The Tibetan Book of the Dead

By W. Y. Evans-Wentz

Genre : Buddhism

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The Tibetan Book of the Dead is a text that, according to legend, Padma-Sambhava was compelled to hide during his visit to Tibet in the late 8th century. The guru hid his books in stones, lakes, and pillars because the Tibetans of that day and age were somehow unprepared for their teachings. Now, in the form of the ever-popular Tibetan Book of the Dead, these teachings are constantly being discovered and rediscovered by Western readers of many different backgrounds—a phenomenon which began in 1927 with Oxford's first edition of Dr. Evans-Wentz's landmark volume. While it is traditionally used as a mortuary text, to be read or recited in the presence of a dead or dying person, this book—which relates the whole experience of death and rebirth in three intermediate states of being—was originally understood as a guide not only for the dead but also for the living. As a contribution to the science of death and dying—not to mention the belief in life after death, or the belief in rebirth—the Tibetan Book of the Dead is unique among the sacred texts of the world, for its socio-cultural influence in this regard is without comparison. This fourth edition features a new foreword, afterword, and suggested further reading list by Donald S. Lopez, author of Prisoners of Shangri-La: Tibetan Buddhism and the West. Lopez traces the whole history of the late Evans-Wentz's three earlier editions of this book, fully considering the work of contributors to previous editions (C. G. Jung among them), the sections that were added by Evans-Wentz along the way, the questions surrounding the book's translation, and finally the volume's profound importance in engendering both popular and academic interest in the religion and culture of Tibet. Another key theme that Lopez addresses is the changing nature of this book's audience—from the prewar theosophists to the beat poets to the hippies to contemporary exponents of the hospice movement—and what these audiences have found (or sought) in its very old pages.

Heartwood of the Bodhi Tree

By : Buddhadasa

Clear and simple teachings on voidness and living an ethical life. In Heartwood of the Bodhi Tree, Buddhadasa Bhikkhu presents in simple language the philosophy of voidness, or sunnata, that lies at the heart of the Buddhism. By carefully tying voidness to ethical discipline, Buddhadasa provides us clear and open grounds to reflect on the place of the philosophy in our lives. With his ecumenical, stimulating, and enthusiastically engaged approach to reading the Buddha's teaching in full flourish, Ajahn Buddhadasa transforms the jungle of philosophy into a glade as inviting as the one in which he...
famously taught.

**The Art Of Forgiveness, Loving Kindness And Peace**

By: Jack Kornfield
This exquisite book is a treasure of timeless wisdom from one of the most respected Buddhist teachers in the West. The book concentrates on personal peace of mind and on how we can help to bring justice and compassion to the world around us. Through striking quotations, concise teachings and memorable true stories organised into three sections, it explores the difficulties of opening our hearts to those who have hurt or betrayed us, and why it is essential to do so. Psychological stumbling blocks and confusions about the real meaning of forgiveness, love and peace are revealed, as well as the blessings and benefits of putting these three qualities into practice.

**The Essence of Zen**

By: Sekkei Harada & Daigaku Rumme
The Essence of Zen is an expert's guided tour of the ins and outs of the tradition's approach to meditation, enlightenment, and the oneness of all things. To read it is to enter into one of modern Japanese Zen's most subtle and sophisticated minds. Sekkei Harada skillfully pushes us to drop those parts of ourselves that grasp and make demands regarding our understanding or progress in meditation practice. He enables us to see clearly-and steer clear of-the philosophical stumbling blocks that can make the path precarious. The Essence of Zen represents the most succinct of his teachings, making it of immediate value to anyone with an interest in Zen. The book also contains Harada's explanations of the differences between the tradition's primary schools, making it particularly helpful to newcomers.

**Con el corazón abierto**

By: Dalai Lama
La compasión no puede ser verdaderamente transformadora, añade, hasta que no se haga extensiva a todo y a todos. Siempre humilde pero constantemente inspirador, el Dalai Lama parte del supuesto de que, en lo más profundo de nuestro ser, todos deseamos la felicidad. Y nos recuerda que para ser felices lo importante es fomentar los aspectos positivos y útiles de cada uno de nosotros a la par que atenuamos los negativos. La mejor manera de hacerlo, afirma, es cultivando la compasión. Su Santidad no limita el ámbito de su análisis a las relaciones con nuestras amistades y familiares, sino que subraya la importancia de la compasión entre las naciones y las distintas religiones. La compasión no puede ser verdaderamente transformadora, añade, hasta que no se haga extensiva a todo y a todos, incluso a aquellos que nos causan daño. Adoptando esta actitud seremos capaces de cambiar el mundo para mejor.

