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Trungpa's magnum opus, which offers a systematic overview of the entire path of Tibetan Buddhism This three-volume collection presents in lively, relevant language the comprehensive teachings of the Tibetan Buddhist path of the

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with an emphasis on personal development through meditative discipline and study. The formal entry into the hinayana and the Buddhist path altogether is the refuge vow, in which a student goes for refuge to the Buddha, or the teacher; the dharma, or the

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teachings; and the sangha, or the community. The hinayana path is based on training in mindfulness and awareness, cultivating virtue, and cutting grasping. Topics covered in detail in this volume include the four noble truths, karma, the four foundations of

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mindfulness, meditation practice,
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The first volume, The Path of Individual Liberation, presents the teachings of the hinayana. The hinayana introduces core Buddhist teachings on the nature

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of mind, the practice of meditation, the reality of suffering, and the possibility of liberation. It examines the nature of suffering, impermanence, and egolessness, with an emphasis on personal development through meditative discipline and study.

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The formal entry into the hinayana and the Buddhist path altogether is the refuge vow, in which a student goes for refuge to the Buddha, or the teacher; the dharma, or the teachings; and the sangha, or the community. The hinayana path is based on

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training in mindfulness and awareness, cultivating virtue, and cutting grasping. Topics covered in detail in this volume include the four noble truths, karma, the four foundations of mindfulness, meditation practice, the refuge vows, the three jewels, the five

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skandhas, the five precepts, the twofold egolessness, and more.

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The third volume, The Tantric Path of Indestructible Wakefulness, presents the vajrayana teachings of the tantric path. The vajrayana, or "diamond vehicle," also referred to as tantra, draws upon and extends the teachings of the hinayana and

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mahayana. As with the hinayana and the mahayana, the formal acceptance into the vajrayana is marked by a vow, in this case the samaya vow. There is an emphasis at this stage on the student-teacher relationship and on the quality of devotion.

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Generally, students must complete preliminary practices, called ngöndro, to prepare themselves for initiation into the vajrayana path before going further. Having done so, they then receive the appropriate empowerments to begin tantric

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practices. There are empowerment ceremonies of many kinds, called abhishekas.

The vajrayana includes both form practices, such as visualizations and sadhanas (ritual liturgies), and formless practices based on allowing the mind to rest

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naturally in its inherent clarity
and emptiness. Although on the
surface, there is much greater
complexity in tantric practices,
the principles of mindfulness and
awareness and the cultivation of
compassion and skillful action
continue to be of central

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importance. The tantric path requires complete engagement and fierce dedication. It is said to be a more rapid path, but it is also more dangerous. There is a quality of directness, abruptness, and wholeheartedness. Tantrikas, or vajrayana practitioners,

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recognize that the most challenging aspects of life, the energies and play of confused emotions and frightening obstacles, can be worked with as gateways to freedom and realization. Other topics covered in detail in this volume include

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the four reminders, the mandala principle, mahamudra, atiyoga, and more.

The three volumes of this extraordinary work present a complete map of the Tibetan Buddhist path from beginning to

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end, as taught by the Vidyadhara Chögyam Trungpa Rinpoche. It is based on the teachings presented at the annual three-month meditation and study retreats known as the Vajradhatu Seminars, which he led every summer from 1973 to 1986. This

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remarkable material - which has never before been published - presents Trungpa Rinpoche's teaching on the hinayana, mahayana, and vajrayana in a way that joins the traditional concepts with contemplative understanding.

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Here is an inspiring collection of short teachings from the writings of the renowned Tibetan meditation master Chögyam Trungpa. Pithy and immediate, these teachings can be contemplated and practiced

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every day—or any day—of the year. Drawn from a wide variety of sources—including never-before-published writings—Ocean of Dharma addresses a range of topics, including fear and fearlessness, accepting our imperfections, developing

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confidence, helping others,
appreciating our basic goodness,
and everyday life as a spiritual
path.

Chögyam Trungpa's in-depth
exploration of the Four Noble
Truths—the foundational Buddhist

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teaching about the origin of suffering and its cessation—emphasizes their profound relevance not just as an inspiration when we set out on the path, but at every other moment of our lives as well, showing how we can join view

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(Profound Treasury Of The Ocean Of Dharma Volume One) of the teaching with practical application in order to interrupt suffering before it arises.

According to the Buddha, no one can attain basic sanity or enlightenment without practicing

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meditation. The teachings given here on the outlook and technique of meditation provide the foundation that every practitioner needs to awaken as the Buddha did. Trungpa teaches us to let go of the urge to make meditation serve our ambition;

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thus we can relax into openness. We are shown how the deliberate practice of mindfulness develops into contrived awareness, and we discover the world of insight that awareness reveals. We learn of a subtle psychological stage set that we carry with us everywhere

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and unwittingly use to structure all our experience—and we find that meditation gradually carries us beyond this and beyond ego altogether to the experience of unconditioned freedom.

The Tibetan Book of the Dead is

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one of the texts that, according to legend, Padma-Sambhava was compelled to hide during his visit to Tibet in the late 8th century.

The guru hid his books in stones, lakes, and pillars because the Tibetans of that day and age were somehow unprepared for their

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teachings. Now, in the form of the ever-popular Tibetan Book of the Dead, these teachings are constantly being discovered and rediscovered by Western readers of many different backgrounds--a phenomenon which began in 1927 with Oxford's first edition of

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Dr. Evans-Wentz's landmark volume. While it is traditionally used as a mortuary text, to be read or recited in the presence of a dead or dying person, this book--which relates the whole experience of death and rebirth in three intermediate states of

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being--was originally understood as a guide not only for the dead but also for the living. As a contribution to the science of death and dying--not to mention the belief in life after death, or the belief in rebirth--The Tibetan Book of the Dead is unique

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among the sacred texts of the world, for its socio-cultural influence in this regard is without comparison. This fourth edition features a new foreword, afterword, and suggested further reading list by Donald S. Lopez, author of Prisoners of Shangri-La:

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Tibetan Buddhism and the West

Lopez traces the whole history of the late Evans-Wentz's three

earlier editions of this book, fully considering the work of

contributors to previous editions

(C. G. Jung among them), the

sections that were added by

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Evans-Wentz along the way, the questions surrounding the book's translation, and finally the volume's profound importance in engendering both popular and academic interest in the religion and culture of Tibet. Another key theme that Lopez addresses is

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the changing nature of this book's audience--from the prewar theosophists to the beat poets to the hippies to contemporary exponents of the hospice movement--and what these audiences have found (or sought) in its very old pages.

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The first English translation of the influential and controversial Tibetan Buddhist classic.

Chögyam Trungpa describes "crazy wisdom" as an innocent state of mind that has the quality

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of early morning—fresh, sparkling, and completely awake. This fascinating book examines the life of Padmasambhava—the revered Indian teacher who brought Buddhism to Tibet—to illustrate the principle of crazy wisdom. From this profound point

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of view, spiritual practice does not provide comfortable answers to pain or confusion. On the contrary, painful emotions can be appreciated as a challenging opportunity for new discovery. In particular, the author discusses meditation as a practical way to

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