

# Dissolving The Mindstream

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## Dissolving the Mindstream

A deep exploration of the traditional Yoga and Vedanta perspective that the universe has come from the mind and that meditation should lead to absorption in the nondual Self. Babaji Bob Kindler explains the method of dissolving the mindstream with the help of charts and a guided meditation.

## The Great Stillness

This is the second volume of a two-book series that peels away the metaphors and explains the living traditions of Lao Tse's water method of Taoist meditation. The main focus of the book is to explain 'inner dissolving,' its major mediation technique that helps people overcome deeply bound negative emotions, deepen their spiritual and psychic development, and develop balance and compassion.

"The Great Stillness" is one of the few books that discusses the Taoist traditions of sexual chi gung and meditation. It is the only book that includes detailed instructions and illustrations for the moving meditation practice called Circle Walking that was developed in Taoist monasteries over 4000 years ago. This volume advances the breathing lessons taught in volume one: "Relaxing Into Your Being,"

## Footfalls of the Indian Rishis - Volume II

The Holy Feet of Illumined Souls on Earth "From dreams awake, from bonds be free. Know the Truth! Thou art He; thou art She." The Rishis of India, knowers of Truth, in seeking the ultimate welfare and highest good for all of humanity throughout the ages, pioneered an unprecedented myriad of religious and philosophical systems. These availed the aspiring soul of a copious network of wisdom pathways, opening inwards to the Light of Nondual Reality. Veda, Tantra, Sankhya. Nyaya. Vaishesika, Purva Mimamsa, Vedanta, Yoga, Buddhism, Patanjala (Yoga), Sikhism, Jainism, Vaishnavism. Shaivism, Shaktism. Sourism, Ganapatya — the list goes on and on. This reveals a universal vision the likes of which was never before seen in any country or conceived of by any other race of human beings. Here is not only one holy book, or merely one divine incarnation, or just a single prophet, but dozens to hundreds of each, all supported, maintained, and lovingly transmitted by countless luminaries stretching back millennia B.C.E. India therefore stands as an exceptional example before the eyes of the world. The main principle which makes her so is realization of and adherence to Truth, as demonstrated and elucidated upon in this book. It is founded upon the natural acceptance of the presence of God

as Existence Itself. This Truth was tempered on earth over millennia in the fires of spiritual practice, infusing Vedic philosophy and religion with many important keys concerning the attainment of direct spiritual experience. The subtitle of this book, "Charting the Timeless Wisdom of Mother India," proves itself through 299 charts, all created to transmit the depth and breadth of India's dharmic teachings, and replete with thorough and in-depth commentaries.

### Tao of Letting Go

What is known from the Tao Te Ching, I Ching, and other Taoist texts is almost entirely literary. When Bruce Frantzis studied these texts with his main teacher, Grandmaster Liu Hung Chieh, he was taught their practical application: "This is what they say; this is what they mean; this is how to do them." In the TAO of Letting Go, Frantzis offers a bridge to this pragmatic approach for living a spiritual life. Spirituality is not just an aspiration for which people strive, he says, but a genuine, accomplishable reality. Frantzis shows how to expend maximum effort and yet not use force--the gentle way of the Water method--to enrich personal health and energy systems. The Water tradition continues the work of releasing inner conflicts, a process that begins with the Dissolving Method, passed down by Lao Tse in the Tao Te Ching over 2,500 years ago. The author shows how to completely let go of the blockages that bind and prevent the seeker from reaching full spiritual potential. Short, direct chapters and exercises cover such topics as breathing and awareness; Taoist meditation; fog and depression; modern anxiety; love and compassion; and more.

### Footfalls of the Indian Rishis - Volume I

The Holy Feet of Illumined Souls on Earth "From dreams awake, from bonds be free. Know the Truth! Thou art He; thou art She." The Rishis of India, knowers of Truth, in seeking the ultimate welfare and highest good for all of humanity throughout the ages, pioneered an unprecedented myriad of religious and philosophical systems. These availed the aspiring soul of a copious network of wisdom pathways, opening inwards to the Light of Nondual Reality. Veda, Tantra, Sankhya, Nyaya, Vaishesika, Purva Mimamsa, Vedanta, Yoga, Buddhism, Patanjala (Yoga), Sikhism, Jainism, Vaishnavism, Shaivism, Shaktism, Sourism, Ganapatya — the list goes on and on. This reveals a universal vision the likes of which was never before seen in any country or conceived of by any other race of human beings. Here is not only one holy book, or merely one divine incarnation, or just a single prophet, but dozens to hundreds of each, all supported, maintained, and lovingly transmitted by countless luminaries stretching back millennia B.C.E. India therefore stands as an exceptional example before the eyes of the world. The main principle which makes her so is realization of and adherence to Truth, as demonstrated and elucidated upon in this book. It is founded upon the natural acceptance of the presence of God as Existence Itself. This Truth was tempered on earth over millennia in the fires of spiritual practice, infusing Vedic philosophy and religion with many important keys concerning the attainment of direct spiritual experience. The subtitle of this book, "Charting the Timeless Wisdom of Mother India," proves itself through 299 charts, all created to transmit the depth and breadth of India's dharmic teachings, and replete with thorough and in-depth commentaries.

