

# Read Book Spaciousness The Radical Dzogchen Of The Vajra Heart Longchenpas Treasury Of The Dharmadhatu Free Download Pdf

Rainbow Body Jun 13 2022 Philanthropist Loel Guinness' journey into the heart of Bon teaching over many years of hard academic study as well as physical experiences in the high Himalaya is stunningly evoked in this deluxe work of extraordinary depth and colour. Never before has Bon Dzogchen been revealed in such detail from personal insight.

Maya Yoga Aug 23 2020 Maya Yoga is the title of Keith Dowman's translation of Finding Comfort and Ease in Enchantment composed by the inimitable Longchen Rabjampa. In the Nyingma School of Tibetan Buddhism this text is considered second to none in its power to evoke the nature of the nondual reality of the Dzogchen view. With poetic mastery Longchenpa provides the precepts that can instantly illuminate the buddha-reality that is our ordinary everyday experience. He asserts that we are presently under the spell of magical illusion and that by recognizing it, we are instantaneously released from a conceptual cage into an enchanting reality which is pure pleasure itself. That reality is maya, apparent yet absent, and the recognition of it in the state of natural relaxation is maya yoga. In this renowned atiyoga manual, we find the key to the natural mystical state that Dzogchen, the Great Perfection, constantly evokes. This is the 2014 American Edition, comprising an improved second edition of the work. Longchen Rabjampa (1308-1363) was the greatest of Tibet's celebrated mystical poets and sages. The Trilogy of Finding Comfort and Ease is his most renowned work. Keith Dowman is a peripatetic scholar, translator, teacher and yogi in the Dzogchen tradition.

Dzogchen Daily Practice Jul 14 2022 'Dzogchen Daily Practice', 'Elements of Dzogchen Daily Ritual Practice' provides a description of the elements of Radical Dzogchen daily practice and a liturgy to accompany it. Placed within the context of the Dzogchen View in the introduction and commentary, however, ritual practice becomes a secondary aspect of radical Dzogchen. The heart of the daily practice is 'simply sitting' identical in both the long and short practices. The long practice includes preliminary, supportive, lubricative, (ngondro), practices and also nontraditional supplementary practices introduced in the West. 'Daily Practice' describes the elements of the ritual meditation embedded in the 24-hour-a-day Dzogchen praxis.

The Sacred Life of Tibet Jul 22 2020 Provides excellent insight into both ancient and modern Tibet.

**Rebel Buddha** Oct 25 2020 Buddhist teacher Dzogchen Ponlop offers advice on training one's mind and understanding one's nature in order to overcome fear and unhappiness.

Natural Perfection Jan 20 2023 Dzogchen, or the "Great Perfection," is considered by many to be the apex of Tibetan Buddhism, and Longchen Rabjam is the most celebrated of all the saints of this remarkable tradition. Natural Perfection presents the radical precepts of Dzogchen, pointing the way to absolute liberation from conceptual fetters and leading the practitioner to a state of pure, natural integration into one's true being. Transcending the Tibetan context or even the confines of Buddhist tradition, Longchen Rabjam delivers a manual full of practical wisdom. Natural Perfection is a shining example of why people have continued to turn to the traditions of Tibet for spiritual and personal transformation and realization. Keith Dowman's illuminating translation of this remarkable work of wisdom provides clear accessibility to the profound path of Dzogchen in the here-and-now.

*Spaciousness: the Radical Dzogchen of the Vajra-Heart* Feb 21 2023 This famous seminal text of radical Dzogchen provides a profound yet simple poetic statement of how it is to immerse oneself in the matrix of the now and recognize buddha. It is the personal statement of a peerless yogin-adept. Certainly the magic of his poetry impresses us that way and surely this Treasury of the Dharmadhatu, the Choyingdzo, reveals the consummation of Dzogchen. In it we are assured that over and above all the yogas and dhyanas of Hindustan, all the ritual and magic of Tibet and all the quasi religious new-age therapies of the West there exists a simple, timeless manner of being, easy of access, requiring no onerous technique or renunciate lifestyle, that can give us some constant satisfaction in this vale of laughter and tears between birth and dying. With Longchenpa, Dzogchen Ati reaches its most complete revelation; the Choyingdzo is Longchenpa's most revealing statement about the vajra-heart, and Keith Dowman has made a fine translation. The pathless path of Dzogchen comes alive in this

poetic exposition of the apex of Tibetan mysticism. The form of language, the translation, the use of poetic invention creates an atmosphere of understanding, as if a mahasiddha were writing in Oxford English with a touch of American slang. This is radical Dzogchen not only in the actual teaching itself, but also in the translation that strikes the flint of idiom to create sparks of wisdom that reveal the whole hologram.

**Rainbow Painting** Oct 05 2021 Saturated with direct, pithy instructions, Rainbow Painting presents the very quintessence of the Buddhist Spiritual approach through the authentic personal experience of one of the greatest living meditation masters. Tulku Urgyen Rinpoche expresses what he himself has undergone, instructing us in a complete manner of training. To attain enlightenment we must experience our innate nature. The ultimate object of realization, the natural state of mind, unmistakably and exactly as it is, need not be sought for elsewhere but is present within ourselves. Stability in this unexcelled state of unity is not achieved by separating what we know from what we do. This book contains astute instructions that address these key points of spirituality.

