

# Sera The Way Of The Tibetan Monk

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*The Way* Jampa Kunchog Pryor 2017-11-02 Mental training. The discussions on the methods of attaining success, based on the subject of the Art of War and Peace.

**The Novice** Stephen Schettini 2009 This intimate, colorful memoir tells the story of a disillusioned 22-year-old who sabotages his university finals and abandons home, family and possessions to journey through Europe, the Middle East and Asia in search of a meaningful life. Narrowly escaping death by sickness and drugs, he encounters the Tibetan refugees in exile. Entranced, he finally stops running. ... the author recounts his monkhood in the Buddhist tradition -- staring down the gaping hole at the center of his life to come back strengthened, clear-minded and confident. -- Back cover.

Three Years in Tibet Ekai Kawaguchi 2022-05-28 This book is about an amazing three-year journey from 1899 to 1902 of a Buddhist monk from Japan making his way into Tibet which was closed to almost all foreigners at the time. The author provides a fascinating view of the culture, society, justice, domestic relations, politics, religion, etc. Kawaguchi a very admirable and knowledgeable figure also provides insight to the politics of Japan, Britain, Russia and the international relationships in Central Asia.

**Love and Liberation** Sarah H. Jacoby 2014-09-16 Love and Liberation reads the autobiographical and biographical writings of one of the few Tibetan Buddhist women to record the story of her life. Sera Khandro Dewa Dorje (1892-1940) was extraordinary not only for achieving religious mastery as a Tibetan Buddhist visionary and guru to many lamas, monastics, and laity in the Golok region of eastern Tibet, but also for her candor. This book listens to Sera Khandro's conversations with deities, dakinis, bodhisattvas, lamas, and fellow religious community members and investigates the concerns and sentiments relevant to the author and to those for whom she wrote. Sarah H. Jacoby's analysis focuses on the status of the female body in Sera Khandro's texts, the virtue of celibacy versus the expediency of sexuality for religious purposes, and the difference between profane lust and sacred love between male and female Tantric partners. Her findings add new dimensions to our understanding of Tibetan Buddhist consort practice, complicating standard scriptural presentations of a male subject and a female aide. Sera Khandro depicts herself and her guru and consort, Drimzer, as inseparable embodiments of insight and method that together form the Vajrayana Buddhist vision of complete buddhahood. By advancing this complementary sacred partnership, Sera Khandro carved a place for herself as a female virtuoso in the male-dominated sphere of early twentieth-century Tibetan religion.

**Touching Tibet** Niema Ash 2011-04-15 STRONG An affectionate travelogue that conveys not only impressions of everyday life and descriptions of unique Tibetan customs and traditions but brings us Tibetan history, politics, and religion from a fresh, unstudied perspective. Despite the determined efforts of the Dalai Lama to publicize the Tibetan cause, for many the people, culture, history, and traditions of this country remain mysterious. Niema Ash was one of the first Westerners to enter the country when its borders were briefly opened, and in this highly absorbing and personal account, she relates with wit, compassion, and sensitivity her encounters with people whose humor, spirituality, and sheer enthusiasm for life have carried them through years of oppression and suffering. This journey into a forbidden kingdom gives a fresh insight into the real heart of Tibet.

The Art of War and Peace Jampa Kunchog Pryor 2018-01-16 What is most interesting about the discussion of the Art of War and Peace (AWP) is the necessity of establishing a basic understanding of the title. If the understanding of name is not comprehended, the reason for the composition becomes

unclear. It is my intention is for the reader to understand that the rules governing the Art of War are the same rule that govern the Art of Peace. The aims that govern one, govern the other and it is logically essential that to understand one, we must understand the other. We can only understand the nature of conflict resolution if we understand the causes of conflict. What marries the Art of War and Peace is the concept that armed conflict should be avoided as expressed in the words of Sung Tzu, "The superior person wins his battles without fighting." The reality of The Art of War and the Art of Peace is that conflict is inevitable. Therefore we should prepare ourselves for this reality. The resolution of conflict comes from our own ability to overcome it by knowledge of the rules of engagement. Conflict survives because of doctrines of attrition. Attrition extends our reasons to commit to conflict, limiting our sight and vision that are necessary to continue forward. The Art of War and Peace is a training guide that is essential to those who wish to create a greater meaning of what we do. The words and meaning will be out of reach to those who are orthodox in their understanding. The reality is, "We are only limited by the beliefs we have." If our beliefs are expandable, we will understand well the art. The mastering of the Art of War and Peace is the Way. The Way is the method of combining all that we know and applying it towards the success we wish to achieve. The Way is the art of the deal and this is the art that will make us complete.