### Nectar #29

With a reverence for the universality of all religions, SRV Associations, under the auspice of its Chosen Ideals, Sri Ramakrishna, Sri Sarada Devi, and Swami Vivekananda, offers its 29th issue of Nectar of Nondual Truth into the world-wide community of truth seekers everywhere. The purpose is twofold: first, that religion aligned with philosophy get disseminated and become available to humanity in this trouble-prone day and age; second, that through this divine dispensation, the principle of Universality — the truth of all religions — gets propagated as well. For, as we often say in SRV Loka, "There is no such thing as a foreign religion; all religions are indigenous to your soul." To this fine end, then, we are to laud and applaud all Nectar contributors towards this singular principle, writers and spiritual leaders from both different walks of life, and from various traditions as well. They are fine examples of the potential of a people united in a world of beings and societies who only grant lip-service to such high-minded causes, but seldom follow through in action and in realization. As Swami Vivekananda has pleaded, "When will man finally be friend to man?"

### Nectar #27

The current issue of Nectar of Nondual Truth starts our year off with profound thoughts of a religious and spiritual nature. There can be no better way to higher health than to purify the mind and intellect,

daily, with words of a refined philosophical caliber. These are precious words indeed, coming as they do from a select group of serious individuals, all singularly dedicated to their chosen tradition and its dissemination. Herein, sandwiched between wise and heartfelt literary offerings by life-long dedicated writers and practitioners of the Vedanta, living and passed, lie complementary writings on some of the most respected spiritual traditions of the world, all in Nectar-like fashion. And, as usual with Nectar of Nondual Truth, the underlying theme which connects all of these beings and their mature perspectives together is that of Universality. Just as the Formless Reality called Brahman makes up the unseen but pervasive substratum for all that lies in the diverse realm of name and form, so does the eternal tenet of Universality support and weave together all religious traditions. When recognition of this great truth dawns on the human mind, it is immediately free, on so many levels.

### Cosmic Sugar

Imagine what your romantic life would be like if you remembered your past lives and loves. Leela Jones has that gift. Leela Jones, an in-demand professional psychic and self-professed slowly recovering hedonist, felt split in two between her desire for pleasure and her passion for soul growth. She chose Tantric and Taoist sexual and spiritual practices as her path to wholeness. Cosmic Sugar takes you on her hilarious ride of excess that leads to the funhouse of wisdom. Through diving deeply into the river of life, Jones realized that the separate banks of Eros and Spirit became one at the ground of her being. Her ongoing immersion in this flow creates a new archetype of the Divine Feminine which opens the heart into a space of boundless sweetness and joy. Cosmic Sugar blows the mind wide open by viscerally transmitting an expanded state of consciousness that can change your perspective on love relationships forever.

### The Vajra Essence

Volume 1. Heart of the Great Perfection -- volume 2. Buddhahood without meditation -- volume 3. The Vajra essence

### In the Presence of Masters

Thirty of the most creative, eloquent, and energetic Tibetan Buddhist teachers of Westerners in recent decades are featured in this collection of teachings that are certain to be highly treasured by all students of Buddhism. The contributors are masters who helped establish Buddhism in the West, founding centers in North America, Great Britain, Australia, and Europe; publishing books in English; and gaining recognition among Western Buddhists. Their teachings, drawn exclusively from the spoken word as given in talks and seminars, convey the directness and power for which the oral tradition is so valued in Buddhism. The book highlights the teachings of the practice lineages, the branch of Tibetan Buddhism that emphasizes meditation practice, personal experience, and spiritual realization. Selections are thematically organized, including topics such as the major approaches to the spiritual path, meditation and other practices, Buddhist ethics, tantric practice, and the role of the teacher. Includes the following teachers: Chagdud Tulku Rinpoche • Chögyam Trungpa Rinpoche • Chökyi Nyima Rinpoche • Deshung Rinpoche • Dilgo Khyentse Rinpoche • Drubwang Tsoknyi Rinpoche • Dudjom Rinpoche • Dzigar Kongtrul Rinpoche • The Dzogchen Pönlop Rinpoche • Dzongsar Khyentse Rinpoche • Gen Lamrimpa • The Third Jamgön Kongtrul Rinpoche • Kalu Rinpoche • Venerable Khandro Rinpoche • Khenpo Könchog Gyaltsen • Khenpo Tsultrim Gyamtso Rinpoche • Lama Lodö • Lama Thubten Yeshe Rinpoche • Namkhai Norbu Rinpoche • Nyoshul Khenpo Rinpoche • Ringu Tulku Rinpoche • Sakyong Mipham Rinpoche • Sogyal Rinpoche • Tarthang Tulku Rinpoche • Thinley Norbu Rinpoche • Thrangu Rinpoche • Traleg Kyabgon Rinpoche • Tulku Thondup Rinpoche • Tulku Urgyen Rinpoche • Lama Zopa Rinpoche

