

Mahamudra For The Modern World An Unprecedented Training Course In Pinnacle Teachings Of Tibetan Buddhism Audio Cd Reginald A Ray

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Highlights: Why the 16th Karmapa predicted that the Mahamudra teachings were the most important Tibetan teachings for the modern world - Practicing the depth of the Mahamudra teachings without the constraints of Tibetan culture - How to become a true person—a unique, unprecedented, unfolding process - The 12 points of the Mahamudra posture - The Mahamudra entry protocol - a series of guided practices that enable us to quickly enter into direct, non-conceptual experience

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This practice, known as Mahamudra or \The Great Revelation,\ was once taught only to elite students in secluded monasteries and cloisters. Now renowned teacher Dr. Reginald Ray has created an unprecedented audio learning course to make this profoundly transformative path available to listeners everywhere with Mahamudra for the Modern World. Spanning 33 CDs and featuring meditations and insights never before available to a general audience, this extraordinary audio training includes:

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Mahamudra for the Modern World, a dharma talk by Vajrayana teacher Reggie Ray, introduces the Mahamudra (@The Great Awakening!) tradition. According to the Mahamudra tradition, every human life is sacred and unique, and an expression of the glory of the universe. Its teachings lead one into direct and unmediated contact with reality itself.

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The mahamudra is an oral tradition, passed from teacher to student, for somewhere between 1 and 2 thousand years. According to at least one scholar, key points of the practice were omitted deliberately from root texts to protect the teachings from those who might try to learn the practice without direct guidance of a lineage teacher.

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Reginald A Ray | Mahamudra for the Modern World - Digital ...

The Mahamudra tradition is an unsurpassed means of meeting reality | seeing the world in all its transcendent beauty, power, and perfection. While it is among the pinnacle teachings of Tibetan Buddhism, Mahamudra is astoundingly accessible to modern people.

Mahamudra for the Modern World: The Practice, the Path ...

Why the 16th Karmapa predicted that the Mahamudra teachings were the most important Tibetan teachings for the modern world - Practicing the depth of the Mahamudra teachings without the constraints of Tibetan culture - How to become a true person—a unique, unprecedented, unfolding process - The 12 points of the Mahamudra posture - The "Mahamudra entry protocol" - a series of guided practices that enable us to quickly enter into direct, non-conceptual experience

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A senior Buddhist teacher offers fundamental body-based meditation practices that prove enlightenment is as close to you as your own body Many of us experience life through so many conceptual filters that we never recognize the freedom and joy that are inherent in us—and are in fact the essence of who we are. We can grow old not realizing that one of the most powerful tools to escape the painful knots we tie ourselves in is, literally, at our fingertips: our body. With The Awakening Body, Reggie Ray cracks open the shell of the mind-body dichotomy and presents six fundamental body-based practices that connect us back to who we really are. These practices cut through the mental fabrications through which we experience our world and lead us directly to the richness of living a fully present, embodied human life. This book includes a link to free downloads of recorded guided practices.

A respected teacher presents the core and essential wisdom of Tibet and shows us the possibilities of "enlightenment in this present life" through the meditative practice of Pure Awareness. Perhaps the most precious teaching Tibet has to offer the modern world is the practice of meditation. Reginald Ray presents the essence of this tradition through the somatic practice of Pure Awareness—a unique kind of meditation that is thoroughly grounded in the body and in ordinary experience. This fundamentally transformative practice offers the possibility of enlightenment in this present life and invites us into the immensely powerful journey that Tibetan tantric spirituality has to offer. Includes a link to a free download of audio meditations.

Tharpa Publications is delighted to announce The Oral Instructions of Mahamudra Second Edition. In this special edition, Venerable Geshe-la has made numerous revisions and clarifications to guide the reader ever more confidently through the profound and world-transforming practice of Mahamudra | the very essence of Buddha's teachings of Sutra and Tantra. This precious book reveals the uncommon practice of Tantric Mahamudra of the Ganden Oral Lineage, which the author received directly from his Spiritual Guide, Vajradhara Trijang Rinpoche. It explains clearly and concisely the entire spiritual path from the initial preliminary practices to the final completion stages of Highest Yoga Tantra that enable us to attain full enlightenment in this life.

Mahamudra, literally "the great gesture," is often looked upon as the highest manifestation of consciousness within the Tibetan Vajrayana tradition. Will Johnson presents three simple yogic principles from Tilopa's Song of Mahamudra, and explains how to bring forth the condition of mahamudra naturally by utilizing the mystical yoga of balance.

