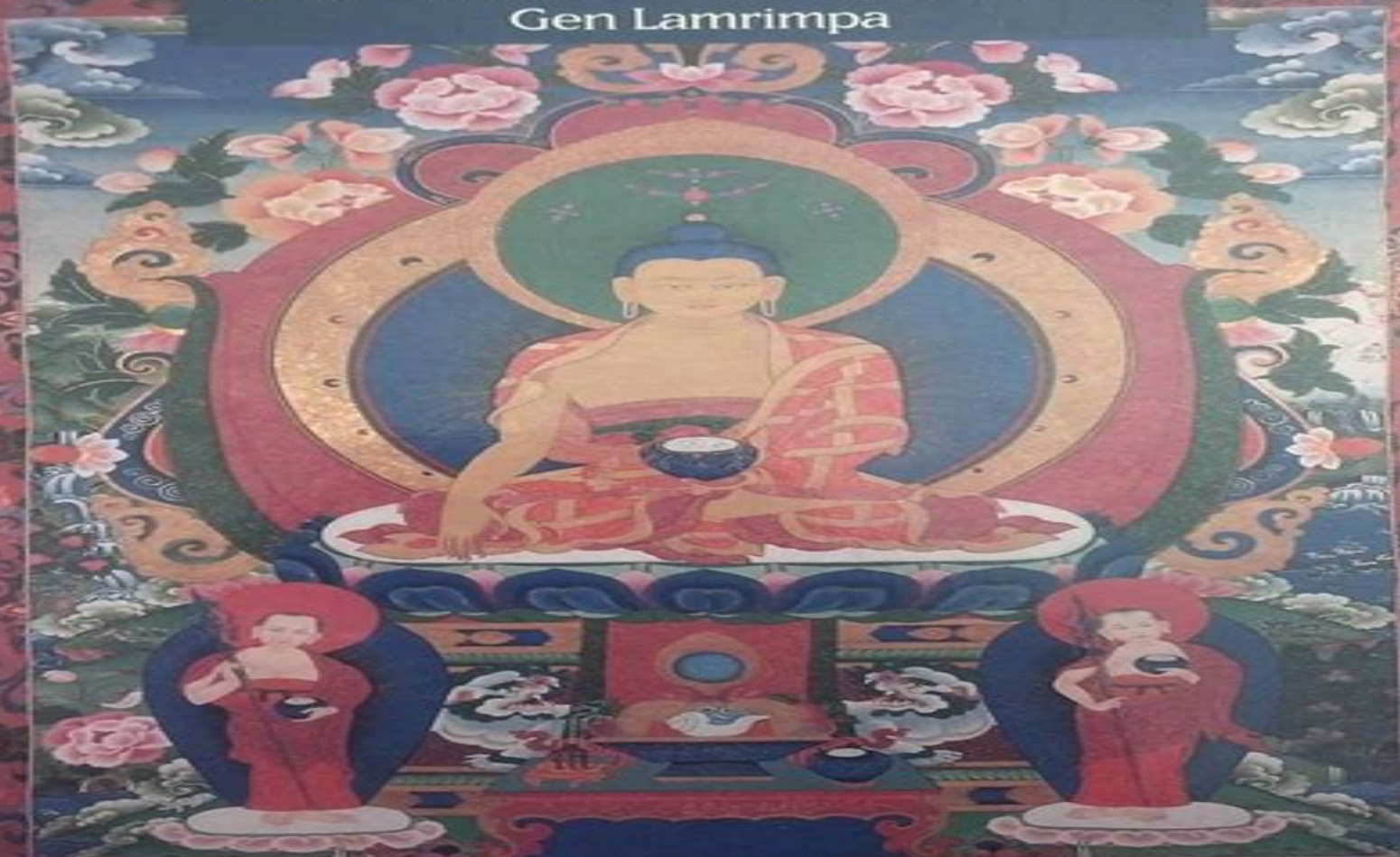


Śamatha Meditation

Gen Lamrimpa



Translated by B. Alan Wallace
Edited by Hart Sprager

Samatha Meditation Tibetan Buddhist Teachings On Cultivating Meditative Quiescence

B. Alan Wallace



Samatha Meditation Tibetan Buddhist Teachings On Cultivating Meditative Quiescence:

Samatha Meditation Gen Lamrimpa,1992 *How to Practice Shamatha Meditation* Gen Lamrimpa,2011-10-16 In 1988 Gen Lamrimpa a Tibetan monk led a one year retreat in the Pacific Northwest during which a group of Western meditators devoted themselves to the practice of meditative quiescence shamatha This book is a record of the oral teachings he gave to this group at the outset of the retreat The teachings are brought to life by Gen Lamrimpa s warmth humor and extensive personal experience as a contemplative recluse An invaluable practical guide for those seeking to develop greater attentional stability and clarity this work will be of considerable interest to meditators psychologists and all others who are concerned with the potentials of the human mind *Calming the Mind* Gen Lamrimpa,1992-01-01 To stabilize the mind in one pointed concentration is the basis of all forms of meditation Gen Lamrimpa was a meditation master who lived in a meditation hut in Dharamsala and who had been called to teach by the Dalai Lama He leads the meditator step by step through the stages of meditation and past the many obstacles that arise along the way He discusses the qualities of mind that represent each of nine levels of attainment and the six mental powers This book was previously titled Shamatha Meditation **The Tibet Journal (Vol. XLVIII, No. 1, Spring/Summer 2023)** ,2023-01-01 [Meditations of a Buddhist Skeptic](#) B. Alan Wallace,2011-12-06 A scholar of both spirituality and science proposes a radical approach to studying the mind with the goal of restoring human nature and transcending it Renowned Buddhist philosopher B Alan Wallace reasserts the power of shamatha and vipashyana traditional Buddhist meditations to clarify the mind s role in the natural world Raising profound questions about human nature free will and experience versus dogma Wallace challenges the claim that consciousness is nothing more than an emergent property of the brain with little relation to universal events Rather he maintains that the observer is essential to measuring quantum systems and that mental phenomena however conceived influence brain function and behavior Wallace embarks on a two part mission to restore human nature and to transcend it He begins by explaining the value of skepticism in Buddhism and science and the difficulty of merging their experiential methods of inquiry Yet Wallace also proves that Buddhist views on human nature and the possibility of free will liberate us from the metaphysical constraints of scientific materialism He then explores the radical empiricism inspired by William James and applies it to Indian Buddhist philosophy s four schools and the Great Perfection school of Tibetan Buddhism Since Buddhism begins with the assertion that ignorance lies at the root of all suffering and that the path to freedom is reached through knowledge Buddhist practice can be viewed as a progression from agnosticism not knowing to gnosticism knowing acquired through the maintenance of exceptional mental health mindfulness and introspection Wallace discusses these topics in detail identifying similarities and differences between scientific and Buddhist understanding and he concludes with an explanation of shamatha and vipashyana and their potential for realizing the full nature origins and potential of consciousness His range and depth of knowledge is astounding and his linking of this knowledge to the practices and views of science is unique Arthur Zajonc

author of *Catching the Light* **Becoming Buddhist** Glenys Eddy, 2012-02-02 Exploration of the nature of the socialization and commitment process in Western Buddhist contexts through use of interview material with individual Anglo Australian converts Mystical Moments and Unitive Thinking Dan Merkur, 1999-02-11 Merkur proposes an alternative to the traditional psychoanalytic explanation of mystical experiences as regression to the solipsism of earliest infancy He does this by viewing unitive thinking as a line of cognitive development and mystical moments as creative inspirations on unitive topics Utilizing classical self reports by Christian Jewish and Muslim mystics Patanjali's Yoga Sutras and modern Western peak experiences Merkur argues that experiences of mystical union are manifestations of a broader category of psychological processes that manifest in scientific and moral thought as well as in mysticism Unconscious as well as conscious unitive thinking is sometimes realistic and sometimes fantastic in patterns that are consistent with cognitive development in general Mystical moments of unitive thinking may be considered moments of creative inspiration that happen to make use of unitive ideas Building on the psychoanalytic object relations theory that the self is always in relationship with an object Merkur argues that the solipsism of some varieties of mystical union always implies unconscious ideas of a love object who is transcendent *Profound Meditation Practices in Tibetan Buddhism* Prof. (Dr.) Jai Paul Dudeja, 2023-03-14 There have been reports of the amazing capacity of some of the Tibetan Buddhist Monks practicing Tummo meditation in Tibetan Buddhism at temperatures of around 250 C in the Himalayas A team of scientists from USA and Israel went to these spots by carrying some dry towels with them When these towels were made wet in the snow and spread on the naked bodies of the semi nude meditating monks practicing Tummo meditation to the surprise of these scientists these towels were getting dried up in no time Subsequently the analysts came to the conclusion that this meditation generated a lot of heat inner fire in the bodies of these meditators who were using it for the spiritual purpose This incident triggered me to go deep in not only about Tummo meditation but many other profound meditation practices in Tibetan Buddhism in this book **What Is Religion?** Thomas A. Idinopulos, Brian Courtney Wilson, 1998 Of Religion BRIAN C WILSON **The Tibet Journal** , 1993 **Buddhist Theology** Roger Jackson, John Makransky, 2013-12-16 Scholars of Buddhism themselves Buddhist here seek to apply the critical tools of the academy to reassess the truth and transformative value of their tradition in its relevance to the contemporary world **Contemplative Science** B. Alan Wallace, 2007 Science has long treated religion as a set of personal beliefs that have little to do with a rational understanding of the mind and the universe This work attempts to bridge this gap by launching an unbiased investigation into the history and practices of science and Buddhist contemplative disciplines The View from Within Jonathan Shear, Francisco J. Varela, 1999 Investigating the brain from the outside using brain scanning technology such as PET and fMRI bring great precision to results However examining the view from within the brain isn't so easy This book presents results of investigations that examines the conscious mind from the inside **The Middle Way** , 1995 **The Journal of Transpersonal Psychology** , 1997 **Advanced Scope** Bhikshuni Thubten

Chodron,2016-01-01 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 fourth volume contains teachings on Training the Mind in the Stages of the Path for an Advanced Level Practitioner Seven Points of Cause and Effect Equalizing and Exchanging Self and Others The Bodhisatta Vows Introduction to the Six Far Reaching Attitudes Generosity Ethics Patience Joyous Effort Meditative Stabilization and Special Insight Training in Calm Abiding Wisdom Ripening the Minds of Others The Eightfold Noble Path

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Baumann,2002-12-04 Like seeds on the wind Buddhist teachings continue to reach new lands This outstanding book brings to light in rich detail the current flowering of Buddhism in the West Long a world religion Buddhism is now a global one Kenneth Kraft author of The Wheel of Engaged Buddhism Westward Dharma deserves a place on the growing bookshelf of contemporary Buddhist studies Prebish and Baumann broaden our horizons from North America to the wider Western world exploring key aspects of Buddhism s most recent geographical and cultural expansion Paul David Numrich coauthor of Buddhists Hindus and Sikhs in America Choosing Reality B. Alan Wallace,2003-07-28 For centuries