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direction (refuge) The determination to be free of all suffering and its causes (renunciation) Strict ethical self-discipline

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Tibetan Tantric Practice, also known as "the practice of secret mantra", and "tantric techniques", refers to the main tantric practices in Indo-Tibetan Buddhism. The great Rime scholar Jamgön Kongtrül refers to this as "the Process of Meditation in the

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Indestructible Way of Secret Mantra" and also as "the way of mantra," "way of method" and "the secret way" in his Treasury of Knowledge . [2]

Tibetan Tantric Practice - Wikipedia  
Tantra: the Foundation of Buddhist Thought: The Foundation of Buddhist Thought, Volume 6: Tsering, Geshe Tashi: Amazon.com.au: Books

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Buddhist Tantric texts began appearing in the Gupta Empire period though there are texts with elements associated with Tantra that can be seen as early as the third century. By the eighth century Tantra was a dominant force in North India and the number of texts increased with numerous Tantric pandits writing

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Tantras (Buddhism) - Wikipedia

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Classes of Tantra in Tibetan Buddhism refers to the categorization of Buddhist tantric scriptures in Indo-Tibetan Buddhism. Tibetan Buddhism inherited numerous tantras and forms of tantric practice from medieval Indian Buddhist Tantra. There were various ways of categorizing these tantras in India. In Tibet, the Sarma schools categorize tantric scriptures into four classes, while the Nyingma school use six classes of tantra.

Classes of Tantra in Tibetan Buddhism - Wikipedia

Anticipating the many questions

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Westerners have upon first encountering tantra's colorful imagery and veiled language, Tantra uses straight talk to explain deities, initiations, mandalas, and the body's subtle physiology of channels and chakras. Tantric Buddhism provides a quick avenue to buddhahood by means of dissolving the body's wind energies into the central channel at the heart, mimicking the transformations of consciousness that occur at the time of death.

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Through Masters 3 questions Westerners have upon first encountering tantra's colorful imagery and veiled language, Geshe Tsering gives straight talk about deities, initiations, mandalas, and the various stages of tantric development. He even goes through a simple tantric compassion practice written by the Dalai Lama, using it to unpack the building blocks common to all such visualization techniques. Tantra is a fitting conclusion to the folksy and practical wisdom in the Foundation of Buddhist Thought series.

In Emptiness, the fifth volume in The Foundation of Buddhist Thought series, Geshe Tashi Tsering provides readers with an incredibly welcoming presentation of the central philosophical teaching of Mahayana Buddhism. Emptiness does not imply a

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nihilistic worldview, but rather the idea that a permanent entity does not exist in any single phenomenon or being. Everything exists interdependently within an immeasurable quantity of causes and conditions. An understanding of emptiness allows us to see the world as a realm of infinite possibility, instead of a static system. Just like a table consists of wooden parts, and the wood is from a tree, and the tree depends on air, water, and soil, so is the world filled with a wondrous interdependence that extends to our own mind and awareness. In lucid, accessible language, Geshe Tashi Tsering guides the reader to a genuine understanding of this infinite possibility.

In 1838, Choying Tobden Dorje, a Buddhist yogi-scholar of eastern Tibet,

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completed a multivolume masterwork that traces the entire path of the Nyingma tradition of Tibetan Buddhism from beginning to end. Written by a lay practitioner for laypeople, it was intended to be accessible, informative, inspirational, and above all, practical. Its twenty-five books, or topical divisions, offer a comprehensive and detailed view of the Buddhist path according to the early translation school of Tibetan Buddhism, spanning the vast range of Buddhist teachings from the initial steps to the highest esoteric teachings of great perfection. Choying Tobden Dorje's magnum opus appears in English here for the first time. In Foundations of the Buddhist Path, which covers the first ten of the treatise's twenty-five books, the author surveys the scope of the entire work and then begins with the

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Thoughtful volumes on topics that set the cornerstones for all subsequent Buddhist practice: what constitutes proper spiritual apprenticeship, how to receive the teachings, how to make the best use of this life, and how to motivate ourselves to generate effort on the spiritual path. He then describes refuge and the vows that define the path of individual liberation before turning to the bodhisattva's way—buddha nature, how to uplift the mind to supreme awakening, the bodhisattva's training, and the attainments of the paths leading to supreme awakening.

Kirti Tsenshap Rinpoche was a renowned teacher of Tibetan Buddhism with students worldwide. Revered as a teacher by even the Dalai Lama, he was known especially



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as a master of Buddhist tantra, the powerful esoteric methods for attaining enlightenment swiftly. The teachings in this book are a singular record of his deep learning in that field. Originally delivered in California to a group of Western students, the teachings comment on a classic introduction to tantra by the nineteenth-century Mongolian lama Choje Ngawang Palden. The work, *Illumination of the Tantric Tradition*, is a staple even today of the curriculum for training young monastics. Kirti Tsenshap Rinpoche explains the distinctive features of the four classes of tantra--action tantra, performance tantra, yoga tantra, and highest yoga tantra--by describing the way to progress through their paths and levels. He illuminates key issues in tantric practice that are still a matter

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Thoughtful debate within the tradition. Finally, he gives a special treatment of the unique methods of Kalacakra tantra, which is regularly taught around the globe by His Holiness the Dalai Lama.