### Foundations of the Path

In the early eleventh century the Indian Buddhist master Atisha condensed essential points from the sutras and ordered them into the text Lamp of the Path. These were then expanded upon in the fourteenth century by the Tibetan Buddhist master Lama Tsongkhapa into the text The Great Exposition on the Gradual Path to Enlightenment (Lamrim Chenmo). Venerable Thubten Chodron taught on this text over several years at Dharma Friendship Foundation, and related these practical teachings to our daily lives. These ebooks are lightly-edited transcripts of those teachings. They have been organized and formatted by Lai Wee Chiang. This first volume contains teachings on: a) Introduction to the Lamrim b) How the Teachings Should Be Studied and Taught c) Mind, Rebirth, Cyclic Existence and

Enlightenment d) The Six Preparatory Practices e) How to Rely on a Spiritual Mentor f) Precious Human Life

### The Power of Now

To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

### Zhije: The Pacification of Suffering

Jamgön Kongtrul Lodrö Taye presents the Zhije (Pacification) teachings of some of Tibet's most historically significant and influential teachers in this next volume of the Treasury of Precious Instructions series, Kongtrul's great collection of teachings from all of Tibet's Buddhist lineages. The Treasury of Precious Instructions by Jamgön Kongtrul Lodrö Taye, one of Tibet's greatest Buddhist masters, is a shining jewel of Tibetan literature, presenting essential teachings from the entire spectrum of practice lineages that existed in Tibet. In its eighteen volumes, Kongtrul brings together some of the most important texts on key topics of Buddhist thought and practice as well as authoring significant new sections of his own. In this volume, Kongtrul presents a diverse corpus of texts from the Zhije (Pacification) tradition that trace especially to the South Indian master Dampa Sangye (d. 1117), whose teachings are also celebrated in the Chöd (Severance) tradition. It includes source scriptures by Dampa Sangye, empowerments by Lochen Dharmashr+, and guidance by Dampa Sangye, Lochen Dharmashr+, and Sönam Pal. Also included are lineage charts related to the transmission of Zhije teachings as well as detailed notes and an orientation to the texts by translator Sarah Harding.

### Luminous Emptiness

*The Tibetan Book of the Dead*, a best-seller for three decades, is one of the most widely read texts of Tibetan Buddhism. Over the years, it has been studied and cherished by Buddhists and non-Buddhists alike. *Luminous Emptiness* is a detailed guide to this classic work, elucidating its mysterious concepts, terms, and imagery. Fremantle relates the symbolic world of the Tibetan Book of the Dead to the experiences of everyday life, presenting the text not as a scripture for the dying, but as a guide for the living. According to the Buddhist view, nothing is permanent or fixed. The entire world of our experience is constantly appearing and disappearing at every moment. Using vivid and dramatic imagery, the Tibetan Book of the Dead presents the notion that most of us are living in a dream that will continue from lifetime to lifetime until we truly awaken by becoming enlightened. Here, Fremantle, who worked closely with Chögyam Trungpa on the 1975 translation of the Tibetan Book of the Dead (Shambhala), brings the expertise of a lifetime of study to rendering this intriguing classic more accessible and meaningful to the living. *Luminous Emptiness* features in-depth explanations of:

- The Tibetan Buddhist notions of death and rebirth
- The meaning of the five energies and the five elements in Tibetan Buddhism
- The mental and physical experience of dying, according to the Tibetan Buddhist tradition

## Vajrayogini Sadhana & Commentary

Vajrayogini Sadhana and Commentary, a translation of an oral explanation given by Geshe Ngawang Dhargey in Seattle, Washington, USA, in 1981. Traditionally, the practice of tantra is supposed to be kept secret, and it is to be noted that this book is intended purely for those who have received the proper initiations. However, as His Holiness the Dalai Lama has advised, the great misunderstandings to which tantra is often subject to are more harmful than the partial lifting of such secrecy, so there is a necessity for books to be made available which contain authentic explanations. Venerable Geshe Ngawang Dhargyey was born in Kham Province of Tibet in 1928 and attended Sera Je Monastery. He escaped from Tibet in 1959 to India where he was able to continue teaching and meditating. He received his Geshe Lharampa degree in 1969. In 1971 His Holiness the Fourteenth Dalai Lama asked him to teach Dharma courses to westerners at the Library of Tibetan Works and Archives in Dharamsala. In 1986 he left for Dunedin, New Zealand, where he was the resident Spiritual Director at the Thargye Dharma Center until his death in 1996.

