

Mastering The Core Teachings Of The Buddha An Unusually Hardcore Dharma Book

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Embark on an intensive journey to master the Buddha's core teachings with this unusually hardcore Dharma book. Designed for dedicated practitioners, it offers a profound dive into advanced Buddhist principles, moving beyond superficial understanding. This essential Dharma study resource equips you for mastering Buddhist wisdom through its rigorous and authentic approach.

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Mastering the Core Teachings of the Buddha

The very idea that the teachings can be mastered will arouse controversy within Buddhist circles. Even so, Ingram insists that enlightenment is an attainable goal, once our fanciful notions of it are stripped away, and we have learned to use meditation as a method for examining reality rather than an opportunity to wallow in self-absorbed mind-noise. Ingram sets out concisely the difference between concentration-based and insight (vipassana) meditation; he provides example practices; and most importantly he presents detailed maps of the states of mind we are likely to encounter, and the stages we must negotiate as we move through clearly-defined cycles of insight. It's easy to feel overawed, at first, by Ingram's assurance and ease in the higher levels of consciousness, but consistently he writes as a down-to-earth and compassionate guide, and to the practitioner willing to commit themselves this is a glittering gift of a book. In this new edition of the bestselling book, the author rearranges, revises and expands upon the original material, as well as adding new sections that bring further clarity to his ideas.

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Right Concentration

A practical guidebook for meditators interested in achieving the states of bliss and deep focus associated with the Buddhist jhānas. One of the elements of the Eightfold Path is Right Concentration: the one-pointedness of mind that, together with ethics, livelihood, meditation, and more, leads to the ultimate freedom from suffering. So how does one achieve Right Concentration? According to the Buddha himself, the jhānas—a series of eight progressive altered states of consciousness—are an essential method. But because the jhānas can usually be achieved only through prolonged meditation retreat, they have been shrouded in mystery for years. Not anymore. In *Right Concentration*, Leigh Brasington takes away the mystique and gives instructions on how to achieve them in plain, accessible language. He notes the various pitfalls to avoid along the way and provides a wealth of material on the theory of jhāna practice—all geared toward the practitioner rather than the scholar. As Brasington proves, these states of bliss and concentration are attainable by anyone who devotes the time and sincerity of practice necessary to realize them.

The Book of Not Knowing

For fans of Eckhart Tolle—a guide to mastering self-awareness through direct experience rather than old presumptions or harmful thought patterns. Through decades of martial arts and meditation practice, Peter Ralston discovered a curious and paradoxical fact: that true awareness arises from a state of not-knowing. Even the most sincere investigation of self and spirit, he says, is often sabotaged by our tendency to grab too quickly for answers and ideas as we retreat to the safety of the known. This "Hitchhiker's Guide to Awareness" provides helpful guideposts along an experiential journey for those Western minds predisposed to wandering off to old habits, cherished presumptions, and a stubbornly solid sense of self. With ease and clarity, Ralston teaches readers how to become aware of the background patterns that they are usually too busy, stressed, or distracted to notice. *The Book of Not Knowing* points out the ways people get stuck in their lives and offers readers a way to make fresh choices about every aspect of their lives—from a place of awareness instead of autopilot.

Lust for Enlightenment

Over the centuries, Buddhism has responded to sexuality in a variety of fascinating ways, sometimes suppressing the sexual urge, sometimes sublimating it, sometimes cultivating it, and, on the highest levels, transforming it. This book reveals how Buddhists, beginning with Shakyamuni Buddha himself, relate to the "inner fire" that drives humankind. Included are chapters on the Buddha's love life before

his enlightenment and his later relationships with women; the tantric approach to sex among Buddhists of ancient India, Tibet, China, and Japan; Zen in the art of love; and a positive discussion of women and Buddhism.

The Mind Illuminated

The Mind Illuminated is the first how-to meditation guide from a neuroscientist who is also an acclaimed meditation master. This innovative book offers a 10-stage program that is both deeply grounded in ancient spiritual teachings about mindfulness and holistic health, and also draws from the latest brain science to provide a roadmap for anyone interested in achieving the benefits of mindfulness. Dr. John Yates offers a new and fascinating model of how the mind works, including steps to overcome mind wandering and dullness, extending your attention span while meditating, and subduing subtle distractions. This groundbreaking manual provides illustrations and charts to help you work through each stage of the process, offering tools that work across all types of meditation practices.

