

Melt Into You

"When I grow up I'll NEVER..." We've all reacted this way to something when we were growing up, standing before our parents with fists balled and stamping our feet. But what are the effects of such a statement? What are the consequences? Can such a statement effect us in adulthood? The answer to these questions can be found within these pages. "Loosing the Key of David" is a practical guide for those seeking healing themselves or seeking to set others free.

The Leveys introduce readers to dozens of mindfulness and meditation techniques, skillfully organized into five categories of practice, making Mindfulness, Meditation, and Mind Fitness a very comprehensive and easy-to-use resource for inner exploration and transformation. This book offers a treasury of practical wisdom distilled from the Leveys' intensive study with many of the world's most respected authorities of the contemplative science and wisdom traditions, and an introduction to the mind-fitness disciplines necessary for personal mastery, wisdom, creativity, compassion, and resilience in times of increasing intensity and accelerating change. Given how many people needlessly suffer from overwhelm, exhaustion, and preventable stress-related illness, the Leveys' wisdom is needed now more than ever! This book is an inspiration for complete beginners, long-time meditators, and everyone in between, who seek to deepen and expand their practice. Dr. Joel and Michelle Levey were among the very first to bring mindfulness and mind-fitness teachings to mainstream organizations beginning in the 1970s. They have taught tens of thousands of people in hundreds of leading corporations, medical centers, universities, sports, government, and military arenas – including Google, NASA, World Bank, Intel, M.I.T., Stanford, and World Business Academy. They are the founders of Wisdom at Work (<http://wisdomatwork.com>). Originally published in hardcover as Simple Meditation and Relaxation (Conari Press, 1999) and in paperback as Luminous Mind (Conari Press, 2006).

The only English translation of a text key to the Gelug lineage (the Buddhist lineage of the Dalai Lama). Discover the entire path to enlightenment as taught by the wisdom-buddha Manjushri. A Treasury of Oral Instructions from the Hearing Lineage Revealing the Innermost Secret, Kachen Yeshe Gyaltsen's commentary on the First Panchen Lama's liturgical text, Lama Chöpa, stands as one of the great literary contributions to the Gelug Hearing Lineage. Written at the behest of the Third Panchen Lama, Palden Yeshe, this astonishing text reveals a treasury of closely guarded oral instructions. Highly informative and deeply moving, Manjushri's Innermost Secret contains the entire path to enlightenment that was transmitted in direct communication with Lama Tsongkhapa by the wisdom-buddha Manjushri. This invaluable commentary provides an authoritative illumination of the Lama Chöpa ritual text for practitioners and is widely revered and commented upon in its own right. Designed for those who have received the highest yoga tantra empowerment, these texts swiftly guide the spiritual practitioner to the state of complete enlightenment through the full spectrum of teachings on the lamrim and mind training (lojong). It also covers the generation and completion stages of highest yoga tantra, all of which are grounded in deep, heartfelt faith and devotion for one's spiritual guide. In addition to the Lama Chöpa ritual text itself, this book also includes the First Panchen Lama's root text on Ganden Mahamudra, the supplication verses to the lineage gurus, and the Fifty Verses of Guru Devotion composed by the Indian saint Ashvagosha. ___ Previously published as Manjusri's Innermost Secret by Dechen Ling Press.

Volume Two examines the complete path of Mahamudra from initial experience to full realization. There is emphasis on how to conduct a proper retreat, including the use of geomancy in determining the appropriate site, the longevity practices of White Tara and Tseringma, chö practice, and how to use compassion as protection from fear and danger. This volume introduces the tantras, and gives anuttara yoga tantra instructions for Vairochana purification practices both for oneself and for the deceased.