## Marpa Kagyu, Part One

A translation from Tibetan of an eighteenth-century compilation by one of Tibet's greatest Buddhist masters of practice texts of the Marpa Kagyu lineage of Tibetan Buddhism. The Treasury of Precious Instructions by Jamgön Kongtrul Lodrö Taye, one of Tibet's greatest Buddhist masters, is a shining jewel of Tibetan literature, presenting essential teachings from the entire spectrum of practice lineages that existed in Tibet. In its eighteen volumes, Kongtrul brings together some of the most important texts on key topics of Buddhist thought and practice as well as authoring significant new sections of his own. The seventh volume of the series, Marpa Kagyu, is the first of four volumes that present a selection of core instructions from the Marpa Kagyu lineage of Tibetan Buddhism. This lineage is named for the eleventh-century Tibetan Marpa Chökyi Lodrö of Lhodrak who traveled to India to study the sutras and tantras with many scholar-siddhas, the foremost being Nropa and Maitripa. The first part of this volume contains source texts on mahamudra and the six dharmas by such famous masters as Saraha and Tilopa. The second part begins with a collection of siddhanas and abhisekas related to the Root Cakrasamvara Aural Transmissions, which are the means for maturing, or empowering, students. It is followed by the liberating instructions, first from the Rechung Aural Transmission. This section on instructions continues in the following three Marpa Kagyu volumes. Also included are lineage charts and detailed notes by translator Elizabeth M. Callahan.

## Taking the Result as the Path

The tradition known as the Path with the Result, or Lamdre, is the most important tantric system of meditation practice and theory in the Sakya school of Tibetan Buddhism. This volume contains an unprecedented compilation of eleven vital works from different periods in the history of the Path with the Result in India and Tibet, including the Vajra Lines of the great Indian adept Virupa (ca. seventh-eighth centuries), the basic text of the tradition. The collection also includes six writings by Jamyang Khyentse Wangchuk (1524-68) and an instruction manual composed by the Fifth Dalai Lama (1617-62). None of the works in this book have ever been published before in any European language, and most of these writings traditionally have been considered secret. The present translation, an important new volume of the Library of Tibetan Classics, has been made with the personal approval and encouragement of His Holiness Sakya Trizin, head of the Sakya tradition. Students of the Lamdre will rejoice at the availability and lucidity of this major translation of key Sakya texts.

## Open Heart, Clear Mind

Featuring a foreword by the Dalai Lama, this introduction to Tibetan Buddhism "will help many on the open path of meditation and in dealing with challenges of everyday life" (Thich Nhat Hanh). An open heart is the dwelling place of compassion that extends toward all beings; a clear mind is the source of the penetrating wisdom of deep insight. Their union leads to the enlightened way of life that is at the heart of the spiritual path as taught by the Buddha. This practical introduction to the Buddha's teachings focuses on the application of Buddhist psychology to modern life. Thubten Chodron, an American Buddhist nun, presents the basic points of this path for understanding ourselves and improving the quality of our lives. Writing with warmth, humor, and easy-to-understand language, Chodron provides the fundamental points of the Buddha's teaching on transforming habitual attitudes and realizing our full human potential.

## Mind in Comfort and Ease

This book sets out the key principles of Buddhism, showing how the mind can be transformed, and suffering overcome, through love, compassion, and a true understanding of the nature of reality.

### The Tibetan Book Of Living And Dying

25th Anniversary Edition Over 3 Million Copies Sold 'I couldn't give this book a higher recommendation' BILLY CONNOLLY Written by the Buddhist meditation master and popular international speaker Sogyal Rinpoche, this highly acclaimed book clarifies the majestic vision of life and death that underlies the Tibetan Buddhist tradition. It includes not only a lucid, inspiring and complete introduction to the practice of meditation, but also advice on how to care for the dying with love and compassion, and how to bring them help of a spiritual kind. But there is much more besides in this classic work, which was written to inspire all who read it to begin the journey to enlightenment and so become 'servants of peace'.