Manual of Insight

The most comprehensive manual of the practice of insight meditation (vipassana), written by one of its foremost 20th century proponents, is translated into English for the first time. Manual of Insight is the magnum opus of Mahasi Sayadaw, one of the originators of the "vipassana movement" that has swept through the Buddhist world over the last hundred years. The manual presents a comprehensive overview of the practice of insight meditation, including the foundational aspects of ethical self-discipline, understanding the philosophical framework for the practice, and developing basic concentration and mindfulness. It culminates with an in-depth exploration of the various types of insight and spiritual fruits that the practice yields. Authored by the master who brought insight meditation to the West and whose students include Joseph Goldstein, Jack Kornfield, and Sharon Salzberg, Manual of Insight is a veritable Bible for any practitioner of vipassana.

10% Happier

#1 New York Times Bestseller and winner of the 2014 Living Now Book Award for Inspirational Memoir. 'An enormously smart, clear-eyed, brave-hearted, and quite a personal look at the benefits of meditation' - Elizabeth Gilbert, author of Eat, Pray, Love 'Dan Harris skilfully demystifies meditation, reminding us all that a healthy and happy mind is not only essential for our own sanity, but also for those around us. More importantly, he provides a compelling invitation to move beyond words, from the idea to the experience. A wonderful book and excellent advice.' - Andy Puddicombe, founder of Headspace 10% Happier is a spiritual book written for - and by - someone who would otherwise never read a spiritual book. It is both a deadly serious and seriously funny look at mindfulness and meditation as the next big public health revolution. Dan Harris always believed the restless, relentless, impossible-to-satisfy voice in his head was one of his greatest assets. How else can you climb the ladder in an ultra-competitive field like TV news except through nonstop hand-wringing and hyper vigilance? For a while, his strategy worked. Harris anchored national broadcasts and he covered wars. Then he hit the brakes, and had a full-blown panic attack live on the air. What happened next was completely unforeseen. Through a bizarre series of events - involving a disgraced evangelical pastor, a mysterious self-help guru and a fateful gift from his wife - Harris stumbled upon something that helped him tame the voice in his head: meditation. At first, he was deeply suspicious. He had long associated meditation with bearded swamis and unwashed hippies. But when confronted with mounting scientific evidence that just a few minutes a day can literally rewire the brain for focus, happiness and reduced reactivity, Harris took a deep dive. He spent years mingling with scientists, executives and marines on the front lines of a quiet revolution that has the potential to reshape society. He became a daily meditator, and even found himself on a ten-day, silent meditation retreat, which was simultaneously the best and worst experience he'd ever had. Harris's life was not transformed into a parade of rainbows and unicorns, but he did gain a passion for daily meditation. While the book itself is a narrative account of Dan's conversion amid the harried and decidedly non-Zen world of the newsroom, it concludes with a section for the novice on how to get started.

Wisdom Wide and Deep

"If you are interested in Dharma study, this book belongs in your library."---Phillip Moffitt, author of Dancing with Life "This book can be the guide for cultivating the inner calm we long for."---Christina Feldman, author of Compassion: Listening to the Cries of the World "This handbook respects both

the ancient tradition and the needs of contemporary lay practitioners, without compromising either. Shaila Catherine blends scriptural references, personal examples, and timeless stories with detailed meditation instructions. The combination of pragmatic style and theoretical knowledge produces a striking invitation for the reader to apply these instructions and master the complete practice for awakening."---from the foreword by Pa-Auk Sayadaw, author of *The Workings of Kamma* "Catherine has managed a difficult feat---to be simultaneously encyclopedic and charming, all with extraordinary clarity. This meditation manual is a first for the West and will surely become a classic and a support for generations of practitioners."---Kate Wheeler, editor of *In This Very Life: Liberation Teachings of the Buddha* "Wisdom Wide and Deep is a powerful inspiration both for those who would like a glimpse of what's possible and for those intrepid explorers of the mind who want to bring these teachings to fulfillment. Highly recommended."---Joseph Goldstein, author of *A Heart Full of Peace* "Written in clear, practical language, this book converts theory into direct experience. It is a detailed exploration of deep calmness as well as insight. The West needs such manuals."---Christopher Titmuss, author of *Light on Enlightenment* "A valuable work as both a practice guide and a reference manual."---Guy Armstrong, insight meditation teacher

