

A Spacious Path To Freedom Practical Instructions On The Union Of Mahamudra And Atiyoga

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A Spacious Path to Freedom: Practical Instructions on the Union of Mahamudra and Atiyoga [Karma Chagme, B. Alan Wallace, Gyatrul Rinpoche] on Amazon.com. *FREE* shipping on qualifying offers. A Spacious Path to Freedom: Practical Instructions on the Union of Mahamudra and Atiyoga

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A Spacious Path to Freedom: Practical Instructions on the Union of Mahamudra and Atiyoga. Karma Chagme sets forth the stages of meditation practice including the cultivation of meditative quiescence and insight, the experiential identification of awareness, and the highest steps of Mahamudra and Atiyoga leading to perfect enlightenment. Drawing from his enormous textual erudition and mastery of Tibetan oral traditions, he shows how these two meditative systems can be unified into a single, ...

A Spacious Path to Freedom - B. Alan Wallace
About A Spacious Path to Freedom. This manual of Tibetan meditation simply and thoroughly presents the profound Dzogchen and Mahamudra systems of practice. Karma Chagm é sets forth the stages of meditation practice, including the cultivation of meditative quiescence and insight, the experiential identification of awareness, and the highest steps of Mahamudra and Atiyoga, leading to perfect enlightenment in one lifetime.

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A Spacious Path to Freedom - Shambhala Publications
A Spacious Path to Freedom. ISBN-13: 9781559393409. Publication Date: February, 2010. Assembled Product Dimensions (L x W x H) 9.00 x 5.90 x 0.60 Inches. ISBN-10: 1559393408. Customer Reviews. Write a review. Be the first to review this item! Customer Q&A. Get specific details about this product from customers who own it.

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Spacious Path to Freedom: Practical Instructions on the Union of Mahamudra and Atiyoga. Paperback -- Illustrated, 8 Mar. 2010, by Karma Chagme (Author) 4.9 out of 5 stars 11 ratings. See all formats and editions. Hide other formats and editions.

Spacious Path to Freedom: Practical Instructions on the ...
A Spacious Path to Freedom: Practical Instructions on the Union of Mahamudra and Atiyoga Paperback – Feb. 16 2010. by Karma Chagme (Author), Gyatrul Rinpoche (Commentary) 4.9 out of 5 stars 8 ratings. See all formats and editions. Hide other formats and editions.

A Spacious Path to Freedom: Practical Instructions on the ...
Karma Chagm é (Tib.: Karma chags-med, also known as Raga Asya, R -ga a-sya) was a monk of the Kagyu school of Tibetan Buddhism.He is important also to the Nyingma tradition, in that he was a principle teacher of Terton Migyur Dorjé—revealer of the Nam ch ö (Tib. gnam-chos) terma cycle and thus a co-founder of the Palyul lineage of Nyingmä—as well as authoring a treatise on the "Union of ...

Karma Chagm é (Author of A Spacious Path to Freedom)
Meditation retreat on During weeklong retreat Alan Wallace will grant the oral transmission and commentary to the teachings on the root text of The Highway of the Jinas: A Root Text on the Precious Geluk-Kagy ö Mahamudra Tradition and its auto-commentary by Panchen Lozang Ch ö kyi Gyaltzen, tutor to the Fifth Dalai Lama. In addition, he will comment on excerpts from A Spacious Path to Freedom ...

A Meditation Retreat on Shamatha, Vipashyana, Mahamudra ...
Shambhala Mountain Center. This retreat will focus on the four yogas of Mah mudr as explained in Karma Chagme Rinpoche ' s Practical Instructions on the Union of Mah mudr and Atiyoga, for which the main body of his text has been translated under the titles A Spacious Path to Freedom and Naked Awareness. These four yogas constitute a complete path to achieving the perfect enlightenment of a buddha in one lifetime by providing practical methods for fully realizing the luminous and empty ...

SBI Media / Courses / The 4 Yogas of Mahamudra 2019 Retreat
Karma Chagme, Gyatrul Rinpoche: Wallace, B. Alan (1999). A Spacious Path to Freedom: Practical Instructions on the Union of Mahamudra and Atiyoga. Snow Lion Publications: Khachen Trangu Rinpoche (1998). The Practice of the Tranquility and Insight: A Guide to Tibetan Buddhist Meditation, Snow Lion Publications

This manual of Tibetan meditation simply and thoroughly presents the profound Dzogchen and Mahamudra systems of practice.

In this classic seventeenth-century presentation of the union of Mahamudra and Dzogchen, Karma Chagm é, one of the great teachers of both these lineages of Tibetan Buddhism, begins with an overview of the spirit of awakening and the nature of actions and their ethical consequences. Next, drawing from his enormous erudition and profound experience, Chagm é gives exceptionally lucid instructions on the two phases of Dzogchen practice—the "breakthrough" and the "leap-over"—followed by an accessible introduction to the practice of the transference of consciousness at the time of death. The concluding chapters of this treatise present a detailed analysis of Mahamudra meditation in relation to Dzogchen practice. This tour de force of scholarly erudition and contemplative insight is made all the more accessible by the lively commentary of the contemporary Nyingma Lama Gyatrul Rinpoche. Although this book stands alone, it is the concluding section of a single body of teachings by Karma Chagm é, the earlier section published under the title A Spacious Path to Freedom. Karma Chagm é was a major teacher of the Karma Kagyu tradition of Tibetan Buddhism, and his writings have also become central to the Payul Nyingma order, making him an ideal figure to integrate these two great meditation systems.

