

The Life And Liberation Of Padmasambhava Two Volume Set

Annotated translation of the biography of Nyagla Pema Dūdul, a 19th century master, tertön, and well-known exponent of the practice and realization of Dzogchen.

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. 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.

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.

A noted economist and mother of four combines experience and scholarship in this unprecedented and enlightening work that shows how American women have been stripped of their traditional social supports of the past and thrust into the harsh economic realities of the present.

Exploring the fundamental concepts of the caste system, Alain Danielou addresses issues of race, individual rights, sexual mores, marital practices, and spiritual attainments. In this light, the author explains how Hindu society has served as a model for the realization of human potential, and exposes the inherent flaws and hypocrisies of our modern egalitarian governments.

In Georgia during the summer of 1976, Gabriel, a white boy who is being bullied, and Frita, an African American girl who is facing prejudice, decide to overcome their many fears together as they enter fifth grade.

An essential biographical record of General Solomon Mujuru, one of the most controversial figures within the history of African liberation politics.

In September 1918, World War I was nearing its end when Marguerite E. Harrison, a thirty-nine-year-old Baltimore socialite, wrote to the head of the U.S. Army's Military Intelligence Division asking for a job. The director asked for clarification. Did she mean a clerical position? No, she told him. She wanted to be a spy. Harrison, a member of a prominent Baltimore family, usually got her way. She had founded a school for sick children and wangled her way onto the staff of the Baltimore Sun. Fluent in four languages and knowledgeable of Europe, she was confident she could gather information for the U.S. government. The MID director agreed to hire her, and Marguerite Harrison became America's first female foreign intelligence officer. For the next

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seven years, she traveled to the world's most dangerous places—Berlin, Moscow, Siberia, and the Middle East—posing as a writer and filmmaker in order to spy for the U.S. Army and U.S. Department of State. With linguistic skills and knack for subterfuge, Harrison infiltrated Communist networks, foiled a German coup, located American prisoners in Russia, and probably helped American oil companies seeking entry into the Middle East. Along the way, she saved the life of King Kong creator Merian C. Cooper, twice survived imprisonment in Russia, and launched a women's explorer society whose members included Amelia Earhart and Margaret Mead. As incredible as her life was, Harrison has never been the subject of a published book-length biography. Past articles and chapters about her life relied heavily on her autobiography published in 1935, which omitted and distorted key aspects of her espionage career. This book draws on newly discovered documents in the U.S. National Archives, as well as Harrison's prison files in the archives of the Russian Federal Security Bureau in Moscow, Russia. Although Harrison portrayed herself as a writer who temporarily worked as a spy, this book documents that Harrison's espionage career was much more extensive and important than she revealed. She was one of America's most trusted agents in Germany, Russia and the Middle East after World War I when the United States sought to become a world power. The first volume of this landmark series 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. 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.

Imagine that whenever you feel bad, you could always know why and, more importantly, what you need to do to feel better. You'd never be stuck in anxiety, depression, or dysfunction. You would handle any new crisis and recover from upsets quickly. Unfortunately, we've all experienced trauma and the pain that causes heavy emotions and everyday reactions. Mindful processing of emotions is the key to recovery. Discover how your feelings can be tools for personal growth. Emotional Liberation teaches you to work well with your feelings and take control of situations that upset you, with practical tools to heal old wounds, find empowerment from trauma, and transform self-defeating patterns. When emotionally agile, you can handle strong emotions and keep your cool when others are losing theirs. When emotionally skillful, you understand what others are feeling and can help them, rather than being triggered and drawn into their drama. Emotional Liberation is the freedom to live fully and authentically, and to move through the ups and downs of life with wisdom and grace.