This practice is restricted to only those with the appropriate tantric initiation. If you are unsure whether you are qualified or not, please email us at education@fpmt.org. By purchasing this text, you confirm you have received the appropriate initiation. You need to have received an initiation (wang) of the yoga tantra or highest yoga tantra class in order to read these commentaries of the six-session guru yoga. Within the Gelug tradition, practicing the six-session guru yoga is a daily commitment for anyone who has received a highest yoga tantra initiation. This text provides the commentary from Lama Zopa Rinpoche on the benefits of the practice, how to meditate on each verse of the sadhana, and the samayas of the five buddha families. The commentary uses the extension version of Phabongkha Dechen Nyingpo's Six-Session Guru Yoga as its basis. Contents Include: - The Benefits of Six-Session Guru Yoga - How to Practice Six-Session Guru Yoga - The Samayas of the Five Buddha Families "Phabongkha Dechen Nyingpo said Six-Session Guru Yoga is much more precious than three galaxies filled with gold," Lama Zopa Rinpoche teaches in Six-Session Guru Yoga Commentary. "Why? Because the practice of Six-Session Guru Yoga has unbelievable benefits. It gives incredible protection. This practice eliminates so much heavy negative karma and purifies all ten nonvirtuous actions. It purifies broken pratimoksha vows, bodhisattva vows, and tantric vows. It allows us to practice the general tantric vows, the samayas of the five buddha families, and the particular tantric root vows. By doing Six-Session Guru Yoga, we practice all the samayas and are reminded of the fourteen root downfalls and eight bompos of mother tantra samaya. We accumulate unbelievable merit by keeping the samayas and vows of tantra.

According to the root tantra of Manjughosha, without practicing the pure morality of these vows, we have no basis for tantric realization and no way to achieve enlightenment. Even if we don't do many other practices, living purely in the samaya vows is enough. Therefore, this practice gives incredible protection." 76 pages, 2020 edition.

A sexy chocolatier and his under-appreciated assistant discover you can't have too much of a good thing in USA Today bestselling author Lisa Plumley's delectable new novel. . . After ten years of saving her boss's (admittedly gorgeous) butt, stifling her crush, and being endlessly inconvenienced, administrative assistant Natasha Jennings has had enough. True, chocolatier Damon Torrance is every bit as irresistible as the confections created by Torrance Chocolates. The man is sex on a stick dipped in 70% Tanzanian Cacao. But for the sake of her career, her sanity, and possibly her heart, Natasha has to go. Money, success, women. . .everything comes easily to Damon. Until Natasha hands in her notice. He needs to get her, and his mojo, back--fast. But from the moment Damon rings Natasha's doorbell and steps into her personal life, he starts feeling things he never has before. For once, the notorious playboy wants to be good. Which makes it extra inconvenient that Natasha is suddenly tempted to try being a little wicked. And the results may be sweeter than either ever anticipated. . . "Lisa Plumley creates charming characters. Her books are a delight!" --Rachel Gibson Raves for Holiday Affair "A deliciously satisfying, cocoa-worthy holiday read." --Library Journal "A delightful story with utterly charming characters." --Romantic Times Book Reviews

"Warrior Poet" is an intimate collection of poetry from 1976 to 2017 by Nina R. Shavers. The pieces within chronicle moments from young adulthood to womanhood - family, love, loss, and jazz.

Highly-charged and intensely erotic, this duo from the Loving On The Edge series is perfect for fans of Fifty Shades of Grey.

"Drawing primarily from the Pacification, Severance, Shangpa Kagyü, and Bodongpa traditions, Four Tibetan Lineages presents some of Tibet's most transformative yet lesser-known teachings on meditative practice. Most works in this volume are drawn from a Tibetan anthology known as the Treasury of Precious Instructions compiled by Jamgön Kongtrul Lodrö Thayé (1813-1900). A vast preservation project, this anthology reflects Kongtrul's attempt to rescue rare teachings from disappearing. By foregrounding the teachings of masters like Khedrup Khyungpo Naljor (d. 1135), Dampa Sangyé (d. 1117), Machik Labdrön (1031/55-1126/50), Jonang Taranatha (1575-1634), and Jamyang Khyentse Wangpo (1820-92), this volume extends Jamgön Kongtrul's preservation efforts into the modern world, presenting a set of rare teachings to English readers for the first time"--

This book is about a boy taking the first steps towards being a young man with an independent perspective. It takes place over a two week period on a walkabout with his great uncle. At the same time his parents get to enjoy a break from their parenting and their effort of introducing the boy to the idea of holding an independent perspective. The story takes place several hundred years in the future after humans have once again chosen to spend their future by violently destroying what they have. It is a time when governmental influence is minimal and can be distant if desired. It is a time when Constitutional freedoms can be openly lived on an individual level. The constraining hierarchies of organized religions and an aggressive government with police and military support have been found to be wanting and negative to individual development. The walkabout takes place in the Rocky Mountains of the Western United States and from early to mid-June. Descriptions of the plant and animal life found along the way are from the author's experiences but are not meant to be from one locale. The various thoughts and perspectives of the characters in the book are shared by the author. The future conflicts are not intended to be prophetic in any way as the author thinks humanity's future is fluid and ours to choose. "...correctness, accuracy, truth, whatever you want to call it, is based on the content of what is said, not on who's talking." "Your clear mind will enable you to focus on detail and encompass the breadth of the Earth around you, ultimately causing you to have thoughts and emotions strong enough to add energy to your soul." "Different people do the same things in different ways. Freedom of religion is the concept that embraces different people seeking truth in different ways. If freedom is restricted truth is restricted and fanaticism grows."

