blending contemporary and traditional perspectives, this groundbreaking work offers guidance on the profound foundational practices of the Great Perfection. It contains classic commentaries by the renowned Tibetan masters Jigme Lingpa and Jamyang Khyentse Wangpo, alongside a lively contemporary discussion by filmmaker, author, and spiritual teacher Dzongsar Jamyang Khyentse that discusses how to incorporate these ancient practices into the fast-paced lifestyle of the Western world. Also included are a lengthy introduction to the world of Tibetan Buddhism and its meditative practices, as well as the long and short preliminary practice liturgies and numerous appendices on the nine yanas and other topics. The ngöndro or preliminary practice is treasured in the Ancient School of Tibetan Buddhism as vital for effecting a profound inner transformation and as a foundation for the very highest teachings of the Great Perfection, or Dzogchen. In particular, the Longchen Nyingtik ngöndro—revealed by the great saint Jigme Lingpa following a series of visions in which he was blessed by the omniscient Longchen Rabjam and received the transmission of his wisdom mind—has long been cherished by followers of all traditions on account of its power, depth, and poetic beauty.

The first-ever extensive biography of Tibet’s most famous nonsectarian Buddhist lama Known as the “king of renunciates,“ Jamgon Kongtrul Lodro Taye (1813–1899) forever changed the face of Buddhism through collecting, arranging, and disseminating the various lineage traditions of Tibet across sectarian lines. His extensive treasury collections of profound Buddhist teachings continue to be taught and transmitted throughout the Himalayas by all major traditions and represent the breadth and profundity of Tibetan Buddhist philosophy and practice. Jamgon Kongtrul was a polymath, dedicated retreatant, ritual expert, writer, and teacher from the eastern Tibetan kingdom of Derge. During the nineteenth century, while central Tibet experienced extreme sectarian divides, Jamgon Kongtrul, along with Jamyang Khyentse Wangpo and Chokgyur Lingpa, set about collecting, teaching, and transmitting the major practice traditions found in Tibet. Their activity—much of which did not adhere to the traditional divides of the Tibetan “schools” and included both tantric lineages coming from India as well as Tibetan treasure (terma) lineages—is one of the finest examples of Tibetan ecumenism, or Rimay, and Jamgon Kongtrul is perhaps the most famous among Tibet’s Rimay masters. This is the most accessible work available on Jamgon Kongtrul’s life, writings, and influence, written as a truly engaging historical biography. Alexander Gardner provides an intimate glimpse into the life of one of the most important Tibetan Buddhist teachers to have ever lived.

Introduction to the Middle Way

Autobiography of a Tibetan Yogin

The Buddhist World

Dragon Thunder

Shabkar's Essential Meditation Instructions

The Emanated Scripture of Manjushri

Lady of the Lotus-Born

English version of Tibetan text 'Od gsal Rdzogs-pa-chen-po'i khregs chos lta ba'i glu dbyaṅs sa lam ma lus myur du bgrod pa'i rtsal ldan mkha ldiṅ gśog rlabs źes bya ba bźugs so; includes root text.

The first Tibetan to attain complete enlightenment was in all probability the woman Yeshe Tsogyal, the closest disciple of Padmasambhava, the master who brought Buddhism to Tibet in the eighth century. This classical text is not only a biography but also an inspiring example of how the Buddha's teaching can be put into practice. Lady of the Lotus-Born interweaves profound Buddhist teachings with a colorful narrative that includes episodes of adventure, court intrigue, and personal searching. The book will appeal to students of Tibetan Buddhism and readers interested in the role of women in Buddhism and world religions.

Buddhist Teachings on Abstaining from Meat

Shantarakshita's Madhyamakalankara with Commentary by Jamgon Mipham

A Journey to the Buddha Within

Back Over the Mountains

Textuality, Community, and Authority in the Lineage of Tokden Shakya Shri

The Life of Shabkar