

Sky Dancer The Secret Life And Songs Of The Lady Y

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Enlightened Beings - Jan Willis 1995-06-15

Jan Willis provides a wealth of information about six mahamudra masters from the Geluk school of Tibetan Buddhism and how they studied, practiced, meditated, and became enlightened beings in their lifetimes.

Tibetan Sacred Dance - Ellen Pearlman 2002-12-01

The first book to explore the significance and symbolism of the sacred and secular ritual dances of Tibetan Buddhism. • Lavishly illustrated with color and rare historic photographs depicting the dances, costumes, and masks. • Looks at both sacred (cham) and folk (achi lhamo) forms and their role in the development, practice, and culture of Tibetan Buddhism. From the time Buddhism entered the mythical land of the snows, Tibetans have expressed their spiritual devotion and celebrated their culture with dance. Only since the diaspora of the Tibetan people have outsiders witnessed these performances, and when they do, no one explains why these dances exist and what they really mean. Ellen Pearlman, who studied with Lobsang Samten, the ritual dance master of the Dalai Lama's Namgyal monastery in India, set out to discover the meaning behind these practices. She found the story of the indigenous shamanistic Bon religion being superseded by Buddhism--a story full of dangerous and illicit liaisons, brilliant visions, secret teachings,

betrayals, and unrevealed yogic practices. Pearlman examines the four lineages that developed sacred cham--the secret ritual dances of Tibet's Buddhist monks--and achi lhamo storytelling folk dance and opera. She describes the mental and physical process of preparing for these dances, the meaning of the iconography of the costumes and masks, the spectrum of accompanying music, and the actual dance steps as recorded in a choreography book dating back to the Fifth Dalai Lama in 1647. Beautiful color photographs from the Tibetan Institute of Performing Arts and Pearlman's own images of touring monastic troupes complement the rare historic black-and-white photos from the collections of Sir Charles Bell, chief of the British Mission in Tibet during the life of the Thirteenth Dalai Lama.

Her Voice, Her Faith - Katherine Young 2004-07-21

Key religious women speak frankly about their faith and it's history with women.

Women in Buddhist Traditions - Karma Lekshe Tsomo 2020-12-22

A new history of Buddhism that highlights the insights and experiences of women from diverse communities and traditions around the world. Buddhist traditions have developed over a period of twenty-five centuries in Asia, and recent decades have seen an unprecedented spread of

Buddhism globally. From India to Japan, Sri Lanka to Russia, Buddhist traditions around the world have their own rich and diverse histories, cultures, religious lives, and roles for women. Wherever Buddhism has taken root, it has interacted with indigenous cultures and existing religious traditions. These traditions have inevitably influenced the ways in which Buddhist ideas and practices have been understood and adapted. Tracing the branches and fruits of these culturally specific transmissions and adaptations is as challenging as it is fascinating. *Women in Buddhist Traditions* chronicles pivotal moments in the story of Buddhist women, from the beginning of Buddhist history until today. The book highlights the unique contributions of Buddhist women from a variety of backgrounds and the strategies they have developed to challenge patriarchy in the process of creating an enlightened society. *Women in Buddhist Traditions* offers a groundbreaking and insightful introduction to the lives of Buddhist women worldwide.

The Way of Selflessness: A Practical Guide to Enlightenment Based on the Teachings of the World's Great Mystics - Joel Morwood 2019-04-15

Praised as "a spiritual treasure" by Huston Smith, *The Way of Selflessness* is an authoritative guide for anyone who wishes to walk a mystical path and discover directly the truth testified to by the mystics of the world's spiritual traditions. Drawing from the universal teachings and essential practices of the mystics from all the world's major religious traditions, distilled and presented in generic terms suitable for all seekers, *The Way of Selflessness* is appropriate for both those who belong to an established religion and those who do not.

Dharma Matters - Jan Willis 2020-04-21

A powerful collection of essays on race and gender in contemporary Buddhist practice, a hot-button topic in the West right now, by one of the leading thinkers in the area. Jan Willis was among the first Westerners to encounter exiled Tibetan teachers abroad in the late sixties, instantly finding her spiritual and academic home. *TIME Magazine* named her one of six "spiritual innovators for the new millennium," both for her considerable academic accomplishments and for her cultural relevance.