From the legendary cofounder of Tibet's nineteenth-century nonsectarian movement, an encyclopedic survey of the practice of Chod, or severance, a tantric ritual based on the crucial Mahayana sutras to sever clinging to an ego and thereby achieve realization. The Treasury of Precious Instructions by Jamgön Kongtrul Lodrö Taye, one of Tibet's greatest Buddhist masters, is a shining jewel of Tibetan literature, presenting essential teachings from the entire spectrum of practice lineages that existed in Tibet. In its eighteen volumes, Kongtrul brings together some of the most important texts on key topics of Buddhist thought and practice as well as authoring significant new sections of his own. In this, the fourteenth volume, Kongtrul compiles the teachings on Severance, or Chöd. It includes some of the tradition's earliest source scriptures, such as the "grand poem" of ?ryadeva, and numerous texts by the tradition's renowned founder, Machik Labdrön. Kongtrul also brings together the most significant texts on the rites of initiation, empowerments for practice, and wide-ranging instructions and guides for the support of practitioners. Altogether, this quintessential guide to Severance offers vast resources for scholars and practitioners alike to better understand this unique and remarkable tradition—the way of severing the ego through the profound realization of emptiness and compassion.

A collection of poetry - emotion, healing and imagination. A journey of self love.

A young gay man is beaten, stripped naked, and thrown in a river where he drowns. His friends gather. They tell who they are, remember him, and organize and form an LGBTQ coalition and fight to make things right. They remember how it has been in intimate detail, telling each other and using the media. They form a community. This is a big novel, answering the question, "How was it for you there?" when your friend was beaten and drowned. It is liberating and deeply moving. This book looks at the effects of the violence against LGBTQ persons during the last sixty years and at how they discover within themselves the resources necessary to their lives. It shows how it felt to know a person who was murdered.

Today's greatest health challenges, the so-called diseases of civilization—depression, trauma, obesity, cancer—are now known in large part to reflect our inability to tame stress reflexes gone wild and to empower instead the peaceful, healing and sociable part of our nature that adapts us to civilized life. The same can be said of the economic challenges posed by the stress-reactive cycles of boom and bust, driven by addictive greed and compulsive panic. As current research opens up new horizons of stress-cessation, empathic intelligence, peak performance, and shared happiness, it has also encountered Asian methods of self-healing and interdependence more effective and teachable than any known in the West. Sustainable Happiness is the first book to make Asia's most rigorous and complete system of contemplative living, hidden for centuries in Tibet, accessible to help us all on our shared journey towards sustainable well-being, altruism, inspiration and happiness.

A chance meeting entangles the lives of three people as Destiny's hand strikes to determine their fates in a gripping tale of a harrowing past, bitter lies, and shocking revelations. Cara, an immigrant, arrives in the United States like several others, to chase the American Dream only to find her hopes dashed against the shores of the promised land as reality shatters the mirror of all illusions. Alex's fledging aspirations of becoming a writer soon find its promise in Cara, an aspiring documentary director. Allured by his charms, Cara slowly lets down her guard until her old roommate, Billy, turns up. In what follows is a shocking turn of events, Cara, Alex, and Billy find their fates tied together by a common thread as they come to grips with their past while a harrowing revelation looms over their present seeking to turn the tide on their connections. Does Cara realize her aspirations and find her soulmate in Alex or does Billy's arrival in their lives speak of a startling secret that seeks to offset everything? Read Miss Direction to find out. Click here to order your copy today!