**The Great Secret of Mind** Nov 06 2021 Dzogchen (Great Perfection) goes to the heart of our experience by investigating the relationship between mind and world and uncovering the great secret of mind's luminous nature. Weaving in personal stories and everyday examples, Pema Rigtsal leads the reader to see that all phenomena are the spontaneous display of mind, a magical illusion, and yet there is something shining in the midst of experience that is naturally pure and spacious. Not recognizing this natural great perfection is the root cause of suffering and self-centered clinging. After introducing us to this liberating view, Pema Rigtsal explains how it is stabilized and sustained in effortless meditation: without modifying anything, whatever thoughts of happiness or sorrow arise simply dissolve by themselves into the spaciousness of pure presence. The book is divided into chapters on the view, meditation as the path, conduct, the attainment, and the four bardos. Each chapter consists of mini-sections that can be read as stand-alone Dharma talks. Pema Rigtsal has studied and lived with several authentic Dzogchen masters and has surprising stories to tell about their unconventional methods to introduce students to the subtle view of Dzogchen.

**The Precious Treasury of the Basic Space of Phenomena** Apr 30 2021

*The Great Perfection (rDzogs Chen)* Jun 20 2020 The Great Perfection (rDzogs chen in Tibetan) is a philosophical and meditative teaching. Its inception is attributed to Vairocana, one of the first seven Tibetan Buddhist monks ordained at Samye in the eighth century A.D. The doctrine is regarded among Buddhists as the core of the teachings adhered to by the Nyingmapa school whilst similarly it is held to be the fundamental teaching among the Bonpos, the non-Buddhist school in Tibet. After a historical introduction to Tibetan Buddhism and the Bon, the author deals with the legends of Vairocana (Part I), analysing early documents containing essential elements of the doctrine and comparing them with the Ch'an tradition. He goes on to explore in detail the development of the doctrine in the tenth and eleventh centuries A.D. (Part II). The Tantric doctrines that play an important role are dealt with, as are the rDzogs chen theories in relation to the other major Buddhist doctrines. Different trends in the rDzogs chen tradition are described in Part III. The author has drawn his sources mainly from early unpublished documents which throw light on the origins and development, at the same time also using a variety of sources which enabled him to explicate the crucial position which the doctrine occupies in Tibetan religions.

**The Natural Bliss of Being** Jan 28 2021 The author designed his book to be a transformative journey that conclusively reveals one's own "enlightened self-nature" directly, leaving no room for doubt or uncertainty. For those who are serious about self-realization, this book offers explanations, insights and practical methods that can easily be applied without prior knowledge or experience with meditation or Eastern practices. The key teachings originate in the Tibetan wisdom tradition known as the "The Great Perfection", but are inclusive of other traditions such as Zen, that offer insights and methods into discovering our True Nature immediately and directly, not after months or years of study, meditation and practice. The author also studied deeply the teachings of the Sufis in Kashmir, India which revealed the wisdom of the Heart and Love, both necessary qualities in realizing one's true nature. The approach shared is very direct and capable of revealing immediate benefits. The overall goal is the acquisition of a completely new perspective on life that is grounded in spontaneity, freedom, joy and unconditional love for the benefit of oneself and others. The journey includes delving into the nature of thought, mind and ego-self to learn how we create our own suffering. From there we are introduced to our own inner jewel of enlightened awareness and knowingness that has always been present but never or rarely noticed. We then

learn methods of how to broaden the "recognition" and how to stabilize and integrate this wisdom awareness into all aspects of our lives. Finally we are introduced to the nature of our spiritual Heart the seat of unconditional love and True Being. We learn how we are all just "one life", and with this recognition we find joy for ourselves and love for all beings. The author has spent over forty-seven years in pursuit of the wisdom teachings that can bring about enlightenment and liberation from personal suffering. As a result his travels to meet actual masters who were themselves accomplished in this path, took him to India, China, Nepal, Japan, Korea, Israel, Egypt, and Saudi Arabia. This book represents the essence of those teachings yet are presented in a completely generic and unique approach that anyone can benefit from. The author shares: "It is my hope that seekers of all types may find the realization of their goals fulfilled through the reading and application of the teachings as offered in this book and are able to realize the immediate presence of the Natural Bliss of Being for themselves as I have, and realize: 'Relishing and celebrating life's journey is the realization of Enlightenment itself!'"

*Dzogchen* Sep 23 2020 Clear explanation of the Dzogchen teachings and practices that reawaken and establish us in our true nature. Copyright © Libri GmbH. All rights reserved.

*The Transparency of Things* Feb 15 2020 The purpose of *The Transparency of Things* is to look clearly and simply at the nature of experience, without any attempt to change it. A series of contemplations leads us gently but directly to see that our essential nature is neither a body nor a mind. It is the conscious Presence that is aware of this current experience. As such, it is nothing that can be experienced as an object, and yet it is undeniably present. However, these contemplations go much further than this. As we take our stand knowingly as this conscious Presence that we always already are, and reconsider the objects of the body, mind, and world, we find that they do not simply appear to this Presence; they appear within it. And further exploration reveals that they do not simply appear within this Presence but as this Presence. Finally, we are led to see that it is in fact this very Presence that takes the shape of our experience from moment to moment while always remaining only itself. We see that our experience is and has only ever been one seamless totality, with no separate entities, objects, or parts anywhere to be found.

**Radical Inclusivity** Jan 16 2020 In this book Jeff Carreira explores the experience of Radical Inclusivity. These experiences arise out of the direct recognition that everything is always included as part of some larger whole. That larger whole is itself included in yet another whole. This recognition of profound holism gives us a glimpse into a new possibility in consciousness and a way of thinking that moves us beyond dualistic comparison of opposites. The writing style is personal, fluid, fast moving, and at times poetic because a new consciousness can best be articulated through words that point us to a reality that lies beyond words. This book is meant to initiate an inquiry that will inspire you to embark on a profound investigation of your own experience.

