

The Path Of Individual Liberation Profound Treasury Ocean Dharma 1 Chogyam Trungpa

Igniting a long-overdue dialogue about how the legacy of racial injustice and white supremacy plays out in society at large and Buddhist communities in particular, this urgent call to action outlines a new dharma that takes into account the ways that racism and privilege prevent our collective awakening. The authors traveled around the country to spark an open conversation that brings together the Black prophetic tradition and the wisdom of the Dharma. Bridging the world of spirit and activism, they urge a compassionate response to the systemic, state-sanctioned violence and oppression that has persisted against black people since the slave era. With national attention focused on the recent killings of unarmed black citizens and the response of the Black-centered liberation groups such as Black Lives Matter, Radical Dharma demonstrates how social transformation and personal, spiritual liberation must be articulated and inextricably linked. Rev. angel Kyodo williams, Lama Rod Owens, and Jasmine Syedullah represent a new voice in American Buddhism. Offering their own histories and experiences as illustrations of the types of challenges facing dharma practitioners and teachers who are different from those of the past five decades, they ask how teachings that transcend color, class, and caste are hindered by discrimination and the dynamics of power, shame, and ignorance. Their illuminating argument goes beyond a demand for the equality and inclusion of diverse populations to advancing a new dharma that deconstructs rather than amplifies systems of suffering and prepares us to weigh the shortcomings not only of our own minds but also of our communities. They forge a path toward reconciliation and self-liberation that rests on radical honesty, a common ground where we can drop our need for perfection and propriety and speak as souls. In a society where profit rules, people's value is determined by the color of their skin, and many voices—including queer voices—are silenced, Radical Dharma recasts the concepts of engaged spirituality, social transformation, inclusiveness, and healing.

The years before World War I were a time of social and political ferment in Europe, which profoundly affected the art world. A major center of this creative tumult was Paris, where many avant-garde artists sought to transform modern art through their engagement with radical politics. In this provocative study of art and anarchism in prewar France, Patricia Leighton argues that anarchist aesthetics and a related politics of form played crucial roles in the development of modern art, only to be suppressed by war fever and then forgotten. Leighton examines the circle of artists—Pablo Picasso, Juan Gris, František Kupka, Maurice de Vlaminck, Kees Van Dongen, and others—for whom anarchist politics drove the idea of avant-garde art, exploring how their aesthetic choices negotiated the myriad artistic languages operating in the decade before World War I. Whether they worked on large-scale salon paintings, political cartoons, or avant-garde abstractions, these artists, she shows, were preoccupied with social criticism. Each sought an appropriate subject, medium, style, and audience based on different conceptions of how art influences society—and their choices constantly shifted as they responded to the dilemmas posed by contradictory anarchist ideas. According to anarchist theorists, art should expose the follies and iniquities of the present to the masses, but it should also be the untrammelled expression of the emancipated individual and open a path to a new social order. Revealing how these ideas generated some of modernism's most telling contradictions among the prewar Parisian avant-garde, *The Liberation of Painting* restores revolutionary activism to the broader history of modern art.

A spiritual, political, and interdisciplinary anthology of wisdom stories from today's Black liberation thought leaders and teachers. Afrikan

Wisdom is a collection of 30 spiritual essays written by an eclectic group of inspirational Black thought leaders and teachers who reflect on the unique experience of being Black in the world today. Author and editor Valerie Mason-John (Vimalasara) has created an anthology whose aim is to instill readers with the knowledge, awareness, validation, and spiritual tools needed to nurture their individual and collective liberation. While centering on the Black Buddhist experience, essays included in this volume also branch out to include other spiritual traditions and views. Topics include: • African and Afro-Diasporan cultures, histories, and spiritualities • Black radical traditions of liberation and consciousness • Anti-colonialism and anti-slavery • Buddhist philosophy • Social and environmental justice • African and Afro-Diasporan art, music and literature • The prison industrial complex and mass incarceration • (Kemeti) yoga, healing and mindfulness • Intersections with Indigenous cultures • Addiction and recovery • Trans-generational trauma African Wisdom represents an intersectional, cross-pollinated exploration of Black life--past, present, and future. This book will prove both an inspiration and a motivation for Black readers, as well as anyone else interested in reading about emerging spiritual voices.