God called me into the ministry of inner healing decades ago and from that came a passion to see people set free in Jesus Christ like I was. One of the most troubling concerns in my thirty-five years of pastoral lay ministry has been the issue of identity in both men and women. Most Christians do not know who they are in Christ to one degree or another. We all wear false labels or identities which can lead to a lot of confusion, loneliness, anxiety, failure, insecurity, depression, and fear, with a ripple effect that goes into our families and all interpersonal areas of our lives. Add to that once Satan can take the child of God down in the area of our image, he wins as we become isolated, depressed, ineffectual in life, and ultimately hopeless that we'll never change, or our circumstances will never change. This false identity also hinders us from putting the past sins, hurts, and deprivations behind us. And since insecurity and fear are at the top of the list for most of us, it leaves us not trusting in the One who created us in his image, in his likeness-to have purpose, to serve, to love and be loved, and to share in the abundant life the Father promised his children. The Bible says in John 8:32, "So if the Son sets you free, you will be freed indeed." But it takes identifying what the false labels/identity is, then removing those labels and walking in the fullness of who our Lord always meant for each of us to be.

A new edition of a Buddhist classic, an accessible introduction to the stages of the path (lamrim)--including 14 hours of downloadable audio meditations. The Stages of the Path, or lamrim, presentation of Buddhist teachings (a step-by-step method to tame the mind) is a core topic of Buddhist study. The lamrim meditations remind us that the process of transforming the mind, unlike so much of our frantic modern society, is a slow and thoughtful one. Best-selling author and Buddhist teacher Thubten Chodron here provides clear explanations of the stages of the path, as well as an accompanying downloadable audio program containing over fourteen hours of guided meditations on each of the topics covered in the text. Chodron discusses how to establish a daily practice and presents the meditations in detail, followed by advice for newcomers, instructions for working with distractions, antidotes to mental afflictions, and suggestions on how to deepen Dharma practice. Each practitioner will find meaning and insight according to their own skill level. Rewritten and revised for new readers, this classic manual on relaxation and meditation covers a wide range of techniques for focusing the mind and harmonizing it with the outside world. Original.

Hiding secrets from her family that expects her to be perfect, Rachel Young falls in love with Isaiah Walker, a foster youth who hides his own secrets until their shared love for street racing puts their lives in jeopardy.

She married him to save her family. He married her out of duty. What happens when she breaks the rules and falls in love? It was a marriage of convenience. After Lucy Wallace's parents died tragically, she needed to secure a future for herself and her younger sister. So, when her father's business partner, Will Arlington, offers to marry her and take her sister in as his own, she says yes. Lucy knows what's expected of her in exchange for Will saving them from ruin—to provide a home and family for him. But a child is the one thing Lucy is never able to give her husband, and soon they sleep in different rooms and lead separate lives. Then one day, Lucy witnesses something that changes everything, and she fears her darkest secret may come to light. Because she's done the one thing that was forbidden from the moment she said I Do. She fell in love with her husband. Can she make the impossible choice... stay in her loveless marriage or break her heart by leaving? Start reading Lucy's Awakening a steamy marriage-of-convenience "page-turner" now! Publisher's Note: The series is connected through characters, but each book in the series can be read as a stand-alone.

Though it's nearly impossible to imagine, times of personal crisis and upheaval are opportunities for self-reinvention and heightened artistic expression. Whether you are healing from a severed relationship, experiencing a job loss, or coping with another traumatic life transition, you can renew your strength and find new passion and purpose after things fall apart. Wise Mind, Open Mind offers a powerful three-step mindfulness approach to help you navigate times of unwanted change, rediscover your inner well of creativity, and move forward with passion and purpose. This book combines techniques drawn from contemporary mind-body approaches, Buddhist psychology, mindfulness, creative thinking, and positive psychology to show you how to tap into your gifts and create a practical plan for personal transformation that will help you move through the challenges you face. You'll learn to overcome the five common hindrances that may be keeping you from true fulfillment and happiness. Finally, you'll be able to embrace your circumstances, utilizing them to create a renewed personal vision and welcome new possibilities and greater creativity into your life.

The complete Loving on the Edge series from bestselling author Roni Loren - an intensely erotic collection, perfect for fans of Sylvia Day and Fifty Shades of Grey.

Not believing, but only experiencing, says Osho in this inspiring book, is a way of finding truth and meaning. While Nietzsche's declaration that "God is dead, therefore man is free" was an incredible step in understanding, he argues, it is in itself a negative solution and does not bring freedom. Simply removing God is not enough. In *The God Conspiracy*, Osho offers a solution beyond Nietzsche — meditation, a direct connection with existence itself. Here he shows how Zen and meditation allow us to find meaning and significance, creativity, receptivity, and a path to freedom. Zen has no God, but it has a tremendous power to transform our consciousness, to bring so much awareness that committing evil becomes inconceivable. This book argues persuasively that transformation cannot be imposed, but must come from one's innermost being and understanding. This book is an open letter to teachers offering guidance and encouragement for nurturing students in ways that make teaching and learning meaningful. The authors promote an approach to teaching that fosters self-knowledge, creativity, curiosity, and an appreciation for our planet. Central to their philosophy is the question of what we humans need in order to live meaningful lives, and the answer lies in healthy relationships with ourselves, each other, and the world.