Sit Down and Shut Up

In 2003, Brad Warner blew the top off the Buddhist book world with his irreverent autobiography/manifesto, *Hardcore Zen: Punk Rock, Monster Movies, and the Truth about Reality*. Now in his second book, *Sit Down and Shut Up*, Brad tackles one of the great works of Zen literature, the *Shobogenzo*, by thirteenth-century Zen master Dogen. Illuminating Dogen's enigmatic teachings in plain language, Brad intertwines musings on sex, meditation, death, God, sin, and happiness with an exploration of the punk rock ethos. In chapters such as "Evil Is Stupid," "Kill Your Anger," and "Enlightenment Is for Sissies," Brad melds the antiauthoritarianism of punk with that of Zen, mixing in a travelogue of his triumphant return to Ohio to play in a reunion concert of Akron punk bands. For those drawn to Buddhist teachings but scared off by their stiff austerity, Brad writes with a sharp smack of truth, in teachings and stories that cut to the heart of reality.

Japanese Rinzai Zen Buddhism

Japanese Rinzai Zen Buddhism gives a new perspective on contemporary Japanese Zen Buddhism. Ideas, ritual practices, temples and interactions between the clergy, the laity and the institution are investigated as living representations of a unique and yet common Japanese religion.

A Bird in Flight Leaves No Trace

Penetrate the nature of mind with this contemporary Korean take on a classic of Zen literature. The message of the Tang-dynasty Zen text in this volume seems simple: to gain enlightenment, stop thinking there is something you need to practice. For the Chinese master Huangbo Xiyun (d. 850), the mind is enlightenment itself if we can only let go of our normal way of thinking. The celebrated translation of this work by John Blofeld, *The Zen Teaching of Huang Po*, introduced countless readers to Zen over the last sixty years. Huangbo's work is also a favorite of contemporary Zen (Korean: Seon) Master Subul, who has revolutionized the strict monastic practice of koans and adapted it for lay meditators in Korea and around the world to make swift progress in intense but informal retreats. Devoting themselves to enigmatic questions with their whole bodies, retreatants are frustrated in their search for answers and arrive thereby at a breakthrough experience of their own buddha nature. *A Bird in Flight Leaves No Trace* is a bracing call for the practitioner to let go and thinking and unlock the buddha within.

Modern Buddhist Masters

This reprint of *Living Buddhist Masters* is one of the most valuable books in print on Theravada Buddhist practice, bringing to the reader the precise instructions of twelve great meditation masters, including Mahasi Sayadaw, Achaan Chah and U Ba Khin. With lucid introductory chapters and photos.

The San Francisco Mime Troupe Reader

The San Francisco Mime Troupe Reader is a long-overdue collection of some of the finest political satires created and produced by the Tony Award-winning company during the last forty years. It is also a history of the company that was the theater of the counterculture movement in the 1960s and that, against all odds, has managed to survive the often hostile economic climate for the arts in the

United States. The plays selected are diverse, representing some of the Troupe's finest shows, and the book's illustrations capture some of the Troupe's most memorable moments. These hilarious, edgy, and imaginative scripts are accompanied by insightful commentary by theater historian and critic Susan Vaneta Mason, who has been following the Troupe for more than three decades. The Mime Troupe Reader will engage and entertain a wide range of audiences, not only general readers but also those interested in the history of American social protest, the counterculture of the 1960s—particularly the San Francisco scene—and the evolution of contemporary political theater. It will also appeal to the legions of Troupe fans who return every year to see them stand up against another social or corporate Goliath.