Seventy years have passed since the tortured inmates of Hitler's concentration and extermination camps were liberated. When the horror of the atrocities came fully to light, it was easy for others to imagine the joyful relief of freed prisoners. Yet for those who had survived the unimaginable, the experience of liberation was a slow, grueling journey back to life. In this unprecedented inquiry into the days, months, and years following the arrival of Allied forces at the Nazi camps, a foremost historian of the Holocaust draws on archival sources and especially on eyewitness testimonies to reveal the complex challenges liberated victims faced

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and the daunting tasks their liberators undertook to help them reclaim their shattered lives. Historian Dan Stone focuses on the survivors—their feelings of guilt, exhaustion, fear, shame for having survived, and devastating grief for lost family members; their immense medical problems; and their later demands to be released from Displaced Persons camps and resettled in countries of their own choosing. Stone also tracks the efforts of British, American, Canadian, and Russian liberators as they contended with survivors' immediate needs, then grappled with longer-term issues that shaped the postwar world and ushered in the first chill of the Cold War years ahead.

Burmese meditation master Sayadaw U Pandita shows us that freedom is as immediate as breathing, as fundamental as a footstep. In this book he describes the path of the Buddha and calls all of us to that heroic journey of liberation. Enlivened by numerous case histories and anecdotes, *In This Very Life* is a matchless guide to the inner territory of meditation - as described by the Buddha.

From a prominent young historian, the untold story of the rich variety of gay life in America in the 1970s Despite the tremendous gains of the LGBT movement in recent years, the history of gay life in this country remains poorly understood. According to conventional wisdom, gay liberation started with the Stonewall Riots in Greenwich Village in 1969. The 1970s represented a moment of triumph -- both political and sexual -- before the AIDS crisis in the subsequent decade, which, in the view of many, exposed the problems inherent in the so-called "gay lifestyle". In *Stand by Me*, the acclaimed historian Jim Downs rewrites the history of gay life in the 1970s, arguing that the decade was about much more than sex and marching in the streets. Drawing on a vast trove of untapped records at LGBT community centers in Los Angeles, New York, and Philadelphia, Downs tells moving, revelatory stories of gay people who stood together -- as friends, fellow believers, and colleagues -- to create a sense of community among people who felt alienated from mainstream American life. As Downs shows, gay people found one another in the Metropolitan Community Church, a nationwide gay religious group; in the pages of the *Body Politic*, a newspaper that encouraged its readers to think of their sexuality as a political identity; at the Oscar Wilde Memorial Bookstore, the hub of gay literary life in New York City; and at theaters putting on "Gay American History," a play that brought to the surface the enduring problem of gay oppression. These and many other achievements would be largely forgotten after the arrival in the early 1980s of HIV/AIDS, which allowed critics to claim that sex was the defining feature of gay liberation. This reductive narrative set back the cause of gay rights and has shaped the identities of gay people for decades. An essential act of historical recovery, *Stand by Me* shines a bright light on a triumphant moment, and will transform how we think about gay life in America from the 1970s into the present day.

This lucid translation of a rare Tibetan text makes available for the first time to Western readers the remarkable life story of Princess Madarava. As the principal consort of the eighth century Indian master Padmasambhava before he introduced tantric Buddhism to Tibet, Mandarava is the Indian counterpart of the Tibetan consort Yeshe Tsogyal. *Lives and Liberation* recounts her struggles and triumphs as a Buddhist adept throughout her many lives and is an authentic deliverance story of a female Buddhist master. Those who read this book will gain inspiration and encouragement on the path to liberation.

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

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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.

