

## The Uttara Tantra

Excerpt from An English Translation of the Sushruta Samhita, Vol. 3 of 3: Based on Original Sanskrit Text; Uttara-Tantra About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at [www.forgottenbooks.com](http://www.forgottenbooks.com) This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works.

Widely renowned as one of the major proponents of the Tibetan shentong tradition, the Third Karmapa, Rangjung Dorje (1284-1339), propounded a unique synthesis of Yogacara, Madhyamaka, and the classical teachings on Buddha nature. This book is a collection of some of his main writings on Buddha nature, the transition of ordinary deluded consciousness to enlightened wisdom, and the characteristics of buddhahood.

Teachings on how to uncover our innate wisdom, from a well-known Tibetan Buddhist master.

A groundbreaking English translation of a key tantric text in the history of Indo-Tibetan Buddhism. This volume contains an English translation of the “root text” of the Tara-mula-kalpa, a scripture-ritual compendium that captures an important Buddhist tantric tradition in mid-formation. In this regard it is utterly unique and unlike any other text in the Buddhist canon. Its contents document the emergence of the quintessential female Buddha Tara in seventh-century India. As her popularity grew, her cult spread throughout Southeast Asia, as well as Tibet, where she became revered as the “Mother” of the Tibetan people. Tara is worshiped for a variety of reasons, from health and long life, to wealth, protection from enemies, and ultimately, the mind of enlightenment. Her presence pervades the evolution of Buddhism in Tibet, including within royal circles, as well as mentor and guide to many important Buddhist scholars, practitioners, and lineage holders.

ON KNOWING REALITY is the first English translation with commentary of a crucial chapter of the Bodhisattvabhumi composed in Sanskrit in the late fourth century of the philosopher-sage Asanga founder of the yogacara school of Mahayana Buddhism.

An Analytical Study Of Uttaratantra That Brings Out The Metaphysical And Mystical Hearings Of Mahayana Buddhism - 8 Chapters - Bibliography - Glossary And Sanskrit Terms - Index.

A new translation of Longchenpa’s famous work that presents the entire scope of the Buddhist view combined with pith instructions pointing out the nature of one's mind.

Longchenpa’s classic Buddhist manual for attaining liberation teaches us how to familiarize ourselves with our most basic nature—the clear, pristine, and aware mind. Written in the fourteenth century, this text is the first volume of Longchenpa’s Trilogy of Rest, a work of the Tibetan Dzogchen tradition. This profound and comprehensive presentation of the Buddhist view and path combines the scholastic expository method with direct pith instructions designed for yogi practitioners. This first part of the Trilogy of Rest sets the foundation for the following two volumes: Finding Rest in Meditation, which focuses on Tibetan Buddhist meditation practice, and Finding Rest in Illusion, which focuses on post-meditation yogic conduct. The Padmakara Translation Group has provided us with a clear and fluid new translation to Finding Rest in the Nature of the Mind along with selections from its autocommentary, The Great Chariot, which will serve as a genuine aid to study and meditation. Here, we find essential instructions on the need to turn away from materialism, how to find a qualified guide, how to develop boundless compassion for all beings, along with the view of tantra and associated meditation techniques. The work culminates with pointing out the result of practice as presented from the Dzogchen perspective, providing us with all the tools necessary to traverse the Tibetan Buddhist path of finding rest.

A powerful meditation practice for connecting with your body's innate, guiding wisdom. Have you ever had a "gut feeling" about a certain person or situation? Or a sense of intuition about how to respond to a particular challenge in your life? There's nothing magical or mystical about those kinds of scenarios. In fact, our body contains immense wisdom not directly available to our conscious mind, and it is continually communicating to us in the form of bodily feelings, impressions, sensations, corporeal intuitions, and felt senses. However, because most of us are so cut off from our somatic experience, we are quite unaware of this dimension of our body's expression. Although this intelligence may feel hidden most of the time, the wisdom of the body can actually be a guide for us in living our lives fully and also in responding compassionately to others. Through a meditation practice called Somatic Descent, Reggie Ray shows us how to connect with our body's intuitive intelligence. In Somatic Descent we see that the body is always showing us what sort of response, direction, or action may be called for at any given time, and can in fact be relied upon as a primary practical resource for decision-making in our everyday life. The book will include links to online audio recordings of the guided meditations to further aid the reader.