Seeing That Frees

In this ground-breaking and seminal work, esteemed Buddhist teacher Rob Burbea lays out an original and comprehensive approach to deepening insight. Starting from simple and easily accessible understandings of emptiness, Burbea presents a unique conception of the path along which he escorts the practitioner gradually, through the careful structure of the work, into ever more mystical levels of insight. Through its precise instructions, illuminating exercises and discussions that address the subtleties of both practice and understanding, *Seeing That Frees* opens up for the committed meditator all the profundity of the Buddha's radical teachings on emptiness. This is a book that will take time to digest and will serve as a lifelong companion on the path, leading the reader, as it does, progressively deeper into the territory of liberation. From the Foreword by Joseph Goldstein: "Rob Burbea, in this remarkable book, proves to be a wonderfully skilled guide in exploring the understanding of emptiness as the key insight in transforming our lives... It is rare to find a book that explores so deeply the philosophical underpinnings of awakening at the same time as offering the practical means to realize it."

The Science of Enlightenment

Enlightenment—is it a myth or is it real? Across time and culture, inner explorers have discovered that the liberated state is a natural experience, as real as the sensations you are having right now. Few teachers achieve clarity with the application of scientific inquiry to these states of consciousness like Shinzen Young. Now in paperback, *The Science of Enlightenment* makes Young's essential insights available to readers everywhere. The Science of Enlightenment merges scientific precision, Young's grasp of the source-language teachings of many spiritual traditions, and his rare gift for sparking insight upon insight through original analogies and illustrations. The result: an uncommonly lucid "Aha, now I get it!" guide to mindfulness meditation—how it works and how to use it to enhance our cognitive capacities, compassion, and experience of happiness independent of conditions. For meditators of all levels and lineages, this multifaceted wisdom gem will be sure to surprise, provoke, illuminate, and inspire.

The Progress of Insight

The practice of Vipassana or insight meditation was described by the Buddha as the "direct way" for the overcoming of all sorrow and grief and for realizing Nibbana, the state of perfect liberation from suffering. The essence of this practice consists in the four foundations of mindfulness: mindful contemplation of the body, feelings, states of mind, and mind objects.

Eloquent Silence

This new book, *Eloquent Silence*, brings depth and breadth to our knowledge and appreciation of this historic figure. For the first time, we can read Nyogen Senzaki's commentaries on the complete Gateless Gate, as well as on several cases from the Blue Rock Collection and the Book of Equanimity; and transcriptions of his talks on Zen, esoteric Buddhism, the Lotus Sutra, what it means to be a Buddhist monk, and many other subjects. *Eloquent Silence* also includes poems in Nyogen Senzaki's beautiful calligraphic hand (and his own translations); two early letters to his teacher, Soyen Shaku (who represented Japan at the World Parliament of Religions in Chicago in 1893), as well as a partial autobiography of Soyen Shaku; a series of letters in response to an article by Nyogen Senzaki that was severely critical of the Japanese Zen establishment; and rare photographs. Roko Sherry Chayat has edited Nyogen Senzaki's words with sensitivity and grace, retaining his wry, probing style yet bringing clarity and accessibility to these remarkably contemporary teachings.

The Oxford Handbook of Meditation

This handbook is currently in development, with individual articles publishing online in advance of print publication. At this time, we cannot add information about unpublished articles in this handbook, however the table of contents will continue to grow as additional articles pass through the review process and are added to the site. Please note that the online publication date for this handbook is the date that the first article in the title was published online.

Happiness Beyond Thought

Praise for Happiness Beyond Thought "Husband, father, scientist, military officer, and senior executive in industry and academia, Gary Weber has led a full and successful worldly life. Throughout all of this, Gary has relentlessly pursued a path of practice and inquiry in order to understand life and achieve enlightenment. It is rare to find one who has reached this goal, and rarer still to find such a one who has been so immersed in worldly life. With this book, Gary has successfully integrated his profound realization with traditional non-dualistic teachings, as well as insights from Zen Buddhism and modern brain research, into a practical path that uses Yoga's time-tested practices of asana, pranayama, chanting and meditation to illumine a path to enlightenment for the modern reader." -Gary Kraftsow, author of Yoga for Wellness and Yoga for Transformation "Gary Weber offers a treasure chest of practices for the serious practitioner seeking liberation. On your own journey towards awakening, savor these simple, easy to follow practices culled from Weber's study with his primary teacher Ramana Maharshi, his on-going exploration of Zen meditation practice, and the life-enhancing results of his experiments on the laboratory floor of his yoga mat." -Amy Weintraub, author of Yoga for Depression