Relative Truth, Ultimate Truth is a clear and remarkably practical presentation of a core Buddhist teaching on the nature of reality. Geshe Tashi Tsering provides readers with an excellent opportunity to enhance not only their knowledge of Buddhism, but also a powerful means to profoundly enhance their view of the world. The Buddhist teaching of the "two truths" is the gateway to understanding the often-misunderstood philosophy of emptiness. This volume is an excellent source of support for anyone interested in cultivating a more holistic

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and transformative understanding of the world around them and ultimately of their own consciousness

This new volume from the Foundation of Buddhist Thought series, provides a stand-alone and systematic -but accessible!- entry into how Buddhism understands the mind. Geshe Tashi, an English-speaking Tibetan monk who lives in London, was trained from boyhood in a traditional Tibetan monastery, but he is adept in communicating this classical training for a modern Western audience. Buddhist psychology addresses both the nature of the mind and how we know what we know. Just as scientists observe and catalog the material world, Buddhists for centuries have been observing and cataloging the components of our inner experience.

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The result is a rich and subtle knowledge that can be harnessed to the goal of increasing human well being.

The first step toward a solid foundation in Buddhist thought! The Foundation of Buddhist Thought series is an excellent introduction to Tibetan Buddhism. These unique books, based on the curriculum of a popular course of the same name, were developed by Geshe Tashi Tsering, a Tibetan scholar renowned for his ability to render Buddhist teachings accessible and relevant to everyday life. Geshe Tashi Tsering's Foundation of Buddhist Thought courses are systematic introductions to Buddhist philosophy and practice. With this series of books drawn from his highly successful courses, his insights can

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Though Volume 6  
now be enjoyed by a wide audience of both specialists and newcomers to the Buddhist tradition. Geshe Tashi's presentations combine rigor and comprehensiveness with lucidity and accessibility, never divorced from the basic humanity and warmth of his personality. In Geshe Tashi, we encounter the new generation of Tibetan monk-scholars teaching in the West who are following in the eminent footsteps of Geshe Wangyal and Geshe Sopa. This volume, the first of six, provides a complete presentation the Buddha's seminal Four Noble Truths, which summarize the fundamentals of the Buddhist worldview. Indeed, they are an essential framework for understanding all of the other teachings of the Buddha.

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What is tantra? Who is qualified to practice it? How should it be practiced? What are the results?

According to Buddhism, every human being has the potential to achieve profound and lasting happiness. And according to the tantric teachings of Buddhism, this remarkable transformation can be realized very quickly if we utilize all aspects of our human energy - especially the energy of our desires. Introduction to Tantra is the best available clarification of a subject that is often misunderstood. This new edition of this classic text includes a new foreword by Philip Glass and a new cover design, but leaves untouched Lama Yeshe's excellent original text, edited by Jonathan Landaw. Tantra recognizes that the powerful energy aroused by our desire is an indispensable

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Thought Volume 6 resource for the spiritual path. It is precisely because our lives are so inseparably linked with desire that we must make use of desire's tremendous energy not just for pleasure, but to transform our lives. Lama Yeshe presents tantra as a practice leading to joy and self-discovery, with a vision of reality that is simple, clear, and extremely relevant to twenty-first century life.

This new addition to the author's Foundation of Buddhist Thought series, based on his popular courses, continues his mission to create a simple, systematic introduction to Buddhist philosophy and practice. This volume explores the importance of compassion in our lives and the traditional techniques for developing bodhichitta, or "the mind of

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Thoughtful," which aspires to buddhahood in order to liberate all beings from suffering. Topics include the seven-point cause-and-effect method for developing bodhichitta, the practice of exchanging oneself for others, and the ten deeds of a bodhisattva.

In Tibetan religious literature, Jamgön Kongtrül's Treasury of Knowledge in ten books stands out as a unique, encyclopedic masterpiece embodying the entire range of Buddhist teachings as they were preserved in Tibet. In his monumental Treasury of Knowledge, Jamgön Kongtrül presents a complete account of the major lines of thought and practice that comprise Tibetan Buddhism. This first book of The Treasury which serves as a prelude to Kongtrul's survey describes four major



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Thought Systems  
cosmological systems found in the Tibetan tradition—those associated with the Hinayana, Mahayana, Kalachakra, and Dzogchen teachings. Each of these cosmologies shows how the world arises from mind, whether through the accumulated results of past actions or from the constant striving of awareness to know itself.

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