Awakening the Mind of Enlightenment: Meditations on the Buddhist Path

Namgyal Wangchen

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Buddha -- The awakened one, the enlightened one, ... Dhyana (ch'an, zen) – meditation. ... Eightfold Path – right view, aspiration, speech, action, livelihood, effort, mindfulness. ... ?Notes on the Buddhist Path to Enlightenment - Kadampa Center 3. Contents. PART ONE: TEACHINGS. 1. Stages of the Path 7. 2. What is Meditation? 17. 3. What is the Mind? 19. 4. The Stages of Death 27. 5. Refuge 29. 6. Awakening the mind of enlightenment: meditations on the Buddhist Path. One of the classic Buddhist methods of meditation involves the gradual path to enlightenment. Following this path, the student passes from an awareness of the ... Awakening The Mind Of Enlightenment: Meditations On. - Biblio.com The Buddha's enlightenment consisted of an all-encompassing insight into the. ... This awakening was not a revelation from an outside power or deity, but a unique ... The traveler on the path of inquiry maintains an open mind and thoroughly ... 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The Buddhist teachings proclaim the possibility of awakening wisdom and compassion. ... to generation, consists of meditation that develops mindfulness and awareness. ... of old age, sickness and death as well as the promise of the spiritual path. ... of his body and mind, he attained enlightenment—complete awakening. Religion: Philosophical Theology, Volume Three - Google Books Result. Awakening the Mind of Enlightenment: Meditations on the Buddhist Path. The Meaning of the Gradual Path. 21 ... Our Motivation for Practising Meditation 31. Lovingkindness as a path to awakening (Day 25) Wildmind. ... In the final stage of the practice, having a compassionate mind. ... If you like my articles, please check out my books, guided meditation CDs, and MP3s. Enlightenment in Buddhism - Wikipedia, the free encyclopedia?Awakening the Mind of Enlightenment: Meditations on the Buddhist Path by Geshe Wangchen, Lydia Mullbauer (Editor), Pauline Poulton (Editor). 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Most precious in Buddhism are the Three Jewels: Buddha, Dharma and Sangha. As practicing Buddhists — regardless of school or level of practice — we take refuge in the Three Jewels each day. The Buddha is often described with the metaphor of “the Doctor,” the Dharma as “the medicine” and the Sangha as the supporting caregivers. Underlying this concept of medicine is the Buddha’s original and core (Dharma teaching) the Noble Eightfold Path. This path is not as simple as we’re about to map out, but having a high level view of the entire path, in as concise a form as possible, the ultimate aim of Buddhist meditation is insight into the nature of mind enlightenment. Meditating on the Buddha, or on the Buddha-like qualities of one’s liberated or enlightened Buddhist teacher, accomplishes both of these. The outer form attracts and holds our attention. And with the insight that our own nature is enlightened like the Buddha’s, we can make fast progress. You can try a simple meditation on the Buddha by following along with Lama Ole Nydahl in the video below: Benefits of meditation. To melt one’s own mind with the mind of the teacher is the most profound practice and the shortest way to realization. It is the life force of this path and the one practice that unites all the others. — Dilgo Khyentse Rinpoche (1910-1991).