#### The Life of a Tibetan Monk Geshe Rabten 2000

Sera Sheila Rock 2005-11-23 Tibet was once home to thousands of thriving Buddhist monasteries. But in 1959, following a Tibetan uprising against China's long occupation, nearly all were destroyed by the Chinese military, the practice of Buddhism was outlawed, and the Dalai Lama was forced into exile. In March of that year, Chinese tanks bombarded the 540-year-old Sera Jey Monastery in Lhasa, Tibet, killing hundreds of monks and destroying ancient texts and invaluable artifacts that had been collected over centuries. Thousands of survivors fled over perilous mountain passes to neighboring India, many with only thin robes and light footwear to shield them from the harsh winter conditions of the Himalayas. The Sera Jey Monastery, reestablished near Mysore, India, now houses 5,000 Buddhist monks living in exile- including many who escaped the attack on the Tibetan monastery in 1959, and many more who have never known their ancestral homeland. Providing an intimate glimpse of this rarely seen world, Sera: The Way of the Tibetan Monk evokes the subtle moods and rhythms of this Buddhist community that has

steadfastly carried on the legacy of the original Sera Jey. More than 100 duotone photographs capture daily rituals and sacred ceremonies, serious moments and playful gestures, compassionate faces and expressions of inspired serenity. Moving and unforgettable, Sheila Rock's portraits celebrate the tranquility, simple joys, and unadorned beauty of the ascetic life, offering a powerful testament to the strength and resilience of a persecuted people. A percentage of the royalties from this book go to the Sera Jhe Health Care Committee in aid of various humanitarian projects

*Sera* Sheila Rock 2003 The Sera Jey Monastery, reestablished near Mysore, India, houses 5,000 Buddhist monks living in exile -- including survivors of the destruction of the Tibetan monastery in 1959. Sheila Rock's moving portraits are a celebration of the everyday simplicity and subtle beauty of the ascetic life. More than a hundred duotone photographs document the compassionate expressions, emotional openness, and aura of serenity inspired by lives of renunciation and seclusion. A percentage of the royalties from this book go to the Sera Jhe Health Care Committee in aid of various humanitarian projects.

Insight Into Emptiness Khensur Jampa Tegchok 2012-07-31 A former abbot of a Tibetan Buddhist monastery explains the emptiness of all appearances using an accessible, conversational approach that will help Western readers delve deeply into the center of insight meditation. Original.

**Transforming Buddhism** Andre Van Der Braak 2018-09 The world of Buddhism has always been a dynamic one. There are endless developments and interactions as the dharma spread throughout Asia. In more recent times Buddhism has even made a more global appeal, dharma centers are everywhere nowadays. Transforming Buddhism presents a number of casestudies of a group of scholars who each of them focus on the ways how Buddhism transforms and is transformed, both in the past and in modernity. The book presents results of research performed in Asia for instance on women in the Buddhist monastic tradition of Thailand, foreigners living in the harsh conditions of specific Thai Theravāda monasteries, and childmonks in Tibet. Other subjects are developments within Japanese Zen Buddhism in interaction with modern western philosophy and the Japanese Buddhism incited by Kōbō Daishi (774-835). Next there is the inspiration for modernity that can be found in the works of the Korean monk Chinul (1158-1210), and themes in Buddhist life-histories, legendary, historical and personal. As such Transforming Buddhism

gives a broad view on a number of transformations of the Buddhist dharma from various perspectives.