Her writing engages head-on with issues current to Buddhist practitioners in America, including dual-faith practitioners and those from marginalized groups. This collection of eighteen scholarly and popular essays spans a lifetime of reflection and teaching by Willis. Grouped in four sections—*Women and Buddhism*, *Buddhism and Race*, *Tantric Buddhism and Saints' Lives*, and *Buddhist-Christian Reflections*—the essays provide timeless wisdom for all who are interested in contemporary Buddhism and its interface with ancient tradition. "This collection of essays by Jan Willis, penned over thirty years of study, teaching, and practice, is destined to become an authoritative resource in Buddhist scholarship and thought. Willis challenges many of our preconceptions, but asks no more and no less than what the Buddha asked: come, see, and experience for yourselves." —Sharon Salzberg, author of *Lovingkindness and Real Happiness* "From Birmingham to Bodhgaya, Jan bridges worlds like no other. Her essays are treasures of wisdom born from a remarkable life richly lived." —Matthew T. Kapstein, author of *Reason's Traces: Identity and Interpretation in Indian and Tibetan Buddhist Thought* "This book is a blessing for us all—across cultures, across genders, across traditions." —Larry Yang, author of *Awakening Together: The Spiritual Practice of Inclusivity and Community*

The Lives and Liberation of Princess Mandarava - 2015-04-07

This lucid translation of a rare Tibetan text makes available for the first time to Western readers the remarkable life story of Princess Madarava. As the principal consort of the eighth century Indian master Padmasambhava before he introduced tantric Buddhism to Tibet, Mandarava is the Indian counterpart of the Tibetan consort Yeshe Tsogyal. *Lives and Liberation* recounts her struggles and triumphs as a Buddhist adept throughout her many lives and is an authentic deliverance story of a female Buddhist master. Those who read this book will gain inspiration and encouragement on the path to liberation.

English in Tibet, Tibet in English - L. McMillin 2001-11-16

This book explores two kinds of self-presentation in Tibet and the Tibetan diaspora: that of British writers in their travel texts to Tibet from 1774 to

1910 and that of Tibetans in recent autobiographies in English. McMillin contends that Tibet and the Anglophone West have had a long, complex, and convoluted relationship that can be explored, in part, through analysis of English language texts. The first part of the book explores how a myth of epiphany in Tibet comes to dominate English texts of travel in Tibet, while the second part considers how Tibetan autobiographers writing in English have responded and resisted Western images of them.

Reiki and the Healing Buddha - Maureen J. Kelly 2000

Reiki and the Healing Buddha reconnects Reiki with its Buddhist antecedents and provides both the experienced practitioner and the interested lay person with new insights and viewpoints on Reiki.

Today's Woman in World Religions - Arvind Sharma 1994-01-01

This book examines how the women's movement is affecting traditional religions and civilizations throughout the world. It reviews cases of global impact in Hinduism, Buddhism, Taoism, Confucianism, Judaism, Christianity, Islam, and Australian aboriginal religion. This volume completes the trilogy devoted to women in world religions, edited by Arvind Sharma. The second book in the series is entitled Religion and Women. The present work surveys the position of women in the religious traditions covered in the first volume of the trilogy, Women in World Religions, placing these traditions in contemporary context.

The Art of Everyday Ecstasy - Margot Anand 1999-04-20

"Ecstasy is about waking up and finding that you are in love with life." Most people think of ecstasy in terms of sexual ecstasy, which Tantric sex expert Margot Anand wrote about in her bestselling The Art of Sexual Ecstasy. Now, in The Art of Everyday Ecstasy, Anand expands our definition of ecstasy and shows how we can harness its energy to help us live, work, and love more passionately, joyfully, and with true spiritual focus. Our modern, work-obsessed, stress-filled culture—what Anand calls the "anti-ecstatic conspiracy"—has dulled our spirits, thrown us off balance, and alienated us from meaningful everyday experiences. In this inspirational journey toward finding the healing nature of ecstasy, Anand explains how the two types of ecstatic experiences—the moments of