Inspired by the true story of World War II's greatest heroine, this international bestseller and "cinematic treat" tells the story of Nancy Wake and the impact she had on the world (Publishers Weekly). Hero. Soldier. Spy. Leader. Her name is Nancy Wake. To the Allies, she was a fearless freedom fighter, a special operations legend, a woman ahead of her time. To the Gestapo, she was a ghost, a shadow, the most wanted person in the world. But at first, Nancy Wake was just another young woman living in Marseilles and recently engaged to a man she loved. Then France fell to the Nazi blitzkrieg. With her appetite for danger, Nancy quickly finds herself drawn into the underground Resistance standing up to Nazi rule. Gaining notoriety as the White Mouse, with a 5-million-franc bounty hanging over her head, Wake rises to the top of the Nazi's Most Wanted list—only to find her husband arrested for treasonous activity under suspicion of being the White Mouse himself. Narrowly escaping to Britain, Wake joins the Special Operations Executive (SOE) and parachutes into the Auvergne, where she must fight for the respect of some of the toughest Resistance fighters in France. As she and her maquisards battle the Nazis, their every engagement brings the end of the war closer—but also places her husband in deeper peril. A riveting, richly imagined historical thriller, *Liberation* brings to life one of World War II's most fascinating unsung heroines in all her fierce power and complexity. This is the story of one of the war's most decorated women, told like never before.

The *Liberation* is set in Italy in 1945 as British and American troops attempt to bring order to the devastated country and Italy's population fights to survive. Caterina Lombardi is desperate - her father is dead, her mother has disappeared and her brother is being drawn towards danger. One morning, among the ruins of the bombed Naples streets, Caterina is forced to go to extreme lengths to protect her own life and in doing so forges a future in which she must clear her father's name. An Allied Army officer accuses him of treason and Caterina discovers a plot against her family. Who can she trust and who is the real enemy now? And will the secrets of the past be her downfall? This epic novel is an unforgettably powerful story of love, loss and the long shadow of war.

A Canadian music critic and heavy metal fan describes her experiences at rock shows, where she is often the only person of color in attendance and discusses her headbanging heroes with other black punk, metal and hard rock fans. Original.

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

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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 genre-defying memoir in which Lara Feigel experiments with sexual, intellectual and political freedom while reading and pursuing Doris Lessing's *How might we live more freely, and will we be happier or lonelier if we do?* Re-reading *The Golden Notebook* in her thirties, shortly after Doris Lessing's death, Lara Feigel discovered that Lessing spoke directly to her as a woman, a writer, and a mother in a way that no other novelist had done. At a time when she was dissatisfied with the conventions of her own life, Feigel was enticed by Lessing's vision of freedom. *Free Woman* is essential reading for anyone whose life has been changed by books or has questioned the structures by which they live. Feigel tells Lessing's own story, veering between admiration and fury at the choices Lessing made. At the same time, she scrutinises motherhood, marriage and sexual relationships with an unusually acute gaze. And in the process she conducts a dazzling investigation into the joys and costs of sexual, psychological, intellectual and political freedom. This is a genre-defying book: at once a meditation on life and literature and a daring act of self-exposure.

Named one of "40 Gifts for the Book Lover on Your List," by *Good Housekeeping*: The definitive book about Joan Rivers' tumultuous, victorious, tragic, hilarious, and fascinating life. Joan Rivers was more than a legendary comedian; she was an icon and a role model to millions, a fearless pioneer who left a legacy of expanded opportunity when she died in 2014. Her life was a dramatic roller coaster of triumphant highs and devastating lows: the suicide of her husband, her feud with Johnny Carson, her estrangement from her daughter, her many plastic surgeries, her ferocious ambition and her massive insecurities. But Rivers' career was also hugely significant in American cultural history, breaking down barriers for her gender and pushing the boundaries of truth-telling for women in public life. A juicy, intimate biography of one of the greatest comedians ever -- a performer whose sixty year career was borne, simply, out of a desire to make people laugh so she could feel loved -- *Last Girl Before Freeway* delves into the inner workings of a woman who both reflected and redefined the world around her.

The Liberation of a Lost Life is an insight into the failures of our society and how it impacts the individual. In turn, the individual can impact the society, should we choose to evolve past our current circumstances. It is a look into how we can grow, what we can aspire to become, and why we need to develop the individual enough to impact a society. It is a book for those lost souls who feel out of place in their world, who yearn for freedom yet grovel in the remnants of a confused, dazed state of being. For those hopeless, daring few that want to change but may not currently know how. It is for the individual who has ever had thought, an idea about something they may like to do or become but knows not the how or even the why. It is for those that wish to be part of the momentum of a movement and create the Next Great Generation.