Buddhism in the Tibetan Tradition Geshe Kelsang Gyatso 2013-10-16 A clear and straightforward introduction to Tibetan Buddhism, this book presents the basic teachings of Buddha in a way that people can readily comprehend and put into practice in their daily lives. Topics such as reincarnation, actions and their effects, emptiness, liberation and enlightenment are discussed. Designed primarily for those coming to the subject for the first time, the book also offers new insights for the more advanced student of Tibetan Buddhism. Originally published in 1989.

**Beyond the Robe** Bobby Sager 2013-06-25 Twelve years ago, the Sager Family Foundation, the Library of Tibetan Works and Archives, and the Dalai Lama's private office began a groundbreaking program called Science for Monks to teach Western science to Tibetan monks and nuns. Recently, Tenzin Gyatso, His Holiness the 14th Dalai Lama announced a decision by the leaders of the monasteries to make the study of Western science part of the core curriculum required of all monastic scholars in the Gelug tradition. *Beyond the Robe* tells the story of the decade long development of the Science for Monks program and what it reveals about the larger role Tibetan Buddhist monks and nuns can play in their monasteries, in their communities, and in the world at large. *Beyond the Robe* is a collection of essays from the monks and scientists containing the first insights that have come out of this historic effort. *Beyond the Robe* follows the monks' study of science, but it is not a science book. The real story here is what the study of science has revealed about who these remarkable men and woman really are and the much bigger role that they seem so suited to fill. "I hope that *Beyond the Robe* helps you to feel closer to the monks and nuns and to better understand their immense potential to provide leadership in their world and further insight into ours. Instead of simply admiring them from afar, let's all get close enough to really listen." —Bobby Sager "Bobby Sager has been not only a most generous and dedicated benefactor of the Science for Monks program since it was launched 12 years ago, but also he is a direct witness to its flourishing. His testimony and insight are key to an in-depth understanding of this unique encounter between two major traditions of knowledge, Buddhist contemplative science and modern Western science. His account provides a welcome encouragement to this wonderful meeting of minds and hearts at the service of humanity." —Matthieu Ricard "Beyond the Robe has many fascinating dimensions and makes a

critical contribution to Tibet, to Buddhism, and to our world today. The space it opens is the world of the Tibetan Buddhist monastic universities, still thriving in Indian exile. Within that world, we encounter, in beautiful and thought provoking ways, the living tradition of Buddhist monastics, their realms of study, debate, prayer, and meditation, and their living intellectual and experiential encounter with the modern worldview, with its discoveries, technologies, and anxieties." —Robert Thurman

*Principles of Buddhist Tantra* Kirti Tsenshap 2011-06-07 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 British Journal of Photography 2003**

*Tibetan Buddhist Essentials: A Study Guide for the 21st Century* Tenzin Tharpa This text is best viewed in pdf format. Download this and other free original texts from my website: [TenazinTharpa.com](http://TenazinTharpa.com). *Tibetan Buddhist Essentials* is a complete guide to Tibetan Buddhism. A unique text series presenting an expansive modern view of Tibetan Buddhism for students of diverse backgrounds and sensibilities. It shares an authentic yet progressive presentation of Tibetan Buddhism in an easily accessible no-nonsense format.

**Rainbow Body and Resurrection** Francis V. Tiso 2016-01-26 Francis V. Tiso, a noted authority on the

rainbow body, explores this manifestation of spiritual realization in a wide-ranging and deeply informed study of the transformation of the material body into a body of light. Seeking evidence on the boundary between physical science and deep spirituality that might elucidate the resurrection of Jesus, he investigates the case of Khenpo A Chö, a Buddhist monk who died in eastern Tibet in 1999. *Rainbow Body and Resurrection* chronicles the dissolution of Khenpo's material body within a week of his death, including eye-witness interviews. Tiso describes the spiritual practices that give rise to the rainbow body and traces their history deep into the encounter of religions in medieval Central Asia. His erudite exploration of the Tibetan phenomenon raises the fascinating question of whether there is a connection between the rainbow body and the dying and rising of Jesus. Drawing on a wealth of recent research, Tiso expands his discussion to include the contemplative geography out of which Dzogchen arose some time in the eighth century along the great Silk Road across Central Asia. The result is an illuminating consideration of previously unimagined relationships between spiritual practices and beliefs in Central Asia.