epiphany called Ecstatic Awakenings, and Everyday Ecstasy, or the Ecstasy of Flow, a connection to our power and inner wisdom—can help us move beyond pain and doubt to reach our highest potential. Based on the spiritual path of Tantra, Anand shows how to use the natural energy system of our bodies—the seven chakras—as a map to ecstasy. As she guides us through the chakras, she explains how each one plays an important role in transforming energy into erotic passion, healing, empowerment, compassion, creativity, insight, and gratitude. Blocked chakras manifest themselves in surprising ways; wholeness can be achieved only when all of the chakras are open with energy flowing freely. By transforming negative behavioral patterns into positive ones and strengthening ourselves physically, emotionally, and spiritually, we can improve our health, sex life, career, relationships, and find profound meaning in everyday moments. With personal anecdotes, exercises, meditations, and rituals, The Art of Everyday Ecstasy shows us how to bring ecstatic energy into the body, mind, heart, and spirit—"to embrace every moment in our totality, to respond bodily, feel from the heart, perceive with clarity, and be fully present to others and to life."

Preparing for Tantra - Rob Preece 2011-09-16

The preliminary practices of Tantra aren't a hurdle to be gotten through in order to get somewhere else; they're an extraordinarily rich collection of practices which have much to offer as a means of cultivating and maturing the practitioner's psychological ground. They can enable experiences to unfold, and they can clear the way when there seem to be problems or hindrances practitioners are struggling with. In Preparing for Tantra, Preece draws on his experience as a Tantric Buddhist practitioner, meditation teacher, and psychotherapist to explain how to make the preliminary practices psychologically meaningful and spiritually transformative. He examines each of the practices with an eye to revealing how they may be used to heal and transform psychological trauma and offers practical suggestions for integrating them into daily life—as well as ensuring that practitioners are prepared psychologically, emotionally, and energetically to start out safely on the tantric path.

Preparing for Tantra is an accessible guidebook for engaging in ngondro,

the preliminary practices that are done before engaging in a long tantric retreat. These practices are also powerful tools for purifying negativities and alleviating guilt, healing difficult experiences, and enriching our minds with goodness so that we will be able to progress in our Dharma practice and gain realizations of the path.

Your Miracle After Miracle Life Celebrate Your Essence, Celebrate Your Eternity - Orest Bedrij 2020-10-20

Your Miracle after Miracle Life: Celebrate Your Essence, Celebrate Your Eternity may very well be the most important scientific breakthrough to the best solutions and the best thinking to challenges posed by the greatest minds of all time. Science cannot solve the ultimate mystery of nature. And it is because in the last analysis we ourselves are part of the mystery we are trying to solve. —Max Planck, Nobel laureate, Berlin University The full meaning of life, the collective meaning of all human desires is fundamentally a mystery beyond our grasp . . . We have no right to expect that our intellect can formulate perfect concepts for the full understanding of inanimate nature's phenomena. —Eugene Wigner, Nobel laureate, Princeton University It is difficult to imagine that we could be ever in the possession of final physical principles that have no explanation in terms of deeper principles. —Steven Weinberg, Nobel laureate, University of Texas M. Planck, E. Wigner, and S. Weinberg don't help how humanity can solve the ultimate mystery of nature, the full meaning of life, nor how can we ever be in the possession of the final physical principles? Your Miracle after Miracle Life reveals the final demands of life and the best solutions belong to the Eternal Architect and Creator of the Universe. Now you can gain access to and mine the Eternal for the best and ultimate solutions to prosper and advance your divinity. Further than modern science, ahead of forbidden knowledge, here is your breakthrough to the Absolute Light and God. Experience miracle after miracle in your Christ Nature life.

Goddesses in World Culture - Patricia Monaghan 2011

This collection of accessible essays relates the stories of individual goddesses from around the world, exploring their roles in the cultures from which they came, their histories and status today, and the

controversies surrounding them. * 63 essays cover more than 100 goddesses and goddess-like figures from world culture, with volumes organized by geographic area * Many original translations of prayers, sagas, and other sources not otherwise readily available in English * 60 illustrations include ethnographic photographs, depictions of ancient artifacts, and original artwork * An extensive list of bibliography of sources about the figure and culture discussed accompanies each essay Lord of the Dance - Richard J. Kohn 2001-05-31

A first-hand description of the Mani Rimdu festival of Tibet and Nepal, an event which encapsulates the Himalayan Buddhist experience.