Vajra Wisdom presents the commentaries of two great nineteenth-century Nyingma masters that guide practitioners engaged in development stage practice through a series of straightforward instructions. The rarity of this kind of material in English makes it indispensable for practitioners and scholars alike. The goal of development stage meditation in the Tibetan Buddhist tradition is to directly realize the inseparability of phenomena and emptiness. Preceded by initiation and oral instructions, the practitioner arrives at this view through the profound methods of deity visualization, mantra recitation, and meditative absorption.

Commentary on Buddhist canonical text ascribed to Asaṅga.

Kalachakra is a system of highest tantra practice for overcoming the limitations imposed by historical, astrological, and biological cycles so as to become a Buddha for the benefit of all. His Holiness the Dalai Lama and other great Tibetan teachers have been conferring the Kalachakra initiation in the West, empowering prepared practitioners to engage in its meditations. Large numbers of people also attend this initiation as interested observers and gain inspiration for their spiritual growth. Introduction to the Kalachakra Initiation

explains on a practical level and in everyday language the theory of tantra, the vows, commitments, and their implications, the factors to consider in deciding if one is ready to attend a Kalachakra initiation as a participant, how to visualize during the initiation, and the most important thoughts and feelings for participants and observers at each step of the empowerment. In preparing this guidebook, Alexander Berzin has done a great service to everyone interested in the Kalachakra initiation. It will help people to prepare for the ceremony and understand the essential points of each step of the procedure.

This Text On Mind Training, Called Lo Jong In Tibetan, Was Brought To Tibet By Atisha In The Eleventh Century.

Outlining the difference between appearance and reality, this work shows that the path to awakening involves leaving behind the inaccurate and limiting beliefs we have about ourselves and the world around us and opening ourselves to the limitless potential of our true nature. The Buddhist masterpiece Distinguishing Phenomena from Their Intrinsic Nature, often referred to by its Sanskrit title, Dharmadharmat?vibha?ga, is part of a collection known as the Five Maitreya Teachings, a set of philosophical works that have become classics of the Indian Buddhist tradition. Maitreya, the Buddha's regent, is held to have entrusted these profound and vast instructions to the master Asa?ga in the heavenly realm of Tu?ita. By divesting the mind of confusion, the treatise explains, we see things as they actually are. This insight allows for the natural unfolding of compassion and wisdom. This volume includes commentaries by Khenpo Shenga and Ju Mipham, whose discussions illuminate the subtleties of the root text and provide valuable insight into the nature of reality and the process of awakening.

Kirti Tsenshap Rinpoche was a renowned teacher of Tibetan Buddhism with students worldwide. Revered as a teacher by even the Dalai Lama, he was known especially as a master of Buddhist tantra, the powerful esoteric methods for attaining enlightenment swiftly. The teachings in this book are a singular record of his deep learning in that field. Originally delivered in California to a group of Western students, the teachings comment on a classic introduction to tantra by the nineteenth-century Mongolian lama Choje Ngawang Palden. The work, Illumination of the Tantric Tradition, is a staple even today of the curriculum for training young monastics. Kirti Tsenshap Rinpoche explains the distinctive features of the four classes of tantra--action tantra, performance tantra, yoga tantra, and highest yoga tantra--by describing the way to progress through their paths and levels. He illuminates key issues in tantric practice that are still a matter for debate within the tradition. Finally, he gives a special treatment of the unique methods of Kalacakra tantra, which is regularly taught around the globe by His Holiness the Dalai Lama.

The first complete translation into English of this Tibetan text, together with the informative commentary by the 8th century master Buddhaguhya. This text is of seminal importance for the history of Buddhist Tantra, especially as very little has been published concerning the origins of Tantra in India.

"Buddha nature" (tath?gatagarbha) is the innate potential in all living beings to become a fully awakened buddha. This book discusses a wide range of topics connected with the notion of buddha nature as presented in Indo-Tibetan Buddhism and includes an overview of the s?tra sources of the tath?gatagarbha teachings and the different ways of explaining the meaning of this term. It includes new translations of the Maitreya treatise Mah?y?nottaratantra (Ratnagotravibh?ga), the primary Indian text on the subject, its Indian commentaries, and two (hitherto untranslated) commentaries from the Tibetan Kagyü tradition. Most important, the translator's introduction investigates in detail the meditative tradition of using the Mah?y?nottaratantra as a basis for Mah?mudr? instructions and the Shentong approach. This is supplemented by translations of a number of short Tibetan meditation manuals from the Kadampa, Kagyü, and Jonang schools that use the Mah?y?nottaratantra as a work to contemplate and realize one's own buddha nature.