*Detained in China and Tibet* Robin Munro 1994 A NOTE ON THE TEXT

*Buddhapalita's Commentary on Nagarjuna's Middle Way* Buddhapalita 2021-12-28 A masterful translation of classic scholar Buddhapalita's breakthrough elucidation of Nagarjuna's famous Middle Way text, which has profoundly influenced generations of Buddhist philosophers. This "Buddhapalita" commentary on Nagarjuna's famous first-century text *Wisdom: Fundamental Middle Way Verses* has been considered for over a thousand years by Indian and Tibetan philosophers to be the special key that best unlocks the deep philosophical freedom from confusion and perplexity that the Middle Way (or Centrist) school seeks to provide for its students. Chandrakirti (seventh century) defended Buddhapalita's elegant approach as most effective in opening the Middle Way for the inquiring mind to find the liberating experience of reality. Atisha (eleventh century) brought Buddhapalita's and Chandrakirti's transformative critical method to spread widely in Tibet, and Tsongkhapa (fifteenth century) provided a clarification of this philosophical work that was so rigorous and crystal clear that it opened the minds of Tibetan philosopher scientists of all schools until today. Ian Coghlan's masterful translation makes Buddhapalita's breakthrough elucidation of the *Wisdom Verses* clearly accessible. The translator's unique education combines the Indo-Tibetan

geshé curriculum with the modern doctoral training that adds comparative text-critical analysis and comparative language research in Sanskrit as well as Tibetan. This intellectual and experiential education enabled him to produce this reliable translation for the philosophical seeker to fully engage with Buddhapalita's richly transformative, liberating work.

### Tricycle 2003

*Universal Love* Lama Yeshe 2008-01-01 By pulling together some of Lama Yeshe's introductory teachings on Buddhism, meditation, compassion and emptiness, and combining them with the definitive explanation of tantra, this one valuable volume will inspire students to go more deeply into the Yoga Method of Buddha Maitreyaa tantric practice.

**Authorized Lives** Elijah Ary 2015-05-12 Delve into the biographies of Tsongkhapa, Khedrup, and Jetsunpa. In *Authorized Lives*, Elijah Ary, former Geluk monk, recognized tulku, and Harvard-trained scholar, looks at various commonly accepted conceptions of Tsongkhapa's biography. He demonstrates how these conceptions evolved in the decades after his death. *Authorized Lives* is the first work devoted to early Geluk history and to the role of biographies in shifting established lineages. As the dominant tradition of Tibetan Buddhism that provides the intellectual backdrop for the Dalai Lama's teachings, the Geluk lineage traces its origins to the figure of Tsongkhapa Losang Drakpa (1357-1419). Gelukpas today believe Tsongkhapa is a manifestation of the bodhisattva Manjushri and revere him with his two heart disciples, Gyaltsap and Khedrup. But as Elijah Ary, a former Geluk monk and Harvard-trained scholar, points out, both of these conceptions of Tsongkhapa arose many decades after his death. Delving into the early Geluk biographical tradition, Ary follows the tracks of this evolution in the biographies of Tsongkhapa, Khedrup, and the influential early Geluk writer and reformer Jetsun Chokyi Gyaltsen.

**Discipline and Debate** Michael Lempert 2012-04-30 "Before countless audiences across the globe, the Dalai Lama has tried to refashion Tibetan Buddhism into a modern religion compatible with empirical science and founded on principles of nonviolence and "universal compassion," but how exactly has this project affected monastic education in exile? This pathbreaking study traces the career of the modern

liberal subject in the Tibetan diaspora in India. Focusing on monastic debate and disciplinary practices such as reprimand and corporal punishment, Michael Lempert shows how violence makes monks into educated, moral persons but in ways that trouble Tibetans who aspire to liberal ideals like individual autonomy and natural rights. Based on ethnographic and linguistic fieldwork at monasteries in India, and with close attention to the way monks interact, Lempert details the craft of liberal mimicry. He shows how efforts to act out liberal ideals--partially, fitfully, and sometimes with acute ambivalence--are part of a broader drama of eliciting sympathy from spectators in the West and enlisting their aid in Tibet's struggle with China."--Publisher's description.