Goddesses And Women In The Indic Religious Tradition - Arvind Sharma 2005

Following the lead of a "hermeneutics of surprise" the book identifies, indeed, surprising new material, and offers unexpected new insights essential to the debate on the position of goddesses and women in ancient India.

108 Steps to God - Anne-Marie Newland 2019-02-22

A personal journey through life-dramas and how to manoeuvre them. Never one to take life at face value, through her new book 108 Steps to God, internationally acclaimed yoga teacher Anne-Marie Newland leads her readers through her everyday family and work life-challenges, showing set-backs in a positive light so that problems become teachings. Life is a Spiritual obstacle course, and this book offers coordinates by which to travel. Foreword by Swami Saradananda.

Hidden Treasures & Secret Lives - Aris 2012-10-12

First published in 1989. Routledge is an imprint of Taylor & Francis, an informa company.

Dakini's Warm Breath - Judith Simmer-Brown 2002-12-10

A fresh interpretation of the dakini—a Tibetan Buddhist symbol of the feminine—that will appeal to practitioners interested in goddess worship, female spirituality, and Tantric Buddhism The primary emblem of the feminine in Tibetan Buddhism is the dakini, or "sky-dancer," a semi-wrathful spirit-woman who manifests in visions, dreams, and meditation experiences. Western scholars and interpreters of the dakini, influenced

by Jungian psychology and feminist goddess theology, have shaped a contemporary critique of Tibetan Buddhism in which the dakini is seen as a psychological "shadow," a feminine savior, or an objectified product of patriarchal fantasy. According to Judith Simmer-Brown—who writes from the point of view of an experienced practitioner of Tibetan Buddhism—such interpretations are inadequate. In the spiritual journey of the meditator, Simmer-Brown demonstrates, the dakini symbolizes levels of personal realization: the sacredness of the body, both female and male; the profound meeting point of body and mind in meditation; the visionary realm of ritual practice; and the empty, spacious qualities of mind itself. When the meditator encounters the dakini, living spiritual experience is activated in a nonconceptual manner by her direct gaze, her radiant body, and her compassionate revelation of reality. Grounded in the author's personal encounter with the dakini, this unique study will appeal to both male and female spiritual seekers interested in goddess worship, women's spirituality, and the tantric tradition.

The Divine Library - Rufus C. Camphausen 1992-06

Succinctly describes 140 sacred texts, dating from the earliest times to the present, in relation to the cultures that created them.

Lady of the Lotus-Born - Gyalwa Changchub 2002-02-12

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.

Apparitions of the Self - Janet Gyatso 2020-11-10

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.

The Red and White Springs of Avalon - Nicholas R. Mann 2011-10-20

All over the British Isles natural springs appear. Many are regarded as holy and are reputed to possess healing properties. Among the most venerated of these healing waters are the Red and White Springs that flow from the base of the famed Glastonbury Tor. In The Red & White Springs of Avalon the authors draw on alchemy and other spiritual traditions to explain the hidden powers of these two remarkable springs. They show how these ancient wisdom traditions provide important keys to the initiatory and healing secrets of Avalon. This fascinating exploration of Chalice Well, the Tor and the White Spring has become an essential guide to the mysteries of Glastonbury. Geomancer Nicholas R. Mann B.A. is the author of Glastonbury Tor, The Isle of Avalon, Energy Secrets of Glastonbury Tor, Druid Magic, The Silver Branch Cards and The Sacred Geometry of Washington DC. Philippa Glasson D.Phil. is an astrologer and seer who taught in the University of Cambridge for many

years. She is the author of influential books and articles on subjects ranging from Renaissance alchemy to postmodern spirituality. Nicholas and Philippa are the joint authors of *The Star Temple of Avalon*.