### From the Heart of Chenrezig

The lineage of the reincarnated line of Dalai Lamas has held primary spiritual authority and, until recently, temporal power in Tibet since the beginning of the fifteenth century. The translations in this book represent a curated set of their writings specifically on tantra, the advanced path of Tibetan Buddhism in which practitioners use a variety of methods and techniques to directly overcome delusion and conflicting emotions. If one has the proper training in sutra and tantra, it is said that the path to enlightenment can be traversed swiftly. Glenn H. Mullin, one of the foremost translators of the Dalai Lamas, has selected key texts from eight of the Dalai Lamas that clearly elucidate the proper understanding and context of the tantric system in this lineage.

### Four Tibetan Lineages

"Drawing primarily from the Pacification, Severance, Shangpa Kagyü, and Bodongpa traditions, Four Tibetan Lineages presents some of Tibet's most transformative yet lesser-known teachings on meditative practice. Most works in this volume are drawn from a Tibetan anthology known as the Treasury of Precious Instructions compiled by Jamgön Kongtrul Lodrö Thayé (1813-1900). A vast preservation project, this anthology reflects Kongtrul's attempt to rescue rare teachings from disappearing. By foregrounding the teachings of masters like Khedrup Khyungpo Naljor (d. 1135), Dampa Sangyé (d. 1117), Machik Labdrön (1031/55-1126/50), Jonang Taranatha (1575-1634), and Jamyang Khyentse Wangpo (1820-92), this volume extends Jamgön Kongtrul's preservation efforts into the modern world, presenting a set of rare teachings to English readers for the first time"--

### Net of Being

How Alex Grey's visionary art is evolving the cultural body through icons of interconnectedness • Includes over 200 reproductions of Grey's artwork • Contains spectacular photos of Grey's collaboration with the cult band TOOL plus his worldwide live-painting performances • Offers Grey's reflections on how art evolves consciousness with a new symbology of the Networked Self • Winner of the 2013 Nautilus Silver Book Award in Photography and Art Revealing the interwoven energies of body and soul, love and spirit that illuminate the core of each being, Alex Grey's mystic paintings articulate the realms of consciousness encountered during visits to entheogenic heaven worlds. His painting Net of Being--inspired by a blazing vision of an infinite grid of Godheads during an ayahuasca journey--has reached millions as the cover and interior of the band TOOL's Grammy award-winning triple-platinum album, 10,000 Days. Net of Being is one of many images Grey has created that have resulted in a chain reaction of uses--from apparel and jewelry to tattoos and music videos--embedding these iconic works into our culture's living Net of Being. The book explores how the mystical experience expressed in Alex Grey's work opens a new understanding of our shared consciousness and unveils the deep influence art can have on cultural evolution. The narrative progresses through a successive expansion of identity--from the self, to self and beloved, to self and community, world spirit, and cosmic consciousness, where bodies are transparent to galactic energies. Presenting over 200 images, including many never-before-reproduced paintings as well as masterworks such as St. Albert and the LSD Revelation Revolution and Godself, the book also documents performance art, live-painting on stage throughout the world, and the "social sculpture" called CoSM, Chapel of Sacred Mirrors, that Grey cofounded with his wife and creative collaborator, artist Allyson Grey.

### The Chariot that Transports to the Kingdom of the Four Kayas

## Machik's Complete Explanation

Fear, anger, and negativity are states that each of us have to contend with. Machik's Complete Explanation, the most famous book of the teachings of Machik Lapdrön, the great female saint and yogini of eleventh- to twelfth-century Tibet, addresses these issues in a practical, direct way. Machik developed a system, the Mahamudra Chöd, that takes the Buddha's teachings as a basis and applies them to the immediate experiences of negative mind states and malignant forces. Her unique feminine approach is to invoke and nurture the very "demons" that we fear and hate, transforming those reactive emotions into love. It is the tantric version of developing compassion and fearlessness, a radical method of cutting through ego-fixation. This expanded edition includes Machik Lapdrön's earliest known teaching, the original source text for the tradition, The Great Bundle of Precepts on Severance (Chöd). This pithy set of instructions reveals that the teachings of the perfection of wisdom are the true inspiration for Chöd. It is beautifully clarified in a short commentary by Rangjung Dorje, the Third Karmapa.