Within all of us lies a source of infinite bliss, clarity of wisdom, and compassion for others. In this unique and highly praised book, based on Buddha's Tantric teachings, the contemporary Buddhist Master, Geshe Kelsang Gyatso, presents authentic methods for discovering this inner wealth for ourselves. In a clear and precise way, he explains step-by-step how we can generate a deeply peaceful and concentrated mind by harnessing the subtle energy system within our body. With this blissful awareness we can uncover our true nature, destroy ignorance and suffering at its root, and swiftly become a source of inspiration and benefit for others. -- Publisher description.

Leading voices of Buddhism discuss issues and ideas important to Buddhists in the twenty-first century. Twenty-First-Century Buddhists collects the very best of the round-table discussions recorded in the pages of Buddhadharm magazine over the past twenty years. These conversations between a who's who of contemporary Buddhist teachers, ranging over topics from student-teacher relationships to the place of prayer and the leadership roles of women in modern Buddhism, are always lively and insightful. With participants such as Bhante Gunaratana, Shohaku Okumura, Sharon Salzberg, John Tarrant, and Jack Kornfield, discussions equally represent old-school and newly emergent Buddhist traditions. Contributors include: Bhikkhu Bodhi Jack Kornfield Joseph Goldstein David R. Loy Robert Thurman Yongey Mingyur Rinpoche Anne Carolyn Klein B. Alan Wallace Taijen Dan Leighton Andrew Olenicki Reginald Ray Ringu Tulku and many more.

This book explains clearly and concisely the entire spiritual path from the initial preliminary practices to the final stages that enable us to attain full enlightenment in this life. There have been numerous revisions and clarifications to the first edition including a new section entitled: "Guidelines for the Practice of the Four Great Preliminary Guides of Mahamudra" and two significantly revised prayers added to the appendix.

A legendary contemporary meditation master illuminates practices that are essential to Tibetan Buddhists everywhere. Tibetan Buddhism is estimated to have 18 million followers worldwide. Mastering Meditation gives you the experience of studying with one of the greatest meditation masters of the modern age. His Eminence Chöden Rinpoché was not only a celebrated scholar, honored by selection as a debate partner to His Holiness the Dalai Lama, but he was also an accomplished yogi who spent nineteen years in solitary meditation retreat. In this thorough and thoroughly clear book, Rinpoché offers meticulous explanations and profound practical instructions on two essential practices in Tibetan Buddhism: calm abiding and mahamudra. The first part of this book contains instructions for developing calm abiding, an unshakable single-pointedness of mind. The second part, Rinpoché's direct commentary on the Fourth Panchen Lama's foundational text, offers advanced instructions on using calm abiding as a platform to develop mahamudra. Rinpoché elucidates both sutra-system mahamudra/meditation on the emptiness of the mind/as well as mantra-system mahamudra, a specialized meditation that uncovers subtle, hidden levels of mind to pierce into the ultimate nature of self and reality, leading finally to complete enlightenment. Drawing from his vast learning and personal experience, Rinpoché provides readers with an open gateway to remarkable states of lucidity and peace.

Relish these direct, experiential meditation instructions from the author of the bestselling Introduction to Tantra. Lama Yeshe tells us that mahamudra is (the universal reality of emptiness, of nonduality) and its unique characteristic is its emphasis on meditation: \With mahamudra meditation there is no doctrine, no theology, no philosophy, no God, no Buddha. Mahamudra is only experience.\ He relies on the First Panchen Lama's well-known Root Text of Genden Mahamudra, which in a few short pages provides the pith instructions for, first, overcoming distraction and resting in meditative stillness on the clarity of one's own mind, and then by using a subtle wisdom, penetrating its ultimate nature, its emptiness. As always, Lama Yeshe's words are direct, funny, and incredibly encouraging. He gets us to go beyond ego's addiction to a limited sense of self and to taste the lightness and expansiveness of our own true nature.

Mahamudra is the union of great bliss and emptiness—the very subtle mind that experiences great bliss and realizes ultimate truth. By enabling us to go within to uncover the deepest level of our mind and then to use the very subtle mind to meditate on ultimate truth, Mahamudra practice destroys all our delusions at their very root and thus propels us quickly to the state of full enlightenment. Mahamudra Tantra begins by explaining the basic correct view and intention needed for successful Mahamudra meditation, as well as the meaning of Tantra and the two stages of Highest Yoga Tantra practice, and then explains the preliminaries and stages of training in this profound practice.

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