First published in 1999, the groundbreaking *Exile and Pride* is essential to the history and future of disability politics. Eli Clare's revelatory writing about his experiences as a white disabled genderqueer activist/writer established him as one of the leading writers on the intersections of queerness and disability and permanently changed the landscape of disability politics and queer liberation. With a poet's devotion to truth and an activist's demand for justice, Clare deftly unspools the multiple histories from which our ever-evolving sense of self unfolds. His essays weave together memoir, history, and political thinking to explore meanings and experiences of home: home as place, community, bodies, identity, and activism. Here readers will find an intersectional framework for understanding how we actually live with the daily hydraulics of oppression, power, and resistance. At the root of Clare's exploration of environmental destruction and capitalism, sexuality and institutional violence, gender and the body politic, is a call for social justice movements that are truly accessible to everyone. With heart and hammer, *Exile and Pride* pries open a window onto a world where our whole selves, in all their complexity, can be realized, loved, and embraced.

In October 1996, a group of ageing Marxists and unemployed youth coalesced to revolt against Mobutu Sese Seko, president of Zaire/Congo since 1965. Backed by a Rwanda-led regional coalition that drew support from Asmara to Luanda, the rebels of the AFDL marched over 1500 kilometers in seven months to crush the dictatorship. To the Congolese rebels and their Pan-Africanist allies, the vanquishing of the Mobutu regime represented nothing short of a "second independence" for Congo and Central Africa as a whole and the dawning of a new regional order of peace and security. Within fifteen months, however, Central Africa's "liberation peace" would collapse, triggering a cataclysmic fratricide between the heroes of the war against Mobutu and igniting the deadliest conflict since World War II. This book gives an account Africa's Great War. It argues that the seeds of Africa's Great War were sown in the revolutionary struggle against Mobutu- the way the revolution came together, the way it was organized, and, paradoxically, the very way it succeeded. In particular, the book argues that the overthrow of Mobutu proved a Pyrrhic victory because the protagonists ignored the philosophy of Julius Nyerere, the father of Africa's liberation movements: they put the gun before the unglamorous but essential task of building the domestic and regional political institutions and organizational structures necessary to consolidate peace after revolution.

Self-Liberation presents the essence of Dzogchen, the Great Perfection, regarded in Tibet as the highest and most esoteric teaching of the Buddha.

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

To introduce this great published work on the Eastern, yoga-inspired method of attaining enlightenment, Evans-Wentz presents 100 pages of explanatory notes. Psychoanalyst C.G. Jung offers commentary on the differences between Eastern and Western thought, and Donald S. Lopez, Jr., writes the Foreword. 9 halftones.

The author of *Race for Profit* carries out “[a] searching examination of the social, political and economic dimensions of the prevailing racial order” (Michelle Alexander, author of *The New Jim Crow*). In this winner of the Lannan Cultural Freedom Prize for an Especially Notable Book, Keeanga-Yamahtta Taylor “not only exposes the canard of color-blindness but reveals how structural racism and class oppression are joined at the hip” (Robin D. G. Kelley, author of *Freedom Dreams*). The eruption of mass protests in the wake of the police murders of Michael Brown in Ferguson, Missouri, and Eric Garner in New York City have challenged the impunity with which officers of the law carry out violence against black people and punctured the illusion of a post-racial America. The Black Lives Matter movement has awakened a new generation of activists. In this stirring and insightful analysis, activist and scholar Keeanga-Yamahtta Taylor surveys the historical and contemporary ravages of racism and the persistence of structural inequality, such as mass incarceration and black unemployment. In this context, she argues that this new struggle against police violence holds the potential to reignite a broader push for black liberation. “This brilliant book is the best analysis we have of the #BlackLivesMatter moment of the long struggle for freedom in America. Keeanga-Yamahtta Taylor has emerged as the most sophisticated and courageous radical intellectual of her generation.” —Dr. Cornel West, author of *Race Matters* “A must read for everyone who is serious about the ongoing praxis of freedom.” —Barbara Ransby, author of *Ella Baker and the Black Freedom Movement* “[A] penetrating, vital analysis of race and class at this critical moment in America’s racial history.” —Gary Younge, author of *The Speech: The Story Behind Dr. Martin Luther King Jr.’s Dream*

A Vietnamese monk clarifies the main principles of Buddhism, reveals its roles in creating joy and enlightenment, and encompasses every facet of Buddhist teaching, from the Four Noble Truths to the Three Dharma Seals. Reprint.

