The Tibetan Book of the Great Liberation

By W. Y. Evans-Wentz

Genre: Buddhism

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The Tibetan Book of the Great Liberation by W. Y. Evans-Wentz is Buddhism. The Tibetan Book of the Great Liberation, which was unknown to the Western world until its first publication in 1954, speaks to the quintessence of the Supreme Path, or Mahāyāna, and fully reveals the yogic method of attaining Enlightenment. Such attainment can happen, as shown here, by means of knowing the One Mind, the cosmic All-Consciousness, without recourse to the postures, breathings, and other techniques associated with the lower yogas. The original text for this volume belongs to the Bardo Thödol series of treatises concerning various ways of achieving transcendance, a series that figures into the Tantric school of the Mahāyāna. Authorship of this particular volume is attributed to the legendary Padma-Sambhava, who journeyed from India to Tibet in the 8th century, as the story goes, at the invitation of a Tibetan king. Padma-Sambhava's text per se is preceded by an account of the great guru's own life and secret doctrines. It is followed by the testamentary teachings of the Guru Phadampa Sangay, which are meant to augment the thought of the other gurus discussed herein. Still more useful supplementary material will be found in the book's introductory remarks, by its editor Evans-Wentz and by the eminent psychoanalyst C. G. Jung. The former presents a 100-page General Introduction that explains several key names and notions (such as Nirvāṇa, for starters) with the lucidity, ease, and sagacity that are this scholar's hallmark; the latter offers a Psychological Commentary that weighs the differences between Eastern and Western modes of thought before equating the "collective unconscious" with the Enlightened Mind of the Buddhist. As with the other three volumes in the late Evans-Wentz's critically acclaimed Tibetan series, all four of which are being published by Oxford in new editions, this book also features a new Foreword by Donald S. Lopez.

More Recommended Books

Essence of the Dhammapada

By: Eknath Easwaran

In this companion to his best-selling translation of The Dhammapada, Eknath Easwaran explains how The Dhammapada is a perfect map for the spiritual journey. Said to be the text closest to the Buddha's actual words, The Dhammapada is a collection of short teachings that his disciples memorized during his lifetime. Easwaran presents The Dhammapada as a guide to spiritual perseverance, progress, and ultimately enlightenment—a heroic confrontation with life as it really is, with straight answers to our deepest questions. We witness the heartbreak of death, for instance, what does that mean for us? What is love? How does karma work? How do we follow the spiritual life.
in the midst of work and family? Does nirvana really exist, and if so, what is it like to be illumined? In his interpretation of Buddhist themes, illustrated with stories from the Buddha’s life, Easwaran offers a view of the concept of Right Understanding that is both exhilarating and instructive. He shares his experiences on the spiritual path, giving the advice that only an experienced teacher and practitioner can offer, and urges us to answer for ourselves the Buddha’s call to nirvana — that mysterious, enduring state of wisdom, joy, and peace.

Le maître intérieur

By: Catherine de Bose & Karlfried Graf

Au seuil de l’ère qui vient, on peut observer une révolte croissante contre la prédominance d’une conception du réel qui se réfère exclusivement à un monde rationnellement connaissable et maîtrisé par la technique. En effet, ce qui dépasse cette notion est classé comme appartenant au royaume de l’imaginaire ou des croyances. Ce point de vue fait négliger la totalité et la vérité de l’homme, car celui-ci, en son noyau, en son Être essentiel, participe à une réalité qui transcende l’horizon de son moi conditionné par l’espace-temps et par le rationnel. Maintenant se pose la question : qui peut nous aider à devenir ce que nous avons éprouvé, sans le moindre doute, comme l’essentiel, à le conserver dans une conscience élargie et à lui porter témoignage dans le monde ? La réponse est le « Maître ». Cependant, ce maître ne prend la réalité qu’en face de celui qui est prêt à être élève, c’est-à-dire à suivre la « voie » indiquée et dans laquelle, selon l’éternelle loi, la grande transformation s’accomplit. Dans la trinité « maître, élève, voie » la Vie crée l’espace où elle manifeste son sens surnaturel. Le maître est autre chose qu’un éducateur, un directeur de conscience ou un thérapeute. Il est l’instrument qui, avec une force capable d’affronter le monde, ramène consciemment l’homme à son unité originelle avec l’Être divin. Celui qui a reconnu dans le maître la puissance qui, de l’intérieur, l’appelle et le transforme, le retrouve dans toutes les situations capitales de la vie, dans la rencontre avec la mort, dans la confrontation avec le mal, dans la façon de traiter le corps et dans la recherche de son propre centre.