In simple and direct language, the Union of Mahamudra & Dzogchen contains Chokyi Nyima Rinpoche's teachings on a complete path to enlightenment, based on eight songs by the 17th century yogi and poet Karma Chagmey. As the first book by Chokyi Nyima Rinpoche, a living master of the Practice Lineage, the Union serves as a forum for his subtle brilliance and humor, the trademark of his teaching style.

Science has long treated religion as a set of personal beliefs that have little to do with a rational understanding of the mind and the universe. However, B. Alan Wallace, a respected Buddhist scholar, proposes that the contemplative methodologies of Buddhism and of Western science are capable of being integrated into a single discipline: contemplative science. The science of consciousness introduces first-person methods of investigating the mind through Buddhist contemplative techniques, such as samatha, an organized, detailed system of training the attention. Just as scientists make observations and conduct experiments with the aid of technology, contemplatives have long tested their own theories with the help of highly developed meditative skills of observation and experimentation. Contemplative science allows for a deeper knowledge of mental phenomena, including a wide range of states of consciousness, and its emphasis on strict mental discipline counteracts the effects of cognitive (intention and desire), attentional, cognitive, and affective imbalances. Just as behaviorism, psychology, and neuroscience have all shed light on the cognitive processes that enable us to survive and flourish, contemplative science offers a groundbreaking perspective for expanding our capacity to realize genuine well-being. It also forges a link between the material world and the realm of the subconscious that transcends the traditional science-based understanding of the self.

Society constantly tells us to follow our dreams and live our best lives. But contrary to what we've been told, the good life we crave is not accomplished through limitless possibilities or even hustle and hurry—it can only be found in the confines of God's loving limits. Inviting us to discover a better way, Ashley Hales shows us a spacious life filled with purpose, joy, and rest.

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 under- standing 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.

Renowned Buddhist philosopher B. Alan Wallace reasserts the power of shamatha and vipashyana, traditional Buddhist meditations, to clarify the mind's role in the natural world. Raising profound questions about human nature, free will, and experience versus dogma, Wallace challenges the claim that consciousness is nothing more than an emergent property of the brain with little relation to universal events. Rather, he maintains that the observer is essential to measuring quantum systems and that mental phenomena (however conceived) influence brain function and behavior. Wallace embarks on a two-part mission: to restore human nature and to transcend it. He begins by explaining the value of skepticism in Buddhism and science and the difficulty of merging their experiential methods of inquiry. Yet Wallace also proves that Buddhist views on human nature and the possibility of free will liberate us from the metaphysical constraints of scientific materialism. He then explores the radical empiricism inspired by William James and applies it to Indian Buddhist philosophy ' s four schools and the Great Perfection school of Tibetan Buddhism. Since Buddhism begins with the assertion that ignorance lies at the root of all suffering and that the path to freedom is reached through knowledge, Buddhist practice can be viewed as a progression from agnosticism (not knowing) to gnosticism (knowing), acquired through the maintenance of exceptional mental health, mindfulness, and introspection. Wallace discusses these topics in detail, identifying similarities and differences between scientific and Buddhist understanding, and he concludes with an explanation of shamatha and vipashyana and their potential for realizing the full nature, origins, and potential of consciousness.

A comprehensive and theory-rich investigation of the history and philosophy of yoga, from its Indian origins to the contemporary context. Clear, accessible, and meticulously annotated, Tracing the Path of Yoga offers a comprehensive survey of the history and philosophy of yoga that will be invaluable to both specialists and to nonspecialists seeking a deeper understanding of this fascinating subject. Stuart Ray Sarbacker argues that yoga can be understood first and foremost as a discipline of mind and body that is represented in its narrative and philosophical literature as resulting in both numinous and cessative accomplishments that correspond, respectively, to the attainment of this-worldly power and otherworldly liberation. Sarbacker demonstrates how the yogic quest for perfection as such is situated within the concrete realities of human life, intersecting with issues of politics, economics, class, gender, and sexuality, as well as reflecting larger Indic religious and philosophical ideals. Stuart Ray Sarbacker is Associate Professor of Philosophy and Religion at Oregon State University. He is the author of Sam dhi: The Numinous and Cessative in Indo-Tibetan Yoga, also published by SUNY Press, and (with Kevin Kimple) The Eight Limbs of Yoga: A Handbook for Living Yoga Philosophy.

Researches inspired by the quantum Buddhist psycho-metaphysics of Michael Menisky.

A Dark Path to Freedom tells one of the most exciting life stories of the twentieth century. Born on the eve of the Russian Revolution, Ruzi Nazar was charming, brilliant and passionately committed to Central Asia's liberation from Soviet rule. He was a Red Army officer during World War II, then a fugitive in postwar Germany's underworld, and finally emigrated to the US, mixing with the powerful and famous and rising high in the CIA. He became a US diplomat in Ankara and Bonn, and an undercover agent in Iran. Nazar's foresight was as impressive as his career. He predicted that Communism would collapse from within, briefing Reagan before the Gorbachev talks. A moderate Muslim, his warnings about Islamist radicalism fell on deaf ears. This remarkable biography casts unique light on the lives of those caught up in World War II and the Cold War, and the independence struggles of nationalities oppressed by Communism. -- Inside jacket flap.

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