**Un lotus s'épanouit**

By: Thích Nhất Hạnh
Dans la tradition bouddhiste, la méditation transforme, guérit et nous permet de restaurer la totalité de notre être. Au cours de la pratique, les entraves se défont petit à petit, les formations internes entraînant la souffrance comme l'angoisse, la haine, la colère ou le désespoir se transforment

**Templestay 2012 Winter**

By : Orange Digit Inc., Yeo Kiltae, Lee

Templestay 2012 Winter Vol.4 Templestay is a unique cultural program which lets you experience the life of Buddhist practitioners at traditional temples which preserve the 1700 year old history of Korean Buddhism. It’s a time to search for your True Self and become one with your Original Nature. We hope that Templestay allows you to clear your mind so that you can have a wider experience of the world, and that this serves as a turning point when you return to your everyday life.

**глубокий тици ครูของโลก : LORD BUDDHA**

By : ว.วชิรเมธี

ความกตัญญูกตเวทีเป็นคุณธรรมพื้นฐานของการเป็นคนดีดังที่มีพุทธศาสนสุภาษิตรับรองว่า “นิมิตฺตํสาธุรูปานํกตญฺญูกตเวทิตา” แปลว่า “ความรู้คุณและตอบแทนพระคุณท่านเป็นเครื่องหมายของการเป็นคนดี”

ความดีกตัญญูกตเวทีเป็นคุณธรรมสำคัญที่ปฏิบัติได้สำหรับทั้งโลกไม่ว่าจะเป็นพระพุทธองค์หรือมหาบุคคลก็ได้กตัญญูกตเวทีดังนี้จึงได้ถูกยกย่องและทำให้คุณธรรมนี้เป็นคุณธรรมที่ปฏิบัติได้สำหรับคนทั้งโลกไม่ว่าจะเป็นพระพุทธองค์หรือมหาบุคคลก็ได้กตัญญูกตเวทีดังนี้จึงได้ถูกยกย่องและทำให้คุณธรรมนี้เป็นคุณธรรมที่ปฏิบัติได้สำหรับคนทั้งโลกไม่ว่าจะเป็นพระพุทธองค์หรือมหาบุคคลก็ได้

**Mindfulness and Vipassana: Meditation for Everyone**

By : Hiten Vyas

This eBook contains both Mindfulness Meditation For Everyone and Vipassana Meditation For Everyone, which are also available separately on the Smashwords.com store. Do you suffer from unhelpful thoughts and emotions such as anxiety and worry? Do you find it hard to relax and still your mind? If so, Mindfulness and Vipassana – Meditation for Everyone by Dr Hiten Vyas is the eBook (6851 words) for you. It will: * Explain what both Mindfulness Meditation and Vipassana Meditation are and how you can use each of these meditation techniques, to gain mastery over your thoughts, emotions and sensations, and develop inner wisdom. * Show you how you can use Mindfulness Meditation and Vipassana Meditation to reduce anxiety, fear, worry and other unhelpful emotions. * Teach you the actual Mindfulness Meditation and Vipassana Meditation techniques, so you can start to use today to bring more peace and harmony in your life.

**Freeing the Heart and Mind**

By : Sakya Trichen

Explore two seminal Sakya texts with an incomparable teacher. His Holiness Kyabgon Gongma Sakya Trichen Rinpoche, the noble forty-first head of the Sakya school of Tibetan Buddhism, with his trademark clarity and deep wisdom here unpacks two texts by the legendary thirteenth-century Drogön Chögyal Phagpa. The fifth leader of the Sakya school, Chögyal Phagpa became the first imperial preceptor under Kublai Khan and thus converted the Mongols to Tibetan Buddhism. His two texts presented here, A Gift of Dharma to Kublai Khan and A Garland of Jewels, which was written
as advice for Prince Gibek Timur, are marvels of insight. Freeing the Heart and Mind begins with a biography of Chögyal Phagpa by Ngawang Kunga Sōnam, himself an important Sakya throneholder. The two texts are then presented in sparkling translation, each accompanied by penetrating commentary from His Holiness, who takes these texts, written initially for royalty, and shows how their timeless lessons—how to meditate, the personal characteristics we should cultivate, and the states on the path to buddhahood—can be incorporated into our lives today. A must-read for students of the Sakya tradition, with a gorgeous full-color photo section, it can be enjoyed either as the second volume in the course developed by His Holiness or as a stand-alone volume on its own merits.
This version of Tibetan Book of the Dead was authored by Timothy Leary, Ralph Metzner and Richard Alpert (aka Ram Dass), all of whom took part in experiments investigating the therapeutic and religious possibilities of drugs such as mescaline, psilocybin and LSD. The book is dedicated to Aldous Huxley and includes a short introductory citation from Huxley’s book The Doors of Perception. You can download the full book here. I also recommend this documentary about the Tibetan Book of the Dead, narrated by Leonard Cohen. The Psychedelic Experience (1966) 1. Going Out (16:44) 2. Coming Back (24:10). Leary, Alpert & Metzner before and after LSD. The tibetan book of dead is written long time back by Indian religious man about how to end the circle of life. Identifier. TheTibetanBookOfTheDead. Identifier-ark. ark:/13960/t8qc30q2t. Ocr. ABBYY FineReader 9.0.