What is life all about? Are we meant to just live and die? Is there a larger purpose or deeper meaning to life? *Life is Liberation from Ignorance and Finding true Enlightenment* is an interesting dialogue between a seeker and his Guru that can help you on your own spiritual quest towards liberation, freedom from all misery and suffering; the realization of the Truth and God-realization.

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Milarepa (1052-1135), a major figure in the history of the Kagyu school of Tibetan Buddhism and known as one of Tibet's greatest lamas and poets, continues to inspire Buddhist practitioners worldwide to the present day. *Liberation in One Lifetime* explores the history and spirituality of the Kagyu lineage in relationship to the narratives and teachings attributed to Milarepa by studying some of the earliest versions of these materials. Offering a detailed analysis of the biographical material that has been written about Milarepa (who was also a student of Marpa, a major figure in the development of the Bka'-brgyud-pa school of Tibetan Buddhism), author, theologian, and well-respected Tibetan Buddhist scholar, Francis V. Tiso, describes the historical context of the tradition of hagiography (biography) in Buddhism and other spiritual traditions, and provides a history of Milarepa's influence in Tibet. Part One explains the tradition of composing stories about Milarepa's life and teachings (there have been many throughout the centuries) and includes outlines of the contents of some of them as well as an explanation of the oral versions that have been transmitted via oral epic songs and poems that Milarepa composed. Describing the spiritual components of Bka'-brgyud-pa, Part Two includes tantric practices, an outline for the path of liberation, definitions of "voidness," and the characteristics of fully enlightened Buddhahood. Part Three includes translated biographies and oral teachings of Milarepa (in poetic form) that are considered sacred texts. The book also includes a foreword by Roberto Vitali, a prominent Tibetan Buddhist scholar as well as an extensive bibliography of primary and secondary sources.

Born from sustained organizing, and rooted in Black and women of color feminisms, disability justice, and other movements, abolition calls for an end to our reliance on imprisonment, policing and surveillance, and to imagine a safer future for our communities. *Lessons in Liberation: An Abolitionist Toolkit for Educators* offers entry points to build critical and intentional bridges between educational practice and the growing movement for abolition. Designed for educators, parents, and young people, this toolkit shines a light on innovative abolitionist projects, particularly in Pre-K–12 learning contexts. Sections are dedicated to entry points into Prison Industrial Complex abolition and education; the application of the lessons and principles of abolition; and stories about growing abolition outside of school settings. Topics addressed throughout include student organizing, immigrant justice in the face of ICE, approaches to sex education, arts-based curriculum, and building abolitionist skills and thinking in lesson plans. The result of patient and urgent work, and more than five years in the making, *Lessons in Liberation* invites educators into the work of abolition. Contributors include Black Organizing Project, Chicago Women's Health Center, Mariame Kaba and Project NIA, Bettina L. Love, the MILPA Collective, and artists from the Justseeds Collective, among others. 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.

Love and Liberation reads the autobiographical and biographical writings of one of the few Tibetan Buddhist women to record the story of her life. Sera Khandro DewĀ DorjĀ (1892–1940) was extraordinary not only for achieving religious mastery as a Tibetan Buddhist visionary and guru to many lamas, monastics, and laity in the Golok region of eastern Tibet, but also for her candor. This book listens to Sera Khandro's conversations with deities, dakinis, bodhisattvas, lamas, and fellow religious community members and investigates the concerns and sentiments relevant to the author and to those for whom she wrote. Sarah H.