## Spiritual Friends

A collection of the favorite guided meditations of senior monks and nuns of the International Mahayana Institute of the FPMT. A collection of the favorite guided meditations of senior monks and nuns of the International Mahayana Institute of the FPMT. These meditations center on different Buddhist themes and provide a good resource for the practicing meditator. The book also includes brief spiritual autobiographies that allow the reader to trace each contributors' entry into and study of Tibetan Buddhism. Our true spiritual friends are the positive potentials in our minds, which will never disappoint us and never desert us. Similarly, the generous and personal meditations offered in this book help us develop these potentials and thus are true friends to whom we can always turn. Likewise, the Sangha, as the ordained followers of the Buddha upon whom the continuity of the Buddha's teachings depend, are spiritual friends who encourage us and inspire us to transform our minds. This unique book—the first from the International Mahayana Institute—contains meditations written by eighteen nuns and monks of the IMI Sangha as well as an autobiographical essay from each in which these nuns and monks share how they came to the ordained life.

## Sounds of Innate Freedom

The third volume in a historic six-volume series containing many of the first English translations of the classic mahamudra literature compiled by the Seventh Karmapa. Sounds of Innate Freedom: The Indian Texts of Mahamudra are historic volumes containing many of the first English translations of the classic mahamudra literature. The texts and songs in these volumes constitute the large compendium called The Indian Texts of the Mahamudra of Definitive Meaning, compiled by the Seventh Karmapa Chötra Gyatso (1456–1539). Translated, introduced, and annotated by Karl Brunnhölzl, acclaimed senior teacher at the Nalandabodhi community of Dzogchen Ponlop Rinpoche, the collection offers a brilliant window into the richness of the vast ocean of Indian mahamudra texts cherished in all Tibetan lineages, particularly in the Kagyu tradition, giving us a clear view of the sources of one of the world's great contemplative traditions. This third volume contains twenty-four texts, the bulk of which are dohas by Saraha and commentaries on them, as well as works by other renowned Indian Buddhist mahasiddhas such as Naropa, Krsna, and Sakyasribhadra. The extensive commentaries brilliantly unravel enigmas and bring clarity to the songs they comment on as well as to many other songs of realization in the series. These expressive songs of the inexpressible offer readers a feast of profound and powerful pith instructions uttered by numerous male and female mahasiddhas, yogis, and dakinis, often in the context of ritual ganacakras and initially kept in their secret treasury. Displaying a vast range of themes, styles, and metaphors, they all point to the single true nature of the mind—mahamudra—in inspiring ways and from different angles, using a dazzling array of skillful means to penetrate the sole vital point of buddhahood being found nowhere but within our own mind. Reading and singing these songs of mystical wonder, bliss, and ecstatic freedom and contemplating their meaning will open doors to spiritual experience for us today just as it has for countless practitioners in the past.

## Transcending Time

Inspired by years of scholarly training and decades of solitary retreat, Tibetan monk Gen Lamrimpa offers a concise overview of all phases of the Kalachakra practice: the preliminaries, the initiation, and

finally, the stages of generation and completion. With remarkable clarity, he makes the Six-Session Guruyoga practice accessible to all practitioners, and deepens our understanding and appreciation of this sublime teaching of the Buddha. Gen Lamrimpa begins this eminently practical explanation by emphasizing the importance of a compassionate motivation for spiritual practice. He then explores the nature of suffering and the cycle of existence that traps all living beings, and concludes with a detailed account of the Six-Phase Yoga, which is meant to be recited and contemplated three times during the day and three times at night. Alan Wallace's introduction illuminates both Kalachakra's rich history and Gen Lamrimpa's unique contribution to our understanding. This book provides a clear explanation of Kalachakra as set forth within the context of the Six-Session Guruyoga, a daily meditation practice for initiates. *Transcending Time* presents all phases of Kalachakra practice--the preliminaries, the initiation, and finally, the stages of generation and completion.

### The Epic of Gesar of Ling

The Gesar of Ling epic is the Tibetan equivalent of *The Arabian Nights*. For hundreds of years, versions of it have been known in oral and written form in Tibet, China, Central Asia, and across the eastern Silk Route. King Gesar, renowned throughout these areas, represents the ideal warrior. As a leader with his people's loyalty and trust, he conquers all their enemies and protects the peace. His life story, which is full of miracles and magic, is an inspiration and a spiritual example to the people of Tibet and Central Asia even today; Gesar's warrior mask can be seen in the town square and on the door of homes in towns and villages throughout this area. As a Buddhist teaching story, the example of King Gesar is also understood as a spiritual allegory. The "enemies" in the stories represent the emotional and psychological challenges that turn people's minds toward greed, aggression, and envy, and away from the true teachings of Buddhism. These enemies graphically represent the different manifestations of the untamed mind. The teaching is that genuine warriors are not aggressive, but that they subjugate negative emotions in order to put the concerns of others before their own. The ideal of warriorship that Gesar represents is that of a person who, by facing personal challenges with gentleness and intelligence, can attain spiritual realization. This book contains volumes one through three, which tell of Gesar's birth, his mischievous childhood, his youth spent in exile, and his rivalry for the throne with his treacherous uncle. The Gesar epic tells how the king, an enlightened warrior, in order to defend Tibet and the Buddhist religion from the attacks of surrounding demon kings, conquers his enemies one by one in a series of adventures and campaigns that take him all over the Eastern world. He is assisted in his adventures by a cast of heroes and magical characters who include the major deities of Tibetan Buddhism as well as the native religion of Tibet. Gesar fulfills the Silk Route ideal of a king by being both a warrior and a magician. As a magician he combines the powers of an enlightened Buddhist master with those of a shamanic sorcerer. In fact, at times the epic almost seems like a manual to train such a Buddhist warrior-magician. In the story, the people and nation of Ling represent the East Asian notion of an enlightened society. There, meditation, magic, and the oral folk wisdom of a communal nomadic society are synchronized in a lifestyle harmonious with the environment, but ambitious for growth and learning and refined literate culture. Filled with magic, adventure, and the triumphs of this great warrior-king, the stories will delight all—young and old alike. The Gesar epic is still sung by bards in Tibet. The words of the Gesar epic have never been translated into a Western language before.