Tantric Buddhism and Altered States of Consciousness - Louise Child 2016-04-01

This book explores the role of altered states of consciousness in the communication of social and emotional energies, both on a societal level and between individual persons. Drawing from an original reading of Durkheimian social theorists (including Mauss, Hertz, and Hubert) and Jungian psychology, Louise Child applies this analysis to tantric Buddhist ritual and biographical material. She suggests ways in which dreams and visionary experiences (including those related to the 'subtle body') play an important and previously under-explored role in tantric understandings of the consort relationship.

The Awakened Ones - Gananath Obeyesekere 2012-02-07

While a rational consciousness grasps many truths, Gananath Obeyesekere believes an even richer knowledge is possible through a bold confrontation with the stuff of visions and dreams. Spanning both Buddhist and European forms of visionary experience, he fearlessly pursues the symbolic, nonrational depths of such phenomena, reawakening the intuitive, creative impulses that power greater understanding. Throughout his career, Obeyesekere has combined psychoanalysis and anthropology to illuminate the relationship between personal symbolism and religious experience. In this book, he begins with Buddha's visionary trances wherein, over the course of four hours, he witnesses hundreds of thousands of his past births and eons of world evolution, renewal, and disappearance. He then connects this fracturing of empirical and visionary time to the realm of space, considering the experience of a female Christian penitent, who stares devotedly at a tiny crucifix only to see the space around it expand to mirror Christ's suffering. Obeyesekere follows the unconscious motivations underlying rapture, the fantastical consumption of Christ's body and blood, and body mutilation and levitation, bridging medieval Catholicism and the movements of early modern thought as reflected in William Blake's

artistic visions and poetic dreams. He develops the term "dream-ego" through a discussion of visionary journeys, Carl Jung's and Sigmund Freud's scientific dreaming, and the cosmic and erotic dream-visions of New Age virtuosos, and he defines the parameters of a visionary mode of knowledge that provides a more elastic understanding of truth. A career-culminating work, this volume translates the epistemology of Hindu and Buddhist thinkers for western audiences while revitalizing western philosophical and scientific inquiry.

Women Who Fly - Serinity Young 2018-01-02

From the beautiful apsaras of Hindu myth to the swan maidens of European fairy tales, stories of flying women—some carried by wings, others by clouds, rainbows, floating scarves, and flying horses—reveal the perennial fascination with and ambivalence about female power and sexuality. In *Women Who Fly*, Serinity Young examines the motif of the flying woman as it appears in a wide variety of cultures and historical periods, in legends, myths, rituals, sacred narratives, and artistic productions. She considers supernatural women like the Valkyries of Norse legend, who transport men to immortality; winged deities like the Greek goddesses Iris and Nike; figures of terror like the Furies, witches, and succubi; airborne Christian mystics; and wayward, dangerous women like Lilith and Morgan le Fay. Looking beyond the supernatural, Young examines the modern mythology surrounding twentieth-century female aviators like Amelia Earhart and Hanna Reitsch. Throughout, Young demonstrates that female power has always been inextricably linked with female sexuality and that the desire to control it is a pervasive theme in these stories. This is vividly depicted, for example, in the twelfth-century *Nibelungenlied*, in which the proud warrior-queen Brünnhilde loses her great physical strength when she is tricked into surrendering her virginity. Even in the twentieth-century the same idea is reflected in the exploits of the comic book and film character Wonder Woman who, Young suggests, retains her physical strength only because her love for fellow aviator Steve Trevor goes unrequited. The first book to systematically chronicle the figure of the flying woman in myth, literature, art, and pop culture, *Women Who Fly* offers a fresh look at the

ways in which women have both influenced and been understood by society and religious traditions throughout the ages and around the world.

The Double Goddess - Vicki Noble 2003-06-19

A study of the "double goddess" iconography prominent in Neolithic and Bronze Age cultures that expands our understanding of female sovereignty. Celebrates this archetype of sacred female bonding and depicts a vast array of relationships women may form with themselves and each other to explore a sense of self and empowerment, and to share power with each other.