*The Monastery Rules* Berthe Jansen 2018-09-25 At publication date, a free ebook version of this title will be available through Luminos, University of California Press's Open Access publishing program. Visit [www.luminosoa.org](http://www.luminosoa.org) to learn more. *The Monastery Rules* discusses the position of the monasteries in pre-1950s Tibetan Buddhist societies and how that position was informed by the far-reaching relationship of monastic Buddhism with Tibetan society, economy, law, and culture. Jansen focuses her study on monastic guidelines, or bca' yig. The first study of its kind to examine the genre in detail, the book contains an exploration of its parallels in other Buddhist cultures, its connection to the Vinaya, and its value as socio-historical source-material. The guidelines are witness to certain socio-economic changes, while also containing rules that aim to change the monastery in order to preserve it. Jansen argues that the monastic institutions' influence on society was maintained not merely due to prevailing power-relations, but also because of certain deep-rooted Buddhist beliefs.

*Sera Monastery* José Cabezón 2019-11-05 The definitive history of Sera Monastery, one of the great monastic universities of Tibet, from its founding to the present. Founded in 1419, Sera Monastery was one of the three dendas, the great seats of learning of the Geluk school of Tibetan Buddhism. With over 9,000 monks in residence in 1959, it was the second largest monastery in the world. Throughout its history, Sera has produced some of Tibet's most important saints, scholars, and political leaders. The scholars José Cabezón and Penpa Dorjee begin *Sera Monastery* with the history of monasticism from the time of the Buddha through its early development in Tibet and then tell the 600-year story of Sera from its founding to the present. They recount how the monastery grew and evolved during the centuries, how it

has fared under Chinese rule, and how it was transplanted in the Tibetan refugee camps of South India. We are introduced to some of Sera's most important lamas and hermits, as well as its curriculum, yearly calendar, the daily life of scholar monks, and the role Sera monks played in the political history of Tibet. Former Sera monks themselves, Cabezón and Dorjee demonstrate their firsthand knowledge of the monastery, its traditions, and daily life on every page. Scrupulously researched over decades, Sera Monastery is the most comprehensive history of a Tibetan monastery ever written in a Western language.

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*Nagarjuna's Middle Way* Mark Siderits 2013-04-22 Winner of the 2014 Khyenste Foundation Translation Prize. Nagarjuna's renowned twenty-seven-chapter *Fundamental Verses on the Middle Way* (*Mulamadhyamakakarika*) is the foundational text of the Madhyamaka school of Mahayana Buddhist philosophy. It is the definitive, touchstone presentation of the doctrine of emptiness. Professors Siderits and Katsura prepared this translation using the four surviving Indian commentaries in an attempt to reconstruct an interpretation of its enigmatic verses that adheres as closely as possible to that of its earliest proponents. Each verse is accompanied by concise, lively exposition by the authors conveying the

explanations of the Indian commentators. The result is a translation that balances the demands for fidelity and accessibility.

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**Choosing Simplicity** Wu Yin 2001-01-01 Choosing Simplicity discusses the precepts and lifestyle of fully ordained nuns within the Buddhist tradition. The ordination vows act as guidelines to promote harmony both within the individual and within the community by regulating and thereby simplifying one's relationships to other sangha members and laypeople, as well as to the needs of daily life. Observing these precepts and practicing the Buddhadharma brings incredible benefit to oneself and others. Since the nuns' precepts include those for monks and have additional rules for nuns, this book is useful for anyone interested in monastic life. As a record of women's struggle not only to achieve a life of self-discipline, but also to create harmonious independent religious communities of women, Choosing Simplicity is a pioneering work.

*The Diamond Cutter* Geshe Michael Roach 2009 Originally published in hardback, c2000 -- T.p. verso.