**Eye of the Storm** Apr 18 2020 From the foreword by Bhakha Tulku Pema Rigdzin: The five texts translated from Tibetan into English in this book are considered the first transmission of Dzogchen Ati to Tibet (Snga 'gyur Inga). They constitute the root and essence of Dzogchen in Tibet - basic, raw Dzogchen precepts, appropriately styled 'radical Dzogchen'. This is the special, extraordinary teaching of our Nyingma lineage. The great masters have all attained realization through Dzogchen, contemporary masters all owe their status to Dzogchen, and any attainment in the future will be based on the precepts of Dzogchen Ati. From the blurb of James Low, author of *Simply Being*: Precise and poetic, authentic and elusive, these sweet translations bring the warm breath of the tradition into our daily lives. This book is a major contribution to the exciting spread of Dzogchen in modern times, providing reliable versions of key texts in language which creatively challenges our assumptions. This new work by Keith Dowman is thoughtful, ripe and poignant, rich in the fruit of years of learning, working, experiencing and letting go.

**Yogacara Texts: Indo-Tibetan Sources of Dzogchen Mahamudra** Jul 02 2021 The Yogacara Doctrine teaches one fundamental truth, namely that all beings are Buddha-'sattva Buddha evam'-or, in other words, all beings are aspects of one all-embracing absolute awareness, were they but to know it. This book sets a context for the study and meditation on ten pivotal texts of Yogacara. The source texts, translated from a practice perspective, derive from the Indo-Tibetan mahasiddha tradition and are presented with an ecumenical approach. As this collection of pithy Yogacara works will readily prove to the reader, the ancient 'Practice Tradition of the Yogin' (rnal-bhyor-pa'i sgrub-brgyud) is based on a clearly active realization of the essential nature of mind and consciousness gained through years of intensive examination and reflection. Yogacara approach advocates a dynamic form of

meditation that is neither suppressive nor lethargic. The guide to this attainment, the mechanism that sharpens the mind's penetrative and illuminative qualities, is metaphysical inquiry.

**Radical Dzogchen: The Direct Way to En-Light-enment** Dec 19 2022 Dzogchen, the Great Perfection, a.k.a. Atiyoga, has, since its inception, been proclaimed by Tibetan gurus to be the pinnacle of all spiritual paths, the most direct way for a yogi to achieve Buddhahood. Therefore, given L. Ron Gardner's affinity for the highest yoga teachings, it's no surprise that he became smitten with the tradition after he encountered it in the late 1970s through the writings of the esteemed Namkhai Norbu. In the decades that followed, L. Ron read numerous Dzogchen texts by both modern and early Tibetan masters. As a burgeoning expert in mystical traditions who specialized in comparative spirituality, he wanted to understand and be able to explain Dzogchen in relation to other great spiritual traditions. And when, some fifteen years ago, he "cracked the code" of the En-Light-enment project, he knew it was just a matter of time until he applied his seminal insights to explicating the Great Perfection.????????? Regarding Radical Dzogchen, L. Ron writes: "My goal as a mystic-philosopher has always been, and will always be, the radical demystification of spiritual life. And I trust that those who resonate with my goal will appreciate the unique and ground-breaking material in this book."

**The Divine Madman** Dec 07 2021 The secret biography of one of the Tibet's foremost saints, The Buddha Drukpa Kunley who is recognised as an incarnation of the great Mahasiddha, Saraha

**Dzogchen** Nov 18 2022 It has often been said that the introductions to the books of my translation of Dzogchen texts stand alone as explanatory teaching upon Dzogchen itself. So here they are as chapters in a book which may be considered at best congealed pointing out instruction and at worst explanations of Dzogchen theory. Many people, rightfully attached to the marvelous English language, have a natural aversion to translation, crabbed or stylish, and prefer potted versions of Tibetan texts which provide a short-cut to the essence of the Dzogchen matter. I say 'congealed' pointing out instruction because in the same way that the conception and aspiration differs from the act itself, conceptualized Dzogchen only gives a tangential glimpse of buddha-enlightenment, an ideal experience of the world, and tends to taste like reheated porridge. But I trust that these essays will clear away a lot of false notions about Dzogchen, the principal erroneous notion being that Dzogchen can be attained by hard work. At best these essays may define Dzogchen as an experience of immediacy and provide koans that can induce a direct understanding. Anyway, at their worst, they may be informative, providing a guide to the texts that they once introduced. If they inspire people to realization of Dzogchen they will have performed a useful function and if they induce readers to plunge into the translations of the original Tibetan texts and thereby enter the Dzogchen stream that also may prove auspicious. Keith Dowman translates Dzogchen from the Tibetan and provides pointing-out indications of the nature of mind.

**Dispelling Wetiko** Oct 13 2019 There is a contagious psychospiritual disease of the soul, a parasite of the mind, that is currently being acted out en masse on the world stage via a collective psychosis of titanic proportions. This mind-virus—which Native Americans have called "wetiko"—covertly operates through the unconscious blind spots in the human psyche, rendering people oblivious to their own madness and compelling them to act against their own best interests. Drawing on insights from Jungian psychology, shamanism, alchemy, spiritual wisdom traditions, and personal experience, author Paul Levy shows us that hidden within the venom of wetiko is its own antidote, which once recognized can help us wake up and bring sanity back to our society.