The Path of Serenity and Insight

In the oldest scriptures of Theravada Buddhism much attention is given to the jhanas, high levels of meditative attainment distinguished by powerful concentration and purity of mind. Ven. Dr. Gunaratana examines these jhanas within the context of Buddhist teaching as a whole and particularly within the meditation disciplines taught by the Buddha. Beginning with the ethical foundation for meditation, the role of the teacher, the classical subjects of meditation, and the appropriateness of these subjects to individual practitioners, the author traces the practice of meditation to the higher reaches of realization. The eight stages of jhana are individually analyzed and explained in terms of their relation to one another and to the ultimate goal of the teaching. The author makes the critical distinction between the mundane jhanas and supermundane jhanas, pointing out that the lower four, while leading to various mental powers and psychic attainments, are not necessary to full enlightenment and may be developed or bypassed as the meditator wishes. The author goes on to explain the place of the jhanas among the accomplishments of an arahat and elucidate their usefulness for a dedicated meditator.

Practical Insight Meditation

German critic Walter Benjamin wrote some immensely influential words on the work of art in the age of mechanical reproduction. Luxury fashion houses would say something shorter and sharper and much more legally binding on the rip-off merchants who fake their products. Marcus Boon, a Canadian English professor with an accessible turn of phrase, takes us on an erudite voyage through the theme in a serious but engaging encounter with the ideas of thinkers as varied as Plato, Hegel, Orson Welles, Benjamin, Heidegger, Louis Vuitton, Takashi Murakami and many more, on topics as philosophically taxing and pop-culture-light as mimesis, Christianity, capitalism, authenticity, Uma Thurman's handbag and Disneyland.

In Praise of Copying

This spiritual manual describes mahamudra meditation from the perspective of the "gradual path," a progressive process of training that is often contrasted to sudden realization. The book contains a step-by-step description of the ways to practice, precise descriptions of the various stages and their intended realizations, and the typical problems that arise along with their remedies. Drawn from a variety of sources, "Pointing Out the Great Way" distills the experiences of many great masters who have traversed the path of meditation to the point of perfect mastery.

Pointing Out the Great Way

This landmark volume in the Teachings of the Buddha series translates the Suttanipata, a text that matches the Dhammapada in its concise power and its centrality to the Buddhist tradition. Celebrated

translator Bhikkhu Bodhi illuminates this text and its classical commentaries with elegant renderings and authoritative annotations. The Suttanipata, or “Group of Discourses” is a collection of discourses ascribed to the Buddha that includes some of the most popular suttas of the Pali Canon, among them the Discourse on Loving-Kindness Sutta. The suttas are primarily in verse, though several are in mixed prose and verse. The Suttanipata contains discourses that extol the figure of the muni, the illumined sage, who wanders homeless completely detached from the world. Other suttas, such as the Discourse on Downfall and the Discourse on Blessings, establish the foundations of Buddhist lay ethics. The last two chapters—the Atthakavagga (Chapter of Octads) and the Parayanavagga (The Way to the Beyond)—are considered to be among the most ancient parts of the Pali Canon. The Atthakavagga advocates a critical attitude toward views and doctrines. The Parayanavagga is a beautiful poem in which sixteen spiritual seekers travel across India to meet the Buddha and ask him profound questions pertaining to the highest goal. The commentary, the Paramatthajotika, relates the background story to each sutta and explains each verse in detail. The volume includes numerous excerpts from the Niddesa, an ancient commentary already included in the Pali Canon, which offers detailed expositions of each verse in the Atthakavagga, the Parayanavagga, and the Rhinoceros Horn Sutta. Translator Bhikkhu Bodhi provides an insightful, in-depth introduction, a guide to the individual suttas, extensive notes, a list of parallels to the discourses of the Suttanipata, and a list of the numerical sets mentioned in the commentaries.