Understanding our minds and consciousness are topics high on everybody's list of important issues. Science and psychology are delivering every day captivating news of understanding in this area. In this extraordinary series of talks, Osho lays out a clear understanding of the difference between mind and consciousness, and the role that the brain plays in the two - a difference that Western science has been struggling to define for decades, but that Zen has known for centuries through first-hand experience. Along the way he also sheds light on the differences between meditation as practice and as a state of being, and what choiceless awareness really means in everyday life and relating. Osho relates to a classic Zen work, *Hsin Hsin Ming, Verses on the Faith-Mind* by Sosan [Seng-t'san] which is considered to be the first Chinese Zen document. It is extraordinarily straightforward in its message, cutting straight to the point of where it aims to take the Zen experience - to a state of thought-free awareness in the present moment.

Fernando Pessoa is Portugal's most important contemporary poet. He wrote under several identities, which he called heteronyms: Albet Caeiro, Alvaro de Campos, Ricardo Reis, and Bernardo Soares. He wrote fine poetry under his own name as well, and each of his "voices" is completely different in subject, temperament, and style. This volume brings back into print the comprehensive collection of his work published by Ecco Press in 1986.

After running away from home and the boy who broke her heart, Evan Kennedy has kick-started the perfect new life with her celebrity fiancé. So what if it's a marriage of convenience? She knew the deal. With her ticket to The Ranch, the exclusive retreat where any fantasy can be played out, she knows she can find someone to satisfy her unconventional desires. She just never expected that man to be Jace Austin, her old heartbreaker - all grown up and ready to join her on a journey of erotic discovery. She knows it's probably a world-class bad idea to get involved. But if he can stick to the no-strings rules, so can she. Trouble is, Jace has never believed in rules and Evan doesn't believe in forever. Can Evan and Jace leave their old hurts behind? Because both of them know this is much more than just a game... Blending contemporary and traditional perspectives, this groundbreaking work offers guidance on the profound foundational practices of the Great Perfection. It contains classic commentaries by the renowned Tibetan masters Jigme Lingpa and Jamyang Khyentse Wangpo, alongside a lively contemporary discussion by filmmaker, author, and spiritual teacher Dzongsar Jamyang Khyentse that discusses how to incorporate these ancient practices into the fast-paced lifestyle of the Western world. Also included are a lengthy introduction to the world of Tibetan Buddhism and its meditative practices, as well as the long and short preliminary practice liturgies and numerous appendices on the nine yanas and other topics. The ngöndro or preliminary practice is treasured in the Ancient School of Tibetan Buddhism as vital for effecting a profound inner transformation and as a foundation for the very highest teachings of the Great Perfection, or Dzogchen. In particular, the Longchen Nyingtik ngöndro—revealed by the great saint Jigme Lingpa following a series of visions in which he was blessed by the omniscient Longchen Rabjam and received the transmission of his wisdom mind—has long been cherished by followers of all traditions on account of its power, depth, and poetic beauty.

The Grand Continuum is a unique blend of poetic thoughts, which attempts to explain and define the concept of life.

"In his first major book, His Eminence Zurmang Gharwang Rinpoche, the head of the Zurmang Kagyu lineage of Tibetan Buddhism, unpacks the marrow of a crucial teaching. The Ocean of Definitive Meaning by the 9th Karmapa is considered to be the most definitive Mahamudra text ever written. Bokar Rinpoche, a close student of Kalu Rinpoche and the chief retreat master for the Karma Kagyu lineage under the 16th Karmapa, wrote a remarkable distillation of the 9th Karmapa's detailed and comprehensive book: A Concise Commentary on the Ocean of Definitive Meaning: Easy-to-Implement Root Verses for Unlocking the Door to the Definitive Meaning. This essentialized text is the go-to manual for advanced Mahamudra practitioners; the 16th Karmapa recommended that experienced students use it while in retreat. Now, His Eminence Zurmang Gharwang Rinpoche offers illuminating commentary on Bokar Rinpoche's pithy teaching, expanding and unlocking it for the reader, showing us the way to understand the very nature of our own minds"--