**Spectrum of Ecstasy** Mar 10 2022 Here two Western-born lamas of the Nyingma tradition of Vajrayana Buddhism explore what it means to be utterly emotionally alive. Written in contemporary, nonacademic language, this book is a radical challenge to the misconception that inner Vajrayana is primarily an esoteric system of ritual and liturgy. The authors teach that emotions can be embraced as a rich and profound opportunity for realization. This fiercely compassionate battle cry rallies all who are audacious enough to appreciate emotions for their supreme potential as vehicles for awakening.

**The Precious Treasury of the Way of Abiding and the Exposition of the Quintessential Meaning of the Three Categories** May 12 2022

*Original Perfection* Oct 17 2022 These early, foundational Dzogchen texts--clear, lyrical, and rich in metaphor--were smuggled into Tibet in the eighth century on white silk, written in goat-milk ink that would become visible only when exposed to heat. These five texts are the root of Dzogchen practice, the main practice of the Nyingma school of Tibetan Buddhism. Vairotsana, a master among the first generation of Tibetan Buddhists,

reveals here a truth that is at once simple and deeply profound: that all existence--life itself, everyone one of us--is originally perfect, just as is. Keith Dowman's sparkling translation and commentary provide insight and historical background, walking the reader through the truths encountered in this remarkable book.

**Dzog Chen and Zen** Feb 26 2021 In this text from a lecture originally given in 1981, Norbu Rinpoche discusses the relationship between Zen Buddhism and the various forms of Buddhism that developed in Tibet. Both are direct, non-gradual approaches to Buddhist teaching that continue to be practiced in the West. "The principle of the Dzog-chen teaching is the self-perfectedness, the already-being-perfect of every individual. Self-perfectedness means that the so-called objective is nothing else than the manifestation of the energy of the primordial state of the individual himself. An individual who practices Dzog-chen must possess clear knowledge of the principle of energy and what it means." Namkhai Norbu Rinpoche is a Tibetan lama, who from 1964 to 1994, taught at the University of Naples, Italy. He has done extensive research into the historical origins of Tibetan culture and has conducted teaching retreats throughout Europe, the United States, and South America, giving instruction in Dzog-chen practices in a non-sectarian format.

*The Practice of Dzogchen* Aug 15 2022 A classic collection of writings on the meditation practice and theory of Dzogchen, the Great Perfection, by the celebrated fourteenth-century scholar and adept Longchen Rabjam (Longchenpa). This classic collection of texts on the meditation practice and theory of Dzogchen presents the Great Perfection through the writings of its supreme authority, the fourteenth-century Tibetan scholar and visionary Longchen Rabjam. The pinnacle of Vajrayana practice in the Nyingma tradition of Tibetan Buddhism, Dzogchen embodies a system of training that awakens the intrinsic nature of the mind to reveal its original essence, utterly perfect and free from all duality—buddha nature, or buddhahood itself. In *The Practice of Dzogchen*, Tulku Thondup translates essential passages from Longchen Rabjam's voluminous writings to illuminate and clarify this teaching. He also draws on the works of later masters of the tradition, placing Dzogchen in context both in relation to other schools of Buddhism and in relation to the nine-vehicle outline of the Buddhist path described in the Nyingma tradition. This expanded edition includes *Counsel for Liberation*, Longchenpa's poetic exhortation to readers to quickly enter the path of liberation, the first step toward the summit of Dzogchen practice.

*Boundless Vision* May 20 2020 BOUNDLESS VISION presents the Dzogchen practices of the Tibetan Northern Treasure tradition of the master Godemchan according to the 19th century master Tulku Tsulo. Tulku Thondrup Rinpoche's translation has been edited by Keith Dowman. Tulku Tsulo's lamrim text begins in Part One with the preliminary Dzogchen practices (ngondro) including the Five Nails, all treated at length. These elementary levels are evidently designed for newcomers to the Nyingma path. Part Two begins with the inner, Dzogchen, preliminaries (rushen) and then treats the trekcho and togal central meditations, providing clear and detailed instruction and metaphorical indication for both meditation phases. The Breakthrough (togonal) section emphasizes direct introduction, while the Leap-over (togonal) section, thoroughly explicates the four lamps and the four visions. Bardo descriptions as meditation experience in this life conclude this section. Part Three summarizes the result and completes the text. The Northern Treasure (changter) tradition is founded in the termas that Rigzin Godemchan discovered in a treasure cache in Western Tibet in the 14th century, which is collectively known as All-Good Boundless Vision. This treasure cache is universally renowned for its clarity, lucidity and profundity. (The Northern Treasure is to be distinguished from the more prolific Southern Treasure - lhote - of which Jigmelingpa is a major exponent). Tulku Tsulo (Tsultrim Zangpo, 1884-1957?) of Do Dorje Trak gumpa in Kham composed this celebrated lamrim, based on Godemchan's terma, which Tulku Thondrup entitles BOUNDLESS VISION . This textbook of Dzogchen training became a primer for latterday changter practitioners, amongst whom was Tertrul Chimme Rigzin Rinpoche (1922-2002), who received the instruction from Tulku Tsulo himself at the Khordong Gumpa in Kham, bringing it to Shantiniketan University in Bengal, India. It has been authoritatively translated by Tulku Thondrup Rinpoche, a primary lineage holder of Chimme Rigzin at Shantiniketan, now teaching in Boston, USA. A vital community in Germany and Poland continues the tradition. Tulku Thondrup has contributed a practical introduction to his translation, along with useful notation elucidating textual cruxes in footnotes and establishing the origin of Tulku Tsulo's quotations in endnotes. Keith Dowman's editing updates the terminology of Dzogchen, bringing it in line with rapidly changing contemporary usage. This seminal Dzogchen text is published here by Dzogchen Now! Books with an understanding of the karmic burden

entailed. Our hope and anticipation is that it is treated with the respect that this core text demands, that positive outcome will greatly outweigh any negativity caused by inappropriate motivation, and in this respect we draw the prospective reader's attention to the protecting powers of the Dzogchen Dharma.