### The Epic of Gesar of Ling

The first and only English translation of the centuries-old Tibetan spiritual allegory of King Gesar, a tale on a par with *The Arabian Nights* or the King Arthur stories. For hundreds of years, versions of the Gesar of Ling epic have been sung by bards in Tibet, China, Central Asia, and across the eastern Silk Route. King Gesar, renowned throughout these areas, represents the ideal warrior. As a leader with his people's loyalty and trust, he conquers all their enemies and protects the peace. The example of King Gesar is also understood as a spiritual teaching. The "enemies" in the stories represent the emotional and psychological challenges that turn people toward greed, aggression, and envy and away from the true teachings of Buddhism. The epic of Gesar is the longest single piece of literature in the world canon, encompassing some 120 volumes; here the first three volumes are translated, telling of Gesar's birth, his mischievous childhood and his youth spent in exile, and his rivalry for the throne with his treacherous uncle.

### Practicing the Power of Now

New York Times bestselling author Eckhart Tolle — A key to happiness is living in the now Practice The Power of Now: If you, like many others, have benefited from the transformative experience of reading The Power of Now, you will want to own and read Practicing the Power of Now. Eckhart Tolle: Eckhart Tolle, a spiritual teacher and author who was born in Germany and educated at the Universities of London and Cambridge, is rapidly emerging as one of the world's most inspiring spiritual teachers. His views go beyond any particular religion, doctrine, or guru. In The Power of Now and his subsequent book Practicing the Power of Now, Eckhart shares the enlightenment he himself experienced after a profound inner transformation radically changed the course of his life. Your path to enlightenment: Practicing the Power of Now extracts the essence from Eckhart's teachings in his New York Times bestseller, The Power of Now (translated into 33 languages). Practicing the Power of Now shows us how to free ourselves from "enslavement to the mind." The aim is to be able to enter into and sustain an awakened state of consciousness throughout everyday life. Through meditations and simple techniques, Eckhart shows us how to quiet our thoughts, see the world in the present moment, and find a path to "a life of grace, ease, and lightness." The next step in human evolution: Eckhart's profound yet simple teachings have already helped countless people throughout the world find inner peace and greater fulfillment in their lives. At the core of the teachings lies the transformation of consciousness, a spiritual awakening that he sees as the next step in human evolution. An essential aspect of this awakening involves transcending our ego-based state of consciousness. This is a prerequisite not only for personal happiness but also for the ending of violence on our planet. Readers of other transformational self-help books such as The Four Agreements, The Miracle Morning, Braving the Wilderness, and The Book of Joy will want to read Practicing the Power of Now.

### Step by Step

An introduction to the profound meditation methods of Tibetan Buddhism based on the teachings of the Tibetan saint and founder of the Gulag school Tsongkhapa. The techniques are simple, direct and possess the power to radically alter the way we see the world and ourselves.

### Zhije: The Pacification of Suffering

Jamgön Kongtrul Lodrö Taye presents the Zhije (Pacification) teachings of some of Tibet's most historically significant and influential teachers in this next volume of the Treasury of Precious Instructions series, Kongtrul's great collection of teachings from all of Tibet's Buddhist lineages. The Treasury of Precious Instructions by Jamgön Kongtrul Lodrö Taye, one of Tibet's greatest Buddhist masters, is a shining jewel of Tibetan literature, presenting essential teachings from the entire spectrum of practice lineages that existed in Tibet. In its eighteen volumes, Kongtrul brings together some of the most important texts on key topics of Buddhist thought and practice as well as authoring significant new sections of his own. In this volume, Kongtrul presents a diverse corpus of texts from the Zhije (Pacification) tradition that trace especially to the South Indian master Dampa Sangye (d. 1117), whose teachings are also celebrated in the Chöd (Severance) tradition. It includes source scriptures by Dampa Sangye, empowerments by Lochen Dharmashr+, and guidance by Dampa Sangye, Lochen Dharmashr+, and Sönam Pal. Also included are lineage charts related to the transmission of Zhije teachings as well as detailed notes and an orientation to the texts by translator Sarah Harding.