About one thousand years ago, the great Indian pandit and yogi, Dipamkara Shrijnana (Atisha), was invited to Tibet to re-establish the Buddhadharma, which had been suppressed and corrupted for almost two centuries. One of Atisha's main accomplishments in Tibet was his writing of the seminal text, *A Lamp for the Path to Enlightenment*, in which he extracted the essence of all 84,000 teachings of the Buddha and organized them into a clear, step-like arrangement that makes it easy for any individual practitioner to understand and practice the Dharma. This genre of teachings is known as lam-rim, or steps of the path, and forms an essential part of every school of Tibetan Buddhism. In this book, His Holiness the Dalai Lama gives a commentary to not only Atisha's revolutionary work but also to *Lines of Experience*, a short text written by Lama Tsongkhapa, who was perhaps the greatest of all Tibetan lam-rim authors. In bringing together Atisha, Lama Tsongkhapa and His Holiness the Dalai Lama, this book offers readers one of the clearest and most authoritative expositions of the Tibetan Buddhist path ever published, and it is recommended for those at the beginning of the path, the middle and the end. This book is made possible by kind supporters of the Archive who, like you, appreciate how we make these teachings freely available in so many ways, including in our website for instant reading, listening or downloading, and as printed and electronic books. Our website offers immediate access to

thousands of pages of teachings and hundreds of audio recordings by some of the greatest lamas of our time. Our photo gallery and our ever-popular books are also freely accessible there. Please help us increase our efforts to spread the Dharma for the happiness and benefit of all beings. You can find out more about becoming a supporter of the Archive and see all we have to offer by visiting our website. Thank you so much, and please enjoy this book.

If you are ready to be finished seeking, Liberation IS can be the final push. Through inquiries and experiments, you are guided to recognize your free essential being, and to realize that you are whole and complete and lack nothing, exactly as you are now. When this is clearly seen and becomes doubtless, liberation is.

"In your country," Ignacio Martín-Baró remarked to a North American colleague, "it's publish or perish. In ours, it's publish and perish." In November 1989 a Salvadoran death squad extinguished his eloquent voice, raised so often and so passionately against oppression in his adopted country. A Spanish-born Jesuit priest trained in psychology at the University of Chicago, Martín-Baró devoted much of his career to making psychology speak to the community as well as to the individual. This collection of his writings, the first in English translation, clarifies Martín-Baró's importance in Latin American psychology and reveals a major force in the field of social theory. Gathering essays from an array of professional journals, this volume introduces readers to the questions and concerns that shaped Martín-Baró's thinking over several decades: the psychological dimensions of political repression, the impact of violence and trauma on child development and mental health, the use of psychology for political ends, religion as a tool of ideology, and defining the "real" and the "normal" under conditions of state-sponsored violence and oppression, among others. Though grounded in the harsh realities of civil conflict in Central America, these essays have broad relevance in a world where political and social turmoil determines the conditions of daily life for so many. In them we encounter Martín-Baró's humane, impassioned voice, reaffirming the essential connections among mental health, human rights, and the struggle against injustice. His analysis of contemporary social problems, and of the failure of the social sciences to address those problems, permits us to understand not only the substance of his contribution to social thought but also his lifelong commitment to the campesinos of El Salvador. A masterwork of Tibetan Buddhism—providing the complete foundation for study and practice—from beginning to Buddhahood. Includes teachings on Buddha-nature, finding the spiritual master, impermanence, karma, cultivation of bodhicitta, development of the six perfections, the ten bodhisattva bhūmis, Buddhahood, and the activities of the Buddha.

Explore the three great teachings of the Buddha. • The First Turning of the Wheel: Insight into the nature of suffering—and the way out of it—from the four noble truths and the eightfold path • The Second Turning of the Wheel: Teachings on emptiness from the Heart Sutra and the Diamond Sutra • The Third Turning of the Wheel: Guidance for practitioners and teachings on awakened Buddha nature In clear language, James William Coleman, professor of sociology at the California Polytechnic State University, guides us through the ancient sutras that preserve the Buddha's message, illuminating their meaning for today's world and tying the Buddha's wisdom together for us. The book concludes with chapters from two great teachers, Reb Anderson from the Zen tradition and Lama Palden from the Tibetan Buddhist tradition, on how to use meditation to bring the Buddha's wisdom into our daily lives. Table of Contents: Introduction: The Wheel of Dharma Part I: The Three Turnings of the Wheel 1. The First Turning of the Wheel: The Four Noble Truths and the Pali Canon 2. The Second Turning of the Wheel: Emptiness and the Perfection of Wisdom 3. The Third Turning of the Wheel: Untying the Knot of the Sutra of the Explanation of the Profound Secrets Part II: Turning the Wheel in the Twenty-First Century 4. Practicing the Dream 5. Tasting the Truth of the Buddha's Words: A Zen Perspective by Reb Anderson Roshi 6. Envisioning Tara: A Vajrayana Perspective by Lama Palden Drolma 7. The Buddha's Dream

The Profound Treasury of the Ocean of Dharma represents meditation master Chögyam Trungpa's greatest contribution to Western Buddhism. This three-volume collection presents in lively, relevant language the comprehensive teachings of the Tibetan Buddhist path of the hinayana, mahayana, and vajrayana. This work will resonate with new students of Buddhism as well as the most senior students. 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 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. 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 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 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 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, 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 the four reminders, the mandala principle, mahamudra, atiyoga, and more.