*Awakening The Buddha Within* Jun 01 2021 In this comprehensive book, Lama Surya Das provides a bridge between East and West, past, present and future, making sacred and profound Tibetan teachings clear and easily accessible for anyone who wants to lead a more enlightened and sane life. Utilizing the unique Buddhist guidelines embodied in the Noble Eight Fold Path and the traditional Three Enlightenment Trainings of Virtue, Meditation and Wisdom, he elucidates the tried and true path of spiritual transformation - including key principles such as karma, rebirth and mind-training, as well as the highest, most secret teaching of Tibet, Dzogchen. In this wonderful marriage of the practical and the profound, Lama Surya Das reveals how sacred wisdom can be integrated into our busy lives. He offers a unique approach to the comprehensive wisdom of ancient Tibetan teachings on conscious living and dying and shows that the power of the Buddha is resting within us all. Drawing on Buddhist spirituality and wisdom, this is a view of the world written for Western seekers.

**Electrical Christianity** Aug 03 2021 Electrical Christianity is a revolutionary guide to Jesus' teachings and spiritual en-Light-enment. It provides clear-cut, in-depth instructions on how to directly "plug into" the Divine Being, the Holy One, and literally "pull down" His Power. Grace is not an abstract principle; it is the palpable experience of God's Spirit-power--and anyone who religiously (or devotedly and intensely) practices the discipline of true Holy Communion presented in this book can experience the descent of Divine Power, the Holy Spirit. The true Eucharist, the practice of Holy Communion (which in its "awakened" form implies reception of the Holy Spirit), is the very heart of real Christianity, and the foremost method for attaining salvation (spiritual en-Light-enment). Electrical Christianity not only details the radical (or gone-to-the-root) practice of Holy Communion, but also analogizes it to an electrical circuit. The Eucharist is simply Ohm's Law applied to spirituality, and once you grasp the Eucharist-Ohm's Law connection, which is explicated in this book, you'll become like Jesus: a spiritual revolutionary. In addition to explicating the Eucharist-Ohm's Law connection, the book also sheds penetrating light on psychology, politics, and sociology. It presents a vision of integral psychology that differs markedly from Ken Wilber's, considers Jesus' politics in a modern context, and examines the history and future of Christianity in the New (or Aquarian) Age.

Essence of Mind Dec 15 2019 This handbook to spirituality gathers together Danish meditation teacher Jes Bertelsen's advice on training the mind through wordless prayer and meditation to realize the essence of consciousness. Bertelsen has been teaching philosophy and meditation since the early 1970s; in 1989, he met the Tibetan lama Tulku Urgyen Rinpoche, who authorized Jes Bertelsen to teach Dzogchen, and to do so using his own judgment as to the most appropriate way to assimilate these teachings into Western culture. Bertelsen's teachings are based on an experiential investigation of the nature of consciousness, using comparative analysis of Eastern and Western spiritual teachings and consciousness practices on a foundation of modern psychological, philosophical, and scientific approaches. Essence of Mind outlines the author's experience and approach to Dzogchen, the natural primordial state of human consciousness that is timeless, pure, and untouched by suffering. The book is divided into three parts. The first part describes different methods for pointing out the essence of consciousness and the techniques related to them. The second part seeks to outline the key principles of a training system suited to Western students that can lead to realization. The final section outlines the significance of continuous exercises, and describes the way spiritual practice slowly permeates daily life, dreams, sleep, and eventually death. Through the mind-training process, the practitioner approaches an almost ecstatic state of completion, a luminous, blissful wakefulness in which the consciousness is also fully relaxed, not clinging to bliss or desiring ecstasy, but transparent and open. Bertelsen emphasizes that while more advanced forms of spiritual training can only take place in a face-to-face, deeply engaged mutual process between teacher and student, books are useful as sources of inspiration, in particular to help review one's insights and refresh one's practice. Essence of Mind systematizes the experiences that occur along the spiritual path and helps students to refine, correct, and clarify their efforts; it is the author's hope that many students in the West will be able to benefit from his comparative approach to Dzogchen.

*The Citadel of Awareness* Jan 08 2022 The Dzogchen Aspiration Prayer by eighteenth-century Dzogchen master, Jigme Lingpa, thoroughly covers the entire system of Dzogchen. This book is a commentary on that prayer, one of

the most revered texts in the Nyingma Buddhist tradition.