### Application of Impossible Things - My Near Death Experience in Iraq

Natalie's near death experience when her truck was hit with a roadside bomb in Iraq. She recalls the entire spirit side experience as they repair her body so she could live.

### You Are That

The lives of thousands of people have been influenced by Gangaji's teachings. You Are That is a collection of her classic offerings, first shared more than a decade ago and now updated to include both original volumes, a new introduction, rare photographs, and new insights. This exquisite special edition delves into natural inquiries about our existence, including the nature of mind, how to expose the core of suffering, and how to overcome the last obstacle of self-doubt. Eloquent and direct, Gangaji guides practitioners of all backgrounds through an examination into the self that often leads to unexpected glimpses of awakening. "This is a moment of reckoning," she teaches. "Do not take this moment casually or trivially. Recognize that for whatever reason, you are aware of the possibility of realizing the truth of yourself as limitless consciousness—you are that!"

## TechGnosis

"A most informative account of a culture whose secular concerns continue to collide with their supernatural flip-side."--Voice Literary Supplement In this dazzling book, writer and cyber guru Erik Davis demonstrates how religious imagination, magical dreams and millennialist fervor have always permeated the story of technology. Through shamanism to Gnosticism, voodoo to alchemy, Buddhism to evangelism, TechGnosis peels away the rational shell of infotech to reveal the utopian dreams, alien obsessions and apocalyptic visions that populate the ongoing digital revolution. Erik Davis' work has appeared in Wired, The Village Voice and Gnosis, and he has lectured internationally on technoculture and new forms of religion. He is a fifth-generation Californian who currently lives in San Francisco.

## The Taming of the Demons

A newly translated volume of the centuries-old spiritual epic of King Gesar. For centuries, the epic tale of Gesar of Ling has been told across Asia. This epic is a living oral tradition, performed widely by singers and bards and beloved especially in Tibet. Considered the longest single piece of literature in the world canon, the epic of Gesar chronicles the legend of King Gesar of Ling, a heroic figure known for his fearless leadership. The epic encompasses some 120 volumes and nearly 20 million words, and there are numerous versions across cultures. This book is the first English translation of the fourth volume of this sweeping literary work, with stories from after Gesar's coronation to the throne of Ling. This volume focuses on battles won and strategies applied, as the warrior-king Gesar fended off demons and liberated his foes. Though largely a violent account focused on his superhuman prowess in battle, this volume is rich with ethical proverbs that inform Tibetan culture to this day. A significant work of legend, the epic of Gesar is also a vital part of Tibetan Buddhism, as Gesar is said to have been chosen by celestial beings to restore order and destroy anti-Buddhist forces. The epic of Gesar is the cultural touchstone of Tibet, analogous to the Iliad or the Odyssey. While Book One covers Gesar's birth, youth, and rise to power, this volume recounts the martial victories and magical feats that made him a legendary figure to so many.

## Kalachakra Tantra

The Kalachakra initiation has now been given in the west on a number of occasions, yet authentic teachings of this ancient tradition remain rare. Here is presented a commentary given by Geshe Ngawang Dhargyey, which contains explanations and advice concerning the various commitments and initial practices peculiar to the Kalachakra system within the context of Highest Yoga Tantra and Mahayana Buddhist practice in general

## Paths and Grounds of Guhyasamaja According to Arya Nagarjuna

Paths and Grounds of Guhyasamaja according to Arya Nagarjuna is a very significant eighteenth century Tibetan treatise (with brief contemporary) which maps out the paths and the grounds of Guhyasamaja Tantra according to Arya Nagarjuna's tradition. It is based on the incomparable masterpieces of Manjushri, Lama Tsongkhapa and his hear-like disciples. In many Buddhist Tantras and works of realised masters Guhyasamaja is referred to as 'the supreme and king of all Tantras'. Acharya Chandrakirti's Bright Lamp (sgron gsal) states. "This (Guhyasamaja) is the supreme subsidiary practice; a compendium of the meaning of all Tantras".

## The Lives and Liberation of Princess Mandarava

This lucid translation of a rare Tibetan text makes available for the first time to Western readers the remarkable life story of Princess Mandarava. 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.