In *Making Friends with Death*, Buddhist teacher Judith Lief, who's drawn her inspiration from the Tibetan Book of the Dead, shows us that through the powerful combination of contemplation of death and mindfulness practice, we can change how we relate to death, enhance our appreciation of everyday life, and use our developing acceptance of our own vulnerability as a basis for opening to others. She also offers a series of guidelines to help us reconnect with dying persons, whether they are friends or family, clients or patients. Lief highlights the value of relating to the immediacy of death as an ongoing aspect of everyday life by offering readers a variety of practical methods that they can apply to their lives and work. These methods include: Simple mindfulness exercises for deepening awareness of moment-by-moment change Practices for cultivating loving-kindness Helpful slogans and guidelines for caregivers to use *Making Friends with Death* will enlighten anyone interested in coming to terms with their own mortality. More specifically, the contemplative approach presented here offers health professionals, students of death and dying, and people who are helping a dying friend or relative useful guidance and inspiration. It will show them how to ground their actions in awareness and compassion, so that the steps they take in dealing with pain and suffering will be more effective. In the face of systemic racism and state-sanctioned violence, how can we metabolize our anger into a force for liberation? White supremacy in the United States has long necessitated that Black rage be suppressed, repressed, or denied, often as a means of survival, a literal matter of life and death. In *Love and Rage*, Lama Rod Owens, coauthor of *Radical Dharma*, shows how this unmetabolized anger--and the grief, hurt, and transhistorical trauma beneath it--needs to be explored, respected, and fully embodied to heal from heartbreak and walk the path of liberation. This is not a book about bypassing anger to focus on happiness,

or a road map for using spirituality to transform the nature of rage into something else. Instead, it is one that offers a potent vision of anger that acknowledges and honors its power as a vehicle for radical social change and enduring spiritual transformation. Love and Rage weaves the inimitable wisdom and lived experience of Lama Rod Owens with Buddhist philosophy, practical meditation exercises, mindfulness, tantra, pranayama, ancestor practices, energy work, and classical yoga. The result is a book that serves as both a balm and a blueprint for those seeking justice who can feel overwhelmed with anger--and yet who refuse to relent. It is a necessary text for these times.

According to Osho, life is nothing but an expression of silence. We come out of silence but then lose the way.

Queer critique, queer practice: embodied teachings for healing from trauma and social injustice. Jacoby Ballard provides an empowering and affirming guide to embodied healing through yoga and the dharma, grounded in the brilliance, resilience, and lived experiences of queer folks. Part I deconstructs the ways mainstream yoga perpetuates queer- and transphobia and other systemic oppressions, exploring the intersections of yoga, capitalism, cultural appropriation, and sexual violence. Ballard also addresses the trauma--complex, vicarious, historical, and collective--perpetuated against queer communities. In response, he offers tools for self-compassion, tonglen, lovingkindness, and grounding, and helps readers explore questions like: • What is trauma? How is it a product of injustice--and how can healing it create justice? • The world won't stop being homo- and transphobic, so how do I encounter that in a way that does the least harm? • How do we love what is uniquely trans about us? • What are affinity groups, and why do we need them? In part II, Ballard offers a queer-centered, fully embodied, and equity-rooted practice with meditations, practices, and sequences for processing and healing from trauma individually and in community. He explains concepts like lovingkindness, letting go, compassion, joy, forgiveness, and equanimity through a queer lens, and pairs each with corresponding meditations, practices, and beautiful line drawings of queer bodies. Enhanced with stories from Ballard's personal practice and professional experience teaching yoga in schools, prisons, conferences, and his weekly Queer and Trans Yoga class, A Queer Dharma is a guidebook, reclamation, and unapologetically queer heart offering for true healing and transformation.

In this simple yet important book, Noah Rasheta takes profound Buddhist concepts and makes them easy to understand for anyone trying to become a better whatever-they-already-are.