*The Yeshe Lama* Apr 11 2022 Here is the great Yeshe Lama, the most renowned, comprehensive and the most efficacious of the Dzogchen manuals. It is a sourcebook for Dzogchen Breakthrough/Leapover precepts. Certainly, the Yeshe Lama lives up to its reputation. It is still the crown jewel of the latter-day Dzogchen lineages. It is at the apex of the Longchen Nyingtik corpus of literature, presenting the essential Dzogchen yogas in pith instruction. The Longchen Nyingtik is based firmly in Longchen Rabjampa's vision, a massive, vast and profound Dzogchen vision written down as the Seven Treasuries, which in turn were based intimately upon the tantras of the Nyingma Gyubum, the treasure house of Dzogchen. The translation was made for the benefit of students who have received transmission and oral instructions from a teacher and need clarification and elucidation from an authoritative literary source. It is meant for yogins and yoginis, adepts and practitioners. It may not be finally authoritative, but grounded in the wisdom of the old Dzogchen lamas who were wise before they came out of Tibet, as the fruit of a lifetime's listening, studying and contemplation it may be of some use to people who are committed to the Dzogchen yogi ethos. The urban yogis who have no connection with the traditional teaching may also appreciate access to its precepts. Most significantly, in my mind, this translation stresses the nondual aspect of Dzogchen, the radical aspect that is overlooked by conventional Buddhist Vajrayanists. The translation attempts, wherever possible, to clarify instruction, resolve ambiguities, and turn abstruse Tibetan nuance and allusion into comprehensible English prose. Sometimes that is not possible because of an absence of English equivalents of Tibetan terms or metaphors, sometimes because of the density or obscurity of the Tibetan meaning, sometimes because an arbitrary meaning has been lost in the recent attenuation of the tradition. Certainly, this translation does not purport to reproduce the high literary quality and form of Jigme Lingpa's Tibetan prose - which is inimitable. Nor is it a literal translation where every word is accounted for and every instance of a particular word translated by the same English equivalent. Rigzin Jigme Lingpa, the eighteenth century mystic-scholar who composed the Longchen Nyingtik was an incarnation of Longchenpa in the most significant sense of the expression and his Longchen Nyingtik became the seed, root and branch of a Dzogchen revival that reverberates around the entire world at the beginning of the twenty-first century. Contents Introduction i-iv The Yeshe Lama Prologue 1 Part One Chapter One: Basic Training 9 Chapter Two: Fruition in Breakthrough Nonmeditation 27 Chapter Three: Fruition in Leapover Methods 41 Part Two Chapter Four: The Four Bardos 101 Part Three Chapter Five: The Fields of Natural Emanation 147 Appendixes 1. Structure of the Tibetan Text 153 2. Texts Cited 157 3. The Twelve Vajra Laughs 162 4. The Vase-Body 164 5. The Ground, Path and Fruit 167 6. List of Similes 169 Glossary 177 English - Tibetan Concordance 188 Sanskrit-English Concordance 191 Bibliography 194 Index 197

Radical Compassion Mar 30 2021 What is compassion? Much more than just being nice, compassion is about looking deeply at ourselves and others and recognizing the fundamental goodness we all share. It's about opening up to the vulnerable space inside every one of us and letting our barriers down. And it's about daring to be present to ourselves and others with genuine love and kindness. Empowering personal awakening and social change, it might be the most radical and transformative thing we can do. The cultivation of compassion has long been at the core of Naropa University's mission, since its origins in 1974—and its students and faculty have been leaders in contemplative education with heart. In celebration of Naropa's fortieth anniversary, Shambhala Publications is pleased to offer these teachings on the path of compassion from a collection of authors who have helped shape the school's unique and innovative identity, including: • Chögyam Trungpa on opening ourselves more and more to love the whole of humanity • Dzogchen Ponlop on how to cultivate altruism with the help of a spiritual mentor • Judith L. Lief on the common obstacles to compassion and how to overcome them • Gaylon Ferguson on awakening human-heartedness in oneself and society amidst everyday life • Diane Musho Hamilton on connecting to natural empathy and taking a compassionate approach to conflict resolution • Reginald A. Ray on spiritual practices for developing the enlightened mind and heart in the Mahayana Buddhist tradition • Ringu Tulku on the practices of bodhisattvas, those who devote themselves to the path of enlightenment for the sake of all beings • Pema Chödrön on building up loving-kindness for oneself and others with help from traditional Buddhist slogans • Ken Wilber on what it really means to be a support person, with reflections from his own life • Karen Kissel Wegela on avoiding caregiver's burnout and staying centered amidst our efforts to help those in need • and reflections on Naropa University and the meaning of radical compassion from longstanding faculty

member Judith Simmer-Brown

**Openness Mind** Mar 18 2020 This practical guide to Tibetan Buddhist meditation is designed for intermediate-level meditators.

**Beyond the Power of Now** Nov 25 2020 Eckhart Tolle is perhaps the most popular spiritual guru in the world. His books have topped the New York Times Bestseller List, and his core teaching-achievement of liberation via the power of Now-has become the "guiding light" of the New Age movement. But according to L. Ron Gardner, author of *Beyond the Power of Now*, there is a problem-a big problem-with Tolle's core teaching: Tolle never explains what, exactly, the power of Now is. Is it the same thing as Hindu Shakti or the Buddhist Sambhogakaya or the Christian Holy Spirit? Tolle doesn't say. He continually refers to the Bible and Jesus in his book, but, shockingly, never once mentions the Holy Spirit and how it relates to the Power of Now. L. Ron makes it clear that the true Power of Now is the Holy Spirit, which is the same divine Light-energy as Hindu Shakti and the Buddhist Sambhogakaya. He explains and extolls the true power of Now and castigates Tolle for failing to identify and describe it. To some, Eckhart Tolle is a New Age visionary, describing a "new earth" that can materialize if mankind, en masse, awakens to the power of Now. But according to L. Ron Gardner, he is simply a histrionic ranter full of empty rhetoric. Throughout this book, L. Ron continually points out, from different angles, the folly of Tolle's New (or Now) Age chimera and describes the social system that represents mankind's sociopolitical salvation. Beyond Tolle's teaching about the power of Now and rhetoric about a "new earth," L. Ron takes the renowned guru to task on virtually every subject he addresses. Most significantly, he rebuts his arguments that: 1) emotions can be trusted more than thought; 2) time is a mind-created illusion; 3) psychological time is insanity; 4) the present moment is the Now; 5) the "inner" body is the direct link to the Now; 6) your cells stop aging when you live in the Now; 7) women are spiritually more evolved than men; and 8) animals such as ducks and cats are Zen masters. Eckhart Tolle's teachings are replete with erroneous ideas, and L. Ron Gardner exposes the major flaws in his principal arguments while providing readers with integral solutions.