One of the most important sadhana cycles in the Nyingma school of Tibetan Buddhism, the Rigdzin Düpa, or Gathering of the Vidyadharas, is practiced by tens of thousands of practitioners around the world. This inner guru practice focuses on Padmasambhava as the central figure and is one of the three root sadhanas of the Longchen Nyingtik treasure cycle revealed by the great Jigme Lingpa. This book will help readers mature their practice with invaluable instructions and commentary from some of the greatest Tibetan masters to have ever lived, including Patrul Rinpoche, Jamgön Kongtrul Lödro Tayé, and more. This book is for those who have received the reading transmission for the Rigdzin Düpa. Until such time as you receive the transmission, you can keep it on your shrine.

Melodies of the Heart - Lena Kovadlo's third book of lyrics - will take you on an emotional journey through the ups and downs of love, loss, heartbreak, relationships, personal struggles and more. It will inspire you, connect with you, and move you in many ways.

Osho sees Zen not as a historical spiritual tradition, but as the future of a humanity that has matured to the point that people no longer need religions controlled by "priesthoods" and based on fearful superstitions that cripple people's innate intelligence and divide them from one another. This book offers a deeper understanding of the underlying differences between Eastern and Western approaches to religion and the nature of consciousness. It's a beautiful introduction to a world where each individual has the capacity for an instant and profound understanding of existence, and a rebirth of the trust in life that each of us are born with. Dang Dang Doko Dang represents the sound of the drum beaten by a Zen master in an existential lesson for a disciple. As well as symbolizing the poetic quality of Zen, the title represents the special flavor of this collection of Osho's commentaries on well-known Zen stories. This volume is part of the OSHO Classics series and also includes Osho's responses to questions about the meditation technique of Zazen.

This book is not written to reinvent the wheel and offer up just another introduction to Buddhism. This has a fresh approach of Buddhism which does not stir up dust in areas that most people have not thought of. There are Buddhist teachers who would discuss things privately such as Buddhist views on UFOs, Adolf Hitler and the historical Jesus, but they would not give public talks or publish books on such controversial subjects. The author has the courage to do so as he boldly discusses such topics in this book.

Everything the rational Wiccan needs in one place.

The collected writings of one of the most influential luminaries of American dance. Anna Halprin is one of the most important innovators in the history of modern dance, performance art, and post-modern dance. Moving Toward Life brings together for the first time her essays, interviews, manifestos, and teaching materials, along with over 100 illustrations, providing a rich account of the work that radicalized an entire generation of performers. Since the late 1950s, Halprin has been at the forefront of experiments in dance, from improvisation and street theatre to dances in the environment and healing dances. A brief overview of Halprin's career shows how her work has prefigured — and transfigured — crucial developments in postmodern dance. In the 1960s, Halprin invented the "workshop," and in the wake of the Watts riots, her multiracial company broke boundaries in their confrontational political performances. In the 1970s, she organized "community rituals" to explore how individual creativity feeds positively into group dynamics. These healing social events led to her current work with cancer survivors and people challenging AIDS and their caregivers. Depicting Halprin's deep commitment to social change, Moving Toward Life presents an engaging, critical document of the life of one of the most influential and least known luminaries of American dance. Sally Banes and Janice Ross join Rachel Kaplan in providing introductory essays to sections of the book.

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

Melt Into You HarperCollins Publishers

The foundations of Vajrayana practice are laid out with eloquence and precision here by one of the greatest Tibetan Buddhist masters of our age. His Holiness Dudjom Rinpoche's commentary on the preliminary practices (ngöndro) is informed by his profound realization and wide-ranging scholarship, and illuminated with an array of quotations from the Vinaya, Sutra, and Tantra traditions. In addition to the commentary on the outer and inner preliminary practices, he provides other invaluable instructions on the correct view, conduct, and activity of a practitioner. Dudjom Rinpoche taught that the realization of the teachings of the Great Perfection depends entirely on the practice of these preliminary practices, thus his compassionate exposition of them here makes this book a particularly precious resource for anyone who seeks to remove the obstacles between themselves and the total freedom of enlightenment.

[Copyright: e8c1c76a237bfbba3c8135b84b1015c0](https://www.harpercollins.com/9780062500000)