えんびつでなぞれば心が安らぐやさしい写仏

By : 主婦の友社

細かな筆さばきも、難しい彩色も必要なし。えんびつでお手本の絵を一本一本ゆっくりととなぞるだけで、誰にでも簡単に美しい仏像が描けます。 如来、菩薩、明王、天部、それぞれの種類から、誰もが一度は見たことがある人気の国宝仏像が全てで子ど以上収録しているので、自分のお気に入りの仏像が必ず見つかるはず。また、仏像の種類や各部の名称から、ご利益、由来、見分け方、エピソードに至るまで、写仏にも拝観にも役立つ仏像の基礎知識をやさしく解説。仏画入門としても、仏像入門としても活用できます。 心を癒し、心を清めるやさしい写仏、あなたも始めてみませんか。 阿修羅像 興福寺 弥勒菩薩 半跏思惟像 開隆寺 阿弥陀如来像 平等院鳳凰堂 藥師如来像 藥師寺 四天王像 東大寺 梵天 帝釈天像 敦王護国寺 十一面観音像 観音 勝岸寺 十二神将像 新薬師寺 釈迦三尊像 法隆寺 如意輪観音像 観心寺 ほか多数。

Eight Step Recovery

By : Valerie Mason-John

All of us can struggle with the tendency towards addiction, but for some it can destroy their lives. Whether you are struggling to stay off heroin or with an obsessive pattern of thinking that prevents you from leading a more fulfilling life, the same principles - the Eight Steps of this book - apply. These steps take you away from the trouble caused by addictive tendencies, helping you untangle these drives, to discover a richer way of living.

Introduction to Zen Koans
By: James Ishmael Ford & Joan Halifax
An indispensible guide to koans, teaching the reader about the importance of lineage, the practice of “just sitting,” and koan practice as paths to awakening. “This marvelous book opens the treasure house of Zen and yet, happily, does not dispel its mystery. James Ford, an excellent storyteller and longtime Zen practitioner, presents a detailed and beautiful description of the craft of zazen, including “just sitting” and various forms of breath meditation—but focuses primarily on koan introspection. The power of koans, these ‘public cases’ from China, has never ceased to enrich my own experience of Zen. They are a medium of exploration of the history, culture, and view of Zen, but most importantly are a medium of awakening. James Ford is fundamentally a koan person, and for this, the book is particularly rich, opening the practice of koans in a splendid way. I am grateful for his long experience as a teacher and practitioner of this rare and powerful practice. Since the word koan has found its way into popular English usage, I am grateful too for the more nuanced and fertile view of koans that Ford presents. His definition of the word is telling: “a koan points to something of deep importance, and invites us to stand in that place.” He has also has created a wonderful translation of the Heart Sutra, Zen’s central scripture—and carefully opens up the heart of the Heart Sutra through scholarship and practice. Rich in textual sources and woven throughout with the perspectives of contemporary teachers, Introduction to Zen Koans sheds new light on ancient teachings. Through it, the reader will discover the importance of lineage, the traceless traces of the Zen ancestors, and the places of “just sitting” and koan practice as paths to awakening, as the great doorways into Zen.” —from the foreword by Joan Halifax

Teachings From the Medicine Buddha Retreat

By: Lama Zopa Rinpoche
Kyabje Lama Zopa Rinpoche gave the teachings in this book during a Medicine Buddha retreat held at Land of Medicine Buddha in Soquel, California, from October 26 to November 17, 2001. With the 9/11 terrorist attacks on the World Trade Center and elsewhere still painfully fresh, Rinpoche emphasized the urgent need for compassion for Osama bin Laden and other terrorists, and shared the details of his open letter to President Bush about how to avert war and other disasters. There are numerous references to the war in Afghanistan, missles and other weapons, and world economic problems. However, Rinpoche also gave detailed, invaluable teachings on emptiness, focusing especially on identifying the ignorance that is the root of samsara and of all suffering and on how to eliminate it. Rinpoche also covered a myriad of other subjects, including making extensive offerings, the nature of anger and desire, rejoicing, generating bodhicitta, the four immeasurable thoughts and ritual practice. As Rinpoche explains, “My stories are like a spider's web, with one strand connected here and another connected there.” There are strands that connect teachings, for example, to stories of the great yogis Serkong Dorje Chang, Gen Jampa Wangdu and Geshe Lama Konchog and of Rinpoche's childhood in Solu Khumbu. When talking about the benefits of Medicine Buddha practice, Rinpoche was usually translating directly from sutra sources. This is not meant as a coherent presentation on any particular topic; however, one is rewarded by just opening it and reading anywhere. Lama Zopa is a clear and effective teacher, and his stories are endlessly entertaining and inspiring. May any merit created in the production of this book be dedicated to the long lives, good health and continued teaching of Kyabje Zopa Rinpoche, His Holiness the Dalai Lama and all other perfect, pure gurus. 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
El cielo de Keajra
By: Gueshe Kelsang Gyatso
El adiestramiento en la transferencia superior de consciencia que se presenta en esta sadhana titulada El yoga inconcebible extraordinario es el verdadero yoga inconcebible extraordinario. Este adiestramiento se denomina yoga extraordinario porque es una práctica exclusiva del tantra de Vajrayogini; los tantras de otras Deidades no lo contienen. Se dice que es inconcebible porque su significado es inimaginable y aporta a nuestra vida un sentido inconcebible. No obstante, siempre que nos adiestremos en la recitación, contemplación o meditación de esta sadhana, debemos hacerlo sin ninguna distracción. Con distracciones no lograremos nada. La eficacia del adiestramiento en la transferencia superior de consciencia depende de ocho etapas preparatorias, que se presentan en la sadhana.