**Guru Pema Here and Now** Sep 04 2021 Guru Pema is Padmasambhava, the wandering tantric yogin from Orgyen who became Tibet's Great Guru. To his disciples he was the Lotus Born and, later, to his followers, he became Guru Rinpoche, the precious guru-buddha who resides in our heart center. Identical to the nature of mind, he emanates tulkus to demonstrate Dzogchen, the Great Perfection. In this ground-breaking work Keith Dowman brings the guru-myths and the means of invoking Guru Pema together with an analysis provides immediate contemporary meaning. Some readers will consider the mythic truths revealed in the lives of Guru Rinpoche described in the *Zanglingma*, a treasure-text of Nyangrel Nyima Wozar, as the core of the book. Others will look at *The Seven Line Prayer* as the essence because Mipham Namgyel's commentary provides the secret means to personal attainment of union with Guru Rinpoche. In a similar way that Mipham elucidates the hidden meanings of *The Seven Line Prayer*, exposing the treasures that have lain hidden in a common prayer that everyone knows and hitherto has taken at face value, so the extensive introduction written in Keith Dowman's inimitable style and perspective, brings Padmasambhava into the twenty-first century and actually verbalizes what we have hitherto only surmized. The guru-myths are presented as code describing the manner in which Guru Pema's enlightenment works for us and how his activity works for the sake of others. The stories of the Guru's life are thus paradigmatic, exemplary models, to be emulated by his yogin-followers and a source of inspiration and faith for his devotees. At the same time the narrative of the *Zanglingma* describes the events in Padmasambhava's life that comprise the early history of Buddhist Tibet but this is secondary to the main theme - an exposition of Dzogchen vision, meditation and action. The book is illustrated by reproductions of the Eighth Khamtrul Rinpoche's exceptional blockprints of the 'Eight Names of the Guru', extensive appendixes provide historical background, and glossaries and an annotated index serves instead of notes. Keith Dowman is now dedicated to the teaching and translation of Dzogchen. In the 'sixties, however, as a genyen practitioner training under his principle teachers, Dudjom Rinpoche and Kanjur Rinpoche. In that sadhana the mythology of Guru Pema provided the inspiration and *The Seven Line Prayer* a skilful means to attainment of union with the Guru. This work is an acknowledgement of the importance of that early training. The original texts are unchanging; the interpretation changes according to the needs of the times and individuals. Keith Dowman's translations are true to the Tibetan while his commentary seems to fit the moment. Bhakha Tulku Pema Rigdzin. The Precious Guru, the Lotus Born, rests at the vital heart of Tibetan Buddhism. Renowned translator Keith Dowman, in his uniquely fluid style, has



gathered here a superb collection of key texts presenting the legends and inner significance of the Great Guru. For beginners, an exceptional introduction, and for the old hands who realize that they are still and will always be beginners, a volume to savor. Matthew Kapstein, Directeur d'etudes, Ecole Pratique des Hautes Etudes; Numata Visiting Professor of Buddhist Studies, The University of Chicago. "Keith Dowman, one of our treasured lotsawas, has prepared for us another feast of wisdom and delight with this beautiful version of the wondrous story of Guru Rinpoche, the buddha-emanation always ready to help us in our present age of degeneracy. I love this work, and heartily recommend it for everyone who loves life, loves Tibet, wants to share its culture to benefit all sensitive beings, and persists in the undying hope that things must work out well for all of us on this little planet lost in space among the stars. Bob Thurman, author, activist President of Tibet House US."

**The Flight of the Garuda** Sep 16 2022 Dzogchen, a tradition of the Nyingma school of Tibetan Buddhism, is considered by many to be an extremely powerful path to enlightenment. This ground-breaking book offers translations of four sacred texts of the Dzogchen tradition: Secret Instruction in a Garland of Vision, The Flight of the Garuda, Emptying the Depths of Hell, and the Wish-Granting Prayer of Kuntu Zangpo. With an informative introduction by the translator, Flight of the Garuda is an invaluable resource for both practice and scholarship. Flight of the Garuda conveys the heart advice of one of the most beloved nonsectarian masters of Tibet. Ordained as a Gelug monk, the itinerant yogi Shabkar was renowned for his teachings on Dzogchen, the heart practice of the Nyingma lineage. He wandered the countryside of Tibet and Nepal, turning many minds toward the Dharma through his ability to communicate the essence of the teachings in a poetic and crystal-clear way. Buddhists of all stripes, including practitioners of Zen and Vipassana, will find ample sustenance within the pages of this book, and be thrilled by the lyrical insights conveyed in Shabkar's words. Along with the song by Shabkar, translator Keith Dowman includes several other seminal Dzogchen texts. Dzogchen practice brings us into direct communion with the subtlest nature of our experience, the unity of samsara in nirvana as experienced within our own consciousness. Within the Nyingma school, it is held higher than even the practices of tantra for bringing the meditator face to face with the nature of reality.