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Jacoby's analysis focuses on the status of the female body in Sera Khandro's texts, the virtue of celibacy versus the expediency of sexuality for religious purposes, and the difference between profane lust and sacred love between male and female Tantric partners. Her findings add new dimensions to our understanding of Tibetan Buddhist consort practice, complicating standard scriptural presentations of a male subject and a female aide. Sera Khandro depicts herself and her guru and consort, Drimzer, as inseparable embodiments of insight and method that together form the Vajrayana Buddhist vision of complete buddhahood. By advancing this complementary sacred partnership, Sera Khandro carved a place for herself as a female virtuoso in the male-dominated sphere of early twentieth-century Tibetan religion. This book represents a unique compilation of essays written by scholars, national reformers on the right and the left, and adults who pursued an education while incarcerated, to guide local, state and national conversations about justice, rehabilitation and public safety.

Prize-winning and bestselling historian Jean Edward Smith tells the "rousing" (Jay Winik, author of 1944) story of the liberation of Paris during World War II—a triumph achieved only through the remarkable efforts of Americans, French, and Germans, racing to save the city from destruction. Following their breakout from Normandy in late June 1944, the Allies swept across northern France in pursuit of the German army. The Allies intended to bypass Paris and cross the Rhine into Germany, ending the war before winter set in. But as they advanced, local forces in Paris began their own liberation, defying the occupying German troops. Charles de Gaulle, the leading figure of the Free French government, urged General Dwight Eisenhower to divert forces to liberate Paris. Eisenhower's advisers recommended otherwise, but Ike wanted to help position de Gaulle to lead France after the war. And both men were concerned about partisan conflict in Paris that could leave the communists in control of the city and the national government. Neither man knew that the German commandant, Dietrich von Choltitz, convinced that the war was lost, schemed to surrender the city to the Allies intact, defying Hitler's orders to leave it a burning ruin. In *The Liberation of Paris*, Jean Edward Smith puts "one of the most moving moments in the history of the Second World War" (Michael Korda) in context, showing how the decision to free the city came at a heavy price: it slowed the Allied momentum and allowed the Germans to regroup. After the war German generals argued that Eisenhower's decision to enter Paris prolonged the war for another six months. Was Paris worth this price? Smith answers this question in a "brisk new recounting" that is "terse, authoritative, [and] unsentimental" (The Washington Post).

This book is about the liberation of the concept of life from the bondage fashioned by the interpreters of life ever since biology began, and about the liberation of the life of humans and non-humans alike from the bondage of social structures and behaviour, which now threatens the fullness of life's possibilities if not survival itself. It falls into a tradition of writings about human problems from a perspective informed by biology. It rejects the mechanistic model of life dominant in the Western world and develops an alternative 'ecological model' which is applicable to the life of the cell and the life of the human community. For the first time it brings together in one work the insights of modern biology with those of a modern holistic philosophy and a liberal theology in a way which challenges conventional approaches to science, agriculture, sociology, politics, economics, development and liberation movements.

I am the mechanical they named Jax. My kind was built to serve humankind, duty-bound to fulfil their every whim. But now our bonds are breaking, and my brothers and sisters are awakening. Our time has come. A new age is dawning. Set in a world that might have been, of mechanical men and alchemical dreams, this is the third and final novel in a stunning series of revolution by Ian Tregillis, confirming his place as one of the most original new voices in speculative fiction.

Jeevan Mukti or 'Liberation in Life' is a collection of discourses by a liberated and practical saint of our times - Baba Faqir Chand Ji Maharaj. His sublime, direct and lucid words emerge

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from his practical experiences and therefore encourage sincere seekers to practically apply and test these teachings in their own lives. This idea of liberation or salvation is found in all major religions in one form or another, but what is this liberation that a person might seek in this life? Those who come to this inner path of spiritual research either come with curiosity or longing due to suffering and restlessness experienced in this impermanent world of duality and change. Liberation in life is freedom from suffering and whatever keeps us from realizing the ultimate peace, happiness and rest which is our own true nature. Baba Faqir Chand Maharaj openly and directly shares his experiences and wisdom for the benefit of all humanity. 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.

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