Prayer to the Six-Syllable Great Compassionate One
By: Lama Zopa Rinpoche
This practice includes eloquent praises and mantra recitation to Chenrezig, the Buddha of Compassion, to help develop the mind of compassion, with teachings on the benefit of such practice by Lama Zopa Rinpoche. “Your compassion is the source of all happiness, even the happiness of the animals and people that you meet in everyday life. Without compassion, there are personality/ego clashes and other problems: anger, jealousy, and many other things. Without compassion, life gets trapped in problems like a mouse trapped in a cage, an elephant drowning in mud, or a fly who flies into a spider's web and gets completely caught. Life gets completely caught up in problems and continues like that until you die – just like that fly. Therefore, compassion is the most important Dharma practice in life and the most important meditation. "In order to develop great compassion, you need an understanding of the Buddha’s teachings on how to develop compassion. Thus, being able to recite by heart and meditate on the teachings alone is not enough in order to achieve realization. You also need to have realizations with the support of the Compassion Buddha’s blessing. This requires you to practice and do the meditation-recitation of the Compassion Buddha, Avalokiteshvara (Chenrezig).” – Lama Zopa Rinpoche 2007 Edition.

Before Buddha Was Buddha
By: Rafe Martin
Discover how ordinary beings—a deer, a robber, a monkey, a parrot, and more—make up the past lives of the Buddha before he was Buddha. The jataka tales are ancient Buddhist stories found in both the Pali Canon and Sanskrit tradition, recounting the many past lives and ongoing spiritual work of Shakyamuni Buddha on his way to his final birth as Siddhartha Gautama. In them we find the Buddha facing difficulties, making tough choices, doing hard work, falling down and getting back up—the kind of continuing effort of spiritual practice that all beings face. Before Buddha was Buddha focuses on a selection of particular jataka tales in which the Buddha in past lives faces temptations and struggles with self-doubt as well as his own shortcomings. In these tales he’s not beyond life’s messes—its challenges and disasters—but is down in the mix, trudging through the mud with the rest of us. Each story, presented in brief, is followed by a commentary pointing to its relevance to our lives and practice-realization today.

Confession of a Buddhist Atheist
By: Stephen Batchelor
Does Buddhism require faith? Can an atheist or agnostic follow the Buddha’s teachings without
believing in reincarnation or organized religion? This is one man’s confession. In his classic Buddhism Without Beliefs, Stephen Batchelor offered a profound, secular approach to the teachings of the Buddha that struck an emotional chord with Western readers. Now, with the same brilliance and boldness of thought, he paints a groundbreaking portrait of the historical Buddha—told from the author’s unique perspective as a former Buddhist monk and modern seeker. Drawing from the original Pali Canon, the seminal collection of Buddhist discourses compiled after the Buddha’s death by his followers, Batchelor shows us the Buddha as a flesh-and-blood man who looked at life in a radically new way. Batchelor also reveals the everyday challenges and doubts of his own devotional journey—from meeting the Dalai Lama in India, to training as a Zen monk in Korea, to finding his path as a lay teacher of Buddhism living in France. Both controversial and deeply personal, Stephen Batchelor’s refreshingly doctrine-free, life-informed account is essential reading for anyone interested in Buddhism.
The Tibetan Book of the Great Liberation, which was unknown to the Western world until its first publication in 1954, speaks to the quintessence of the Supreme Path, or Mahāyāna, and fully reveals the yogic method of attaining Enlightenment. Such attainment can happen, as shown here, by means of knowing the One Mind, the cosmic All-Consciousness, without recourse to the postures, breathings, and other techniques associated with the lower yogas. Still more useful supplementary material will be found in the book's introductory remarks, by its editor Evans-Wentz and by the eminent psychoanalyst C. G. Jung. Tibetan Yoga and Secret Doctrines, the third book in the series, is an expansion that explains those wisdoms and describes the yoga that is used to achieve them. The Tibetan Book of the Great Liberation is a three act book which ties together everything learned from the other three books. Essentially the start of the book develops a clearer understanding of the metaphysics associated with the first three books in the form of a general introduction. The book then lays out the premise for a type of yoga practice called the Supreme Path or Mahayana, that was created to serve as an instant enlight