Masters of Mahamudra - Keith Dowman 2010-03-31

In Tibetan Buddhism, Mahamudra represents a perfected level of meditative realization: it is the inseparable union of wisdom and compassion, of emptiness and skillful means. These eighty-four masters, some historical, some archetypal, accomplished this practice in India where they lived between the eighth and twelfth centuries. Leading unconventional lives, the siddhas include some of the greatest Buddhist teachers; Tilopa, Naropa, and Marpa among them. Through many years of study, Keith Dowman has collected and translated their songs of realization and the legends about them. In consultation with contemporary teachers, he gives a commentary on each of the Great Adepts and culls from available resources what we can know of their history. Dowman's extensive Introduction traces the development of tantra and discusses the key concepts of the Mahamudra. In a lively and illuminating style, he unfolds the deeper understandings of mind that the texts encode. His treatment of the many parallels to contemporary psychology and experience makes a valuable contribution to our understanding of human nature. Keith Dowman's many publications include: *Sky Dancer: The Secret Life and Songs of the Lady Yeshe Sogyel* (Routledge & Kegan Paul) and *The Legend of the Great Stupa* (Dharma Publishing). He lives and practices in Kathmandu, Nepal.

Sky Dancer - Stag-sam Nus-ldan-rdo-rje 1996

One of the few texts dealing with the spiritual evolution of a female aspirant.

Sexualities in Buddhist Narrative, Iconography and Ritual - Serinity Young 2004

In *Courtesans and Tantric Consorts*, Serinity Young takes the reader on a journey through more than 2000 years of Buddhist history, revealing the colourful mosaic of beliefs that inform Buddhist views about gender and sexuality.

Tibetan Civilization - Rolf Alfred Stein 1972

An overall view of the Tibetan civilization, both ancient and modern Tibet. This book relates developments in Tibet to those in the rest of Asia.

The Lost Teachings of Lama Govinda - Richard Power 2013-09-20

The Lost Teachings of Lama Govinda offers a precious glimpse into the consciousness of an extraordinary scholar and mystic, shedding new light on Govinda's legendary role as both a pioneer and a prophet. Born in Germany, Lama Govinda was one of the first Westerners to introduce Tibetan Buddhism as an initiate in the tradition. His famed works, *The Way of the White Clouds* and *Foundations of Tibetan Buddhism*, live on as some of the best in the field. In this collection of essays and dialogues, Govinda delivers insights that are both timely and timeless. Ranging in issues and themes, including transpersonal psychology, drugs and meditation, Christianity, Theravada and Zen Buddhism, and the I Ching, editor Richard Power brings together Lama Govinda's rarest material—some never before published, some long out of circulation.

Introduction to Tibetan Buddhism - John Powers 2007-11-09

This is the most comprehensive and authoritative introduction to Tibetan Buddhism available to date, covering a wide range of topics, including history, doctrines, meditation, practices, schools, religious festivals, and major figures. The revised edition contains expanded discussions of recent Tibetan history and tantra and incorporates important new publications in the field. Beginning with a summary of the Indian origins of Tibetan Buddhism and how it eventually was brought to Tibet, it explores Tibetan Mahayana philosophy and tantric methods for personal transformation. The four main schools of Tibetan Buddhism, as well as Bön, are explored in depth from a nonsectarian point of view. This new

and expanded edition is a systematic and wonderfully clear presentation of Tibetan Buddhist views and practices.

[Living Your Divine Life](#) - Orest Bedrij 2009-11-19

Living Your Divine Life takes you beyond the monumental "peak experience", beyond priceless "enlightenment", and beyond human thought- to effortless living, nonstop miracles, God- conscious (Christ-in-us) reality, and ceaseless joy as your natural state. Before we learned to walk or feed ourselves with a spoon, we have to acquire these now second nature "information-processing" skills that originate beyond the conscious mind. Equally, if we want to realize the highest state of our being, happiness and prosperity, we can also bring these second nature (effortless, source code) skills into our daily lives. This mathematical source code, which scientists call the laws of nature, is the DNA of life or the software of God's inner structure. Living Your Divine Life shows you how to access that second nature "source code" on a constant basis. The words of Moses, Jesus, Muhammad, Einstein, Bohr, Bohm, Wheeler, the Buddha, and many others reinforce this truth. We can observe "effortless" living in the inner workings of our own body and in the movements of electrons, stars and galaxies. By Living Your Divine Life, you can experience peace beyond peace and absolute knowledge at the center of yourself- by unfolding the Godhead within splendor of yourself.