Sadness, Love, Openness Chogyi Nyima Rinpoche 2018-07-03 A direct, pithy, and accessible guide to

the entire path of Tibetan Buddhism by one of the most beloved and respected contemporary lamas. Accessible, playful, and genuine, this concise guide shows how we can incorporate our own daily experiences into our spiritual path and awaken to how things truly are. By embracing sadness, love, and openness in our lives, we develop an altruistic attitude to help all beings who suffer and to reduce our own greed and aggression. This easy-to-read manual by one of the most widely loved and respected Tibetan Buddhist teachers of our time teaches us how to honestly explore and deal with our own hang-ups and neuroses. Through knowing our own true nature as aware and compassionate, we can progress, step-by-step, on the Buddhist path and use Rinpoche's pithy wisdom along the way as a touchstone. Chokyi Nyima Rinpoche's fresh and engaged approach to timeless Buddhist wisdom enables us to deeply connect with authentic teachings in a modern context. This work is a delight and inspiration to read, outlining the major teachings and practices of Buddhism in a succinct way.

Becoming Your Own Therapist & Make Your Mind An Ocean Lama Yeshe 2003-01-01 The Lama Yeshe Wisdom Archive (LYWA) is the collected works of Lama Thubten Yeshe and Kyabje Lama Thubten Zopa Rinpoche. The Archive was founded in 1996 by Lama Zopa Rinpoche, its spiritual director, to make available in various ways the teachings it contains. This expanded edition contains both of the very popular Lama Yeshe booklets, *Becoming Your Own Therapist* and *Make Your Mind an Ocean*. *Becoming Your Own Therapist* First published in 1998, this booklet contains three public talks by Lama Yeshe on the general topic of Buddhism. Each lecture is followed by a question and answer session. Lama and his audiences always enjoyed the give and take of these lively exchanges, and pretty much anything went. Although these talks were called lectures, Lama would have each of us use them as a mirror for our minds and look beyond the words, find ourselves, and become our own psychologist. *Make Your Mind an Ocean* The talks in this booklet are on the general topic of the mind. Two were lunchtime lectures at Melbourne and Latrobe Universities. One was an evening lecture given to the general public. Perhaps of greatest interest is the lecture entitled "A Buddhist Approach to Mental Illness." Lama presented this talk to a group of psychiatrists at Prince Henry's Hospital who were delighted to meet and question Lama, and this historic exchange underscores the difference between Western and Buddhist concepts of mental health.



The Course in Buddhist Reasoning and Debate Daniel E. Perdue 2014-05-27 Buddhism is a wisdom tradition. It asserts that we are liberated by the power of our own understanding. The three purposes of Buddhist debate are to defeat your own and others' misconceptions, to establish your own correct view, and to clear away objections to your view. It is like the approach of a physician—to remove what does not belong and to strengthen what does. Thus, for Buddhists, reasoning and debate are not ends in themselves or idle intellectual speculation. Rather, they are used as one path to spiritual wellness, taking practitioners closer to the health of liberation through these efforts to remove mistaken views and to understand and strengthen correct ones. Reading and memorization are not enough. Students must be able to verbalize their understanding and defend it under the pressure of cross-examination. This book teaches the basic analytical skills and procedures used in Buddhist debate. It is based on the author's own practice and experiences gained in the debating courtyards of Tibetan monasteries in India and matured through years of leading popular university courses on the subject. Sample debate exchanges show readers how to get started with the Buddhist style of analytical thinking to challenge and defend assertions. Learning is supported by guided reflections, practical advice, and verbal exercises to be completed in practice with a partner. By the end of the course, readers will be able to engage in unscripted, full-fledged debates with a qualified partner about Buddhist characterizations and classifications of phenomena using the format and procedures of Buddhist debate. Moreover, these skills, once mastered, can then be applied to investigating the truth and falsity of views in any other subject.

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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.

*News-Tibet 1987*

*Wisdom Energy* Thubten Yeshe 2012-10-30 *Wisdom Energy* is a simple and compelling introduction to Buddhism by two Tibetan lamas renowned for their insight and skill in teaching Westerners. Containing an entire meditation course, it goes to the heart of basic Buddhist practice and discusses the meaning and purpose of meditation, the causes of dissatisfaction and unhappiness, and the methods for subduing them and gaining control over our minds and lives. Originally published in 1976, *Wisdom Energy* still preserves the power, humor, and directness of the lamas's first teaching tour of North America, giving the reader the feeling of an intimate audience with two highly respected teachers.