A root text written by Jamgön Kongtrul Lodrö Thayé. It systematically presents the view of budda nature tradition as formulated in the fourth vajra point of Maitreya's Uttaratantra. Translated by Rosemarie Fuchs and Michele Martin.

Glossary and translation of a major Mahayana & Tibetan text.

Examines various Tibetan interpretations of the Uttaratantra, the most authoritative Indic commentary on buddha-nature. With its emphasis on the concept of buddha-nature, or the ultimate nature of mind, the Uttaratantra is a classical Buddhist treatise that lays out an early map of the Mah?y?na path to enlightenment. Tsering Wangchuk unravels the history of this important Indic text in Tibet by examining numerous Tibetan commentaries and other exegetical texts on the treatise that emerged between the eleventh and fifteenth centuries. These commentaries explored such questions as: Is the buddha-nature teaching found in the Uttaratantra literally true, or does it have to be interpreted differently to understand its ultimate meaning? Does it explicate ultimate truth that is inherently enlightened or ultimate truth that is empty only of independent existence? Does the treatise teach ultimate nature of mind according to the Cittam?tra or the Madhyamaka School of Mah?y?na? By focusing on the diverse interpretations that different textual communities employed to make sense of the Uttaratantra, Wangchuk provides a necessary historical context for the development of the text in Tibet. "Well conceived and superbly researched, this book is an invaluable 'guidebook' to the arguments and counterarguments of five centuries' worth of Tibet's greatest thinkers. This type of philosophical overview is far too rare in Tibetan Buddhist studies these days, and Wangchuk has performed a great service to the field by undertaking it." — Roger R. Jackson, translator of Tantric Treasures: Three Collections of Mystical Verse from Buddhist India

The root text was originally written in Sanskrit by Asanga (approx. 4th century C.E.) as dictated to him by Maitreya (the future and fifth Buddha of our age). The text is a teaching on Buddha Nature, the potential inherently present in all beings to become a Buddha. It was translated into Tibetan by an Indian scholar Sadzana and a Tibetan monk Lodan

Sherab (approx. 9 or 10th century C.E.). The translation from Tibetan into English was by Ken and Katia Holmes in the 1980s and 90s. The commentary on the text was given by Thrangu Rinpoche which was also translated from Tibetan into English by Ken and Katia Holmes.

A comprehensive account of Shambhala according to the Jonang school of Tibetan Buddhism. The Realm of Shambhala presents the Kalachakra Tantra's multilayered approach to Shambhala as taught by the Tibetan Buddhist Jonang tradition. Understood to be an ancient kingdom and physical place, Shambhala is also taught to be an exalted state of mind attainable through spiritual practices. Through cultivating peace and extending it into harmonious relationships with others, the transformative power of Shambhala can enter everyday life. This book provides a concise history and analysis of the term "Shambhala" as received in the Western world and provides a new interpretation of much-debated scriptural passages. It then details the tradition's perspective on the origins of Kalachakra literature and includes extensive lineage narratives of Jonang masters who have upheld this tradition in India and Tibet. Khentrul Rinpoche provides a thorough explanation of Shambhala that joins practical teachings with a cosmic vision for humanity rooted in ancient prophecy. The Kalachakra Tantra foresees a golden age of love and compassion, when the individual peace attained through Kalachakra practice spreads to humankind as a whole. The Realm of Shambhala lays out a vision for how we can cultivate an unbiased mind, overcome our collective afflictions, and usher in an era of perfect peace and harmony.

Medizin / Indien.

The Uttara TantraA Treatise on Buddha-Nature

The Buddha's definitive teachings on how we should understand the ground of enlightenment and the nature and qualities of buddhahood. All sentient beings, without exception, have buddha nature—the inherent purity and perfection of the mind, untouched by changing mental states. Thus there is neither any reason for conceit nor self-contempt. This is obscured by veils that are removable and do not touch the inherent purity and perfection of the nature of the mind. The Mahayana Uttaratantra Shastra, one of the "Five Treatises" said to have been dictated to Asanga by the Bodhisattva Maitreya, presents the Buddha's definitive teachings on how we should understand this ground of enlightenment and clarifies the nature and qualities of buddhahood. This seminal text details with great clarity the view that forms the basis for Vajrayana, and especially Mahamudra, practice.

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