[Hermit of Go Cliffs](#) - Ko-brag-pa Bsod-nams-rgyal-mtshan 2000-10

The great Tibetan meditation master Gyalwa Godrakpa (1170-1249) practiced and taught a nonsectarian approach to realization. Hermit of Go Cliffs is the first English translation of The Collected Songs of Godrakpa, presented here with the original Tibetan text and with Cyrus Stearns' comprehensive introduction to Godrakpa's life, legacy, and poetry. Like the songs of Tibet's great saint Milarepa, Godrakpa's songs are uniquely beautiful and accessible: sometimes stern and sharp, sometimes lyrical and filled with allusions to the natural world. These songs express what Godrakpa emphasized in his life - a no-nonsense approach to the practice of meditation.

Inseparable across Lifetimes - Namtrul Jigme Phuntsok 2019-02-26

A true story of love, separation, and rediscovery in a time of cultural and

spiritual upheaval in Tibet. An inspiring and intimate tale set against the turmoil of recent Tibetan history, Inseparable across Lifetimes offers for the first time the translations of love letters between two modern Buddhist visionaries. The letters are poetic, affectionate, and prophetic, articulating a hopeful vision of renewal that drew on their past lives together and led to their twenty-year partnership. This couple played a significant role in restoring Buddhism in the region of Golok once China's revolutionary fervor gave way to reform. Holly Gayley, who was given their correspondence by Namtrul Rinpoche himself, has translated their lives and letters in order to share their remarkable story with the world.

The Life and Visions of Yeshé Tsogyal - Drime Kunga 2017-08-22

A new biography of Yeshé Tsogyal, the mother of Buddhism in Tibet, who is considered an enlightened being by millions throughout the Himalayan region as well as the West and remains a powerful female role model of spiritual accomplishment and perfection. The many layers of the heroic life of Yeshé Tsogyal, Tibet's best-known dakini and female master, are revealed in this inspiring work. Translated here for the first time, this terma, or "hidden treasure," presents an outer narrative of her birth, family, and struggles in a traditional male-dominated society; an inner account of her meetings with the great master Padmasambhava; and a secret chronicle of her retreat at Chimpu and her visionary journey to Oddiyana. This accomplished translation is enriched by the refreshing insights of six contemporary scholars and teachers of Tibetan Buddhism, making this invaluable guide to the life of Yeshé Tsogyal a treasure for practitioners, scholars, and anyone intent on the possibility of awakening.

[Plunging Through the Clouds](#) - David K. Reynolds 1993-01-01

Constructive Living brings together two psychotherapies--Morita and Naikan-- and their associated lifeways. Both therapies were developed in this century, but their roots extend back hundreds of years in East Asian history. Morita was a professor of psychiatry at Jikei University School of Medicine in Tokyo. Yoshimoto was a successful businessman who retired to become a lay priest in Nara. Morita's method has its origins in Zen Buddhist psychology, and Yoshimoto's Naikan has its origins in Jodo

Shinshu Buddhist psychology. Neither of these systems requires that one believe in Buddhism or have faith in anything other than one's experience. They work as well for Christians and Moslems and Jews as for Buddhists. Both are built on the naturalistic observations of humans and careful introspection of their founders. Constructive Living isn't mystical or oriental, but practical and human.

Buddhism After Patriarchy - Rita M. Gross 1993-01-01

This book surveys both the part women have played in Buddhism historically and what Buddhism might become in its post-patriarchal future. The author completes the Buddhist historical record by discussing women, usually absent from histories of Buddhism, and she

provides the first feminist analysis of the major concepts found in Buddhist religion. Gross demonstrates that the core teachings of Buddhism promote gender equity rather than male dominance, despite the often sexist practices found in Buddhist institutions throughout history.

Celibacy and Religious Traditions - Carl Olson 2008

For an educated, general readership and for use in college courses, this text introduces the role of celibacy, or a lack of it, in various religious traditions, and the contributors present the rationale for its observance (or not) within the context of each tradition.