*The Awakening Ground* Feb 09 2022 Author David Chaim Smith offers a guide to the practice of mystical contemplation from the perspective of a highly unusual form of non-dual Kabbalah, unfettered by both religious mythology and psychological reductionism. The path articulates the ultimate quest for meaning, which seeks to pass through the clutter of the mind's conceptual associations to nakedly and directly recognize the innate essentiality of all things known as the light of En (no) Sof (end), or the Infinite. Most mainstream conventional schools of Kabbalah hold such a radical aspiration to be inapproachable at best, and heretical at worst. • The work introduces six stages that articulate how the mind breaks through its own restrictive habitual reflexes to awaken to the ground of En Sof, which is the mind's essential nature • Each stage is illustrated by the author's own original works of art and line diagrams • Draws upon obscure sources such as the 13th-century Kabbalistic text Fountain of Wisdom, various alchemical and gnostic texts, and the writings of Isaac the Blind The author reveals how meaning never remains static--its nature is to move, transmit, and display--yet its precious potential becomes buried under layers of mental constructs. He explains how the mind's habits and reflexes impose structures of containment that try to make sense out of phenomena, but these very structures actually obscure their essence completely. Smith's experiential path to gnostic awakening reveals how, in the wake of the lesser concerns of the conceptual mind, primordial purity shines in resonances of vast poetic beauty, if a sensibility of wonder, awe, and delight is cultivated. Offering a step-by-step analysis to the ecstatic aspects of contemplative revelation, David Chaim Smith explores how to ride the razor's edge of the paradox to coax the mind from the sleep of habituation towards the culmination of gnosis. Although the process is described within the traditional symbol system of kabbalah, its import is a truly radical exponent of extreme mysticism.

**You Are the Eyes of the World** Dec 27 2020 Just as the images on television are nothing more than light, so are our experiences merely the dance of awareness. Often we form attachments to or feel enslaved by these experiences. But they are only reflections. As easily as television pictures vanish when the channel is changed, the power of our experiences fades if we penetrate to the heart of reality—the light of the natural mind within everyone. You Are the Eyes of the World presents a method for discovering awareness everywhere, all the time. This book does not discuss how to turn ordinary life off, and it does not describe how to create beautiful spiritual experiences; it shows how to live within the source of all life, the unified field where experience takes place.

**The Little Book of Being** Nov 13 2019 A practical guide for experiencing natural awareness—an effortless and spacious state of resting in the depth of our being. Do you recall, as a child, being enthralled by a drifting cloud, a rain-soaked leaf, a wandering ladybug? Or suddenly having a sense of timelessness, contentment, and ease? If so, then you've already had a taste of natural awareness. Known and revered in many traditions as a complement to focused mindfulness training, natural awareness transcends even these wondrous childhood moments. Some describe it as a profound “awareness of awareness”—an effortless, boundless state of resting in the depth of our being. For those new to meditation and experienced meditators alike, these 72 “mini-chapters” guide you on an in-depth odyssey into natural awareness, illuminated by many simple and enjoyable insights and exercises. The Little Book of Being invites you to explore: The spectrum of awareness practices, from focused mindfulness to flexible mindfulness to natural awareness How classical mindfulness and effortless natural awareness enrich and shape each other, and how to practice both Three ways to move into natural awareness—relaxing effort, broadening awareness, and dropping objects A treasury of “glimpse practices” to spark natural awareness anytime, in just a few moments How to bring this way of “simply being” into your daily life, into your connection with others, and into the world “At first natural awareness may seem far away, just a whisper, but then it will begin to grow and expand and permeate aspects of living. Over time we may feel more peace, more connection to ourselves. We may find ourselves taking life a bit more lightly. We may feel a sense of relaxed ‘beingness’ throughout the day, and when we do get caught in our dramas, we may find ourselves moving out of them quicker than we imagined we could.” —Diana Winston

- [Spaciousness The Radical Dzogchen Of The Vajra Heart](#)
- [Natural Perfection](#)
- [Radical Dzogchen The Direct Way To Enlightenment](#)
- [Dzogchen](#)
- [Original Perfection](#)
- [The Flight Of The Garuda](#)
- [The Practice Of Dzogchen](#)
- [Dzogchen Daily Practice](#)
- [Rainbow Body](#)
- [The Precious Treasury Of The Way Of Abiding And The Exposition Of The Quintessential Meaning Of The Three Categories](#)
- [The Yeshe Lama](#)
- [Spectrum Of Ecstasy](#)
- [The Awakening Ground](#)
- [The Citadel Of Awareness](#)
- [The Divine Madman](#)
- [The Great Secret Of Mind](#)
- [Rainbow Painting](#)
- [Guru Pema Here And Now](#)
- [Electrical Christianity](#)
- [Yogacara Texts Indo Tibetan Sources Of Dzogchen Mahamudra](#)
- [Awakening The Buddha Within](#)
- [The Precious Treasury Of The Basic Space Of Phenomena](#)
- [Radical Compassion](#)
- [Dzog Chen And Zen](#)

- [The Natural Bliss Of Being](#)
- [You Are The Eyes Of The World](#)
- [Beyond The Power Of Now](#)
- [Rebel Buddha](#)
- [Dzogchen](#)
- [Maya Yoga](#)
- [The Sacred Life Of Tibet](#)
- [The Great Perfection RDzogs Chen](#)
- [Boundless Vision](#)
- [Eye Of The Storm](#)
- [Openness Mind](#)
- [The Transparency Of Things](#)
- [Radical Inclusivity](#)
- [Essence Of Mind](#)
- [The Little Book Of Being](#)
- [Dispelling Wetiko](#)