The foundational teachings of Buddhism—presented here in volume one of Chögyam 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 hinayana, mahayana, and vajrayana. Considered Chögyam Trungpa's masterpiece, The Profound Treasury of the Ocean of Dharma will resonate with new and senior students of Buddhism. Chögyam Trungpa begins his study by presenting the teachings of the hinayana. The hinayana introduces core Buddhist teachings on the nature 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. 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 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 skandhas, the five precepts, twofold egolessness, and more.

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

Pabongka Rinpoche was one the twentieth century's most charismatic and revered Tibetan lamas, and in *Liberation in the Palm of Your Hand* we can see why. In this famous twenty-four-day teaching on the lamrim, or stages of the path, Pabongka Rinpoche weaves together lively stories and quotations with frank observations and practical advice to move readers step by step along the journey to buddhahood. When his student Trijang Rinpoche first edited and published these teachings in Tibetan, an instant classic was born. The flavor and immediacy of the original Tibetan are preserved in Michael Richards' fluid and lively translation, which is now substantially revised in this new edition.

Nautilus Book Award Gold Recipient. Leading African American Buddhist teachers offer lessons on racism, resilience, spiritual freedom, and the possibility of a truly representative American Buddhism. With contributions by Acharya Gaylon Ferguson, Cheryl A. Giles, Gy?zan Royce Andrew Johnson, Ruth King, Kamilah Majied, Lama Rod Owens, Lama Dawa Tarchin Phillips, Sebene Selassie, and Pamela Ayo Yetunde. What does it mean to be Black and Buddhist? In this powerful collection of writings, African American teachers from all the major Buddhist traditions tell their stories of how race and Buddhist practice have intersected in their lives. The resulting explorations display not only the promise of Buddhist teachings to empower those facing racial discrimination but also the way that Black Buddhist voices are enriching the Dharma for all practitioners. As the first anthology comprised solely of writings by African-descended Buddhist practitioners, this book is an important contribution to the development of the Dharma in the West.

A perfect companion to the well-known Tibetan Book of the Dead. In life and in death, in meditation and in sleep, every transitional stage of consciousness, or bardo, provides an opportunity to overcome limitations, frustrations, and fears. The profound teachings in this book provide the understanding and instruction necessary to turn every phase of life into an opportunity for uncontrived, natural liberation. Like the Tibetan Book of the Dead, *Natural Liberation* is a term, a "hidden treasure" attributed to the eighth-century master Padmasambhava. Gyatrul Rinpoche's lucid commentary accompanies the text, illuminating the path of awakening to the point of full enlightenment. *Natural Liberation* is an essential contribution to the library of both scholars and practitioners of

Tibetan Buddhism.

The Profound Treasury of the Ocean of Dharma represents meditation master Chögyam Trungpa's greatest contribution to Western Buddhism. This three-volume collection presents in lively, relevant language the comprehensive teachings of the Tibetan Buddhist path of the hinayana, mahayana, and vajrayana. This work will resonate with new students of Buddhism as well as the most senior students. The first volume, *The Path of Individual Liberation*, presents the teachings of the hinayana. The hinayana introduces core Buddhist teachings on the nature 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. 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 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 skandhas, the five precepts, twofold egolessness, and more.

Featuring a new foreword by Pema Chödrön, this Tibetan Buddhist classic explores the meaning of freedom and how we can attain it through meditation. Freedom is generally thought of as the ability to achieve goals and satisfy desires. But what are the sources of these goals and desires? If they arise from ignorance, habitual patterns, and negative emotions, is the freedom to pursue these goals true freedom—or is it just a myth? In *The Myth of Freedom and the Way of Meditation*, Chögyam Trungpa explores the true meaning of freedom, showing us how our attitudes, preconceptions, and even our spiritual practices can become chains that bind us to repetitive patterns of frustration and despair. He also explains how meditation can bring into focus the causes of frustration, and how these negative forces can aid us in advancing toward true freedom. Trungpa's unique ability to express the essence of Buddhist teachings in the language and imagery of contemporary American culture makes this book one of the best, most accessible sources of the Buddhist doctrine ever written.

Chögyam Trungpa's in-depth exploration of the Four Noble Truths—the foundational Buddhist 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 (intellectual understanding) of the teaching with practical application in order to interrupt suffering before it arises.