The Suttanipata

In his major investigation into the nature of humans, Peter Sloterdijk presents a critique of myth - the myth of the return of religion. For it is not religion that is returning; rather, there is something else quite profound that is taking on increasing significance in the present: the human as a practising, training being, one that creates itself through exercises and thereby transcends itself. Rainer Maria Rilke formulated the drive towards such self-training in the early twentieth century in the imperative 'You must change your life'. In making his case for the expansion of the practice zone for individuals and for society as a whole, Sloterdijk develops a fundamental and fundamentally new anthropology. The core of his science of the human being is an insight into the self-formation of all things human. The activity of both individuals and collectives constantly comes back to affect them: work affects the worker, communication the communicator, feelings the feeler. It is those humans who engage expressly in practice that embody this mode of existence most clearly: farmers, workers, warriors, writers, yogis, rhetoricians, musicians or models. By examining their training plans and peak performances, this book offers a panorama of exercises that are necessary to be, and remain, a human being.

You Must Change Your Life

Many in the West today are familiar with the benefits offered by meditation and mindfulness, and keen to understand more about Buddhism. Written by a former journalist and Buddhist monk, Light on Enlightenment is an accessible guide to the Buddhist teachings, offering insight and inspiration for daily life, as well as a lucid guide on the path to enlightenment. Christopher Titmuss draws upon the experiences of real people to show how Buddhist teachings are relevant to the problems of Western society, and can exert a valuable influence on science, psychotherapy, green issues, our lifestyles and communities. Light on Enlightenment opens up for all of us the possibility of inner transformation and regaining control over our lives.

Light On Enlightenment

For many years an atheist, C. S. Lewis vividly describes the spiritual quest that convinced him of the truth and reality of Christianity, in his famous autobiography.

Surprised by Joy

Contrary to popular opinion, God is not a Supreme Being, but the exact opposite - Absolute Nothingness. In fact, the entire reason that people suffer is because they are attached to 'being', and fail to understand that Non-being is the very basis of existence itself. In the immortal words of the Tao Te Ching, "All things are born of being; being is born of Nothingness." Nothingness is not barren oblivion, nor the opposite of life and 'being'; rather, it is the creative, fertile, and boundless principle that serves as the source and ground of beingness itself. Empty and vast, Nothingness is pregnant with limitless potential and fecundity. In theistic terms, Nothingness is God. Rooted in the teachings of the world's greatest sages, such as Lao Tzu, the Buddha, Adi Shankaracarya, Meister Eckhart, and Nisargadatta

Maharaj, "God is Nothingness" explores how Non-being is indeed the root of all existence. Even more valuably, the book reveals how to actually awaken to Nothingness-how to realize God.

God Is Nothingness

The depth and complexity of the Buddhist scriptures can often be daunting to those who wish to learn the Buddha's teachings, leaving many who have an interest in Buddhism without a place to start. The Core Teachings provides a straightforward introduction to the Buddha's essential teachings, including the Four Noble Truths, karma, and the Five Precepts. This thoughtful collection of essays is ideal for those coming to Buddhism for the first time.

The Core Teachings

This Truth Never Fails is a playful yet well-grounded narrative of a year in the life of an unusual Zen master. Far from the silent and detached stereotype of Zen teachers, Rynick writes with disarming humor, offering both the struggles and the joys of ordinary life as opportunities for insight. Anyone looking for inspiration to bring a simple spiritual awareness into their daily lives, and also those interested in finding ways to more deeply integrate faith (in any tradition) with practice will find this book reassuring and encouraging. This book appeals to the broad "mindfulness" and "general spirituality" audiences that transcend any one formal tradition. Leaning toward Anne Lamott's humor, universal spirituality, and Mary Oliver's love of the natural world, Rynick's writing bypasses Zen theory and doctrine. Simple, clear prose illustrates, vividly, an insightful and tender appreciation of ordinary life as the Way itself. Includes a brief "study guide for further inquiry" offering opportunities for personal reflection and exploration on themes touched on in the book.

This Truth Never Fails

The Mindful Geek tells you how to derive the real world benefits of hardcore mindfulness meditation without drinking the metaphysical Kool-Aid. Meditation teacher, Michael W. Taft gives you step-by-step instructions in the powerful and reliable techniques of mindfulness meditation, and outlines the psychological and neuroscientific research underpinning these practices. By treating mindfulness as a scientifically-based, psychological technique, you can keep your atheistic or agnostic secular skepticism and still maintain a powerful, regular, and deeply effective meditation practice. That's because meditation doesn't require you to believe in it to work. Like any good technology, if you use it correctly, it will do the job reliably whether you believe in it or not. And-make no mistake-meditation is a kind of technology; a technology for hacking the human wetware in order to improve your life. This book is a practical, hands-on manual about how to make the most of that technology for yourself. If you are smart, skeptical, technically-inclined, and have a desire to see what meditation is really all about, this book is for you. Michael has taught a lot of meditation programs at tech corporations like Google, so this material has been field-tested on some world-class geeks.

The Mindful Geek

This book is a compilation of twenty-four life stories of the closest and most eminent of the Buddha's personal disciples.

Great Disciples of the Buddha

Christianity or Islam: which is the real "religion of peace"? Almost any liberal pundit will tell you that there's a religion bent on destroying our Constitution, stripping us of our liberties, and imposing religious rule on the U.S. And that religion is . . . Christianity! About Islam, however, the Left is silent--except to claim a moral equivalence between the two: if Islam has terrorists today, that's nothing compared to the Crusades, inquisitions, and religious wars in Christianity's past. But is this true? Are conservative Christians really more of a threat to free societies than Islamic jihadists? Is the Bible really "just as violent" as the Qur'an? Is Christianity's history really as bloodstained as Islam's? In Religion of Peace? Why Christianity Is and Islam Isn't, New York Times bestselling author Robert Spencer not only refutes such charges, but also explains why Americans and Europeans must regain an appreciation of our Christian heritage if we ever hope to defeat Islamic supremacism.

A Religion of Peace?

Surprisingly little has been written about how Zen came to North America. "Zen Master Who?" does that and much more. Author James Ishmael Ford, a renowned Zen master in two lineages, traces the tradition's history in Asia, looking at some of its most important figures -- the Buddha himself, and the handful of Indian, Chinese, and Japanese masters who gave the Zen school its shape. It also outlines the challenges that occurred as Zen became integrated into western consciousness, and the state of Zen in North America today. The author includes profiles of modern Zen teachers and institutions, including D. T. Suzuki and Alan Watts, and such topics as the emergence of liberal Buddhism, and Christians, Jews, and Zen. This engaging, accessible book is aimed at anyone interested in this tradition but who may not know how to start. Most importantly, it clarifies a great and ancient tradition for the contemporary seeker.

Zen Master Who?

The fruit of some twenty years' experience leading Buddhist meditation retreats, this book touches on a wide range of topics raised repeatedly by meditators and includes favorite stories, key Buddhist teachings, and answers to most-asked questions.

Insight Meditation

In the classic bestseller, Introduction to Tantra, Lama Yeshe offered a profound and wonderfully clear glimpse into the sophisticated practices of Tibetan Buddhist tantra. This present book, the last major teachings of this great lama, opens up the world of advanced practices for Highest Yoga Tantra initiates in much the same way his earlier work opened up the world of tantra in general. Following Je Tsongkhapa's (1357-1419 C.E.) text Having the Three Convictions, Lama Yeshe introduces the renowned Six Yogas of Naropa, focusing mainly on the first of these six, the practice of inner fire (tummo). Mastery of inner fire quickly brings the mind to its most refined and penetrating state--the experience of clear light, an extra-ordinarily powerful state of mind that is unequalled in its ability to directly realize ultimate reality. Lama Yeshe felt that twentieth-century Westerners could easily grasp the often misunderstood ideas of this esoteric tradition: "We really need tantra these days because there is a tremendous explosion of delusion and distraction. and we need the atomic energy of inner fire to blast us out of our delusion." Lama Yeshe's aim was for his students to actually taste the experience of inner fire rather than merely gain an intellectual understanding. Lama's own realization of the transformative power of these practices comes through, inspiring his students to discover for themselves their own capacity for inexhaustible bliss.

The Bliss of Inner Fire