A welcome new translation of Gampopa's classic overview of the Buddha's teachings. Discover the heart of the Buddha's teachings in this new and beautiful translation of Gampopa's classic guidebook. *Ornament of Precious Liberation* is a spiritual and literary treasure of Tibetan Buddhism and of the Kagyü lineage in particular. Laying out step-by-step the path to buddhahood that is open to us all, to read Gampopa's text is like receiving the teachings directly from the master himself. It is a quintessential guide to enlightenment that students will return to again and again for its insights into living an awakened life.

Why are more and more psychotherapists embracing meditation practice, while so many Buddhists are exploring psychology?

“Both psychology and Buddhism seek to provide freedom from suffering,” explains Bruce Tift, “yet each offers a completely different approach for reaching this goal.” In *Already Free*, Tift opens a fresh and provocative dialogue between these two profound perspectives on the human condition. Tift reveals how psychotherapy’s “Developmental” approach of understanding the way our childhood wounds shape our adult selves both contradicts and supports the “Fruitional” approach of Buddhism, which tells us that the freedom we seek is always available. In this investigation, he uncovers insights for connecting with authentic experience, releasing behaviors that no longer serve us, enhancing our relationships, and more. “When we use the Western and Eastern approaches together,” writes Bruce Tift, “they can help us open to all of life—its richness, its disturbances, and its inherent completeness.”

It is said that the famous ninth century Chinese Buddhist monk Linji Yixuan told his disciples, "If you meet the Buddha on the road, kill him." The deliberately confounding statement is meant to shock people out of complacent ways of thinking. But beyond the purposeful jolt from complacency there is another intention. This axiom suggests that, for liberation, one should seek the Buddha nature that resides within, rather than a mere Buddha exterior. The metaphor of killing the Buddha dislodges a person from the illusion that enlightenment lies outside the body. The proclamation also highlights the power of violence, even on a symbolic level. Violence abounds in Buddhist thoughts, doctrine, and actions, however unacknowledged or misunderstood. *If You Meet the Buddha on the Road* addresses an important absence in the study of religion and violence: the religious treatment of violence. In order to pursue an understanding of the relationship between Buddhism and violence, it is important to first consider how Buddhist scriptures and followers understand violence. Drawing on Buddhist treatments of violence, Michael Jerryson explores the ways in which Buddhists invoke, support, or justify war, conflict, state violence, and gender discrimination. In addition, the book examines the ways in which Buddhists address violence as military chaplains, cope with violence in a conflict zone, and serve as witnesses of blasphemy to Buddhist doctrine and Buddha images.

In simple and straightforward language, Bhante Gunaratana shares the Buddha's teachings on mindfulness and how we can use these principles to improve our daily lives, deepen our mindfulness, and move closer to our spiritual goals. Based on the classic *Satipatthana Sutta*, one of the most succinct yet rich explanations of meditation, Bhante's presentation is nonetheless thoroughly modern. The *Satipatthana Sutta* has become the basis of all mindfulness meditation, and Bhante unveils it to the reader in his trademark "plain English" style. *Contemplating the Four Foundations of Mindfulness--mindfulness of the body, of feelings, of the mind, and of phenomena themselves--is recommended for all practitioners. Newcomers will find The Four Foundations of Mindfulness in Plain English lays a strong groundwork for mindfulness practice and gives them all they need to get started right away, and old hands will find rich subtleties and insights to help consolidate and clarify what they may have begun to see for themselves. People at every state of the spiritual path will benefit from reading this book.*

The Lama Yeshe Wisdom Archive (LYWA) is the collected works of Lama Thubten Yeshe and Kyabje Lama Thubten Zopa Rinpoche. The Archive was founded in 1996 by Lama Zopa Rinpoche, its spiritual director, to make available in various ways the

teachings it contains. This book contains the teachings and meditations Lama gave at a five-day retreat he led near Melbourne, Australia, which he introduced by saying: "Whether or not this five-day meditation course becomes beneficial is up to you; it depends on your own mind. It's not a lama thing; I'm not going to bring you to enlightenment in this short time. Instead of having too many expectations of the lama, it's better that you generate a pure motivation for being here. Expectations cause mental problems; instead of being positive, they become negative..." If over the next five days you can begin to recognize the reality of your own nature, this meditation course will have been worthwhile. Therefore, dedicate your actions during this time to discovering inner freedom through recognizing the negative characteristics of your own uncontrolled mind." In line with Lama's intentions, this book is dedicated to the awakening of inner freedom within the minds of its readers and all other sentient beings.

Derived from a Buddhist funerary text, this famous volume's timeless wisdom includes instructions for attaining enlightenment, preparing for the process of dying, and moving through the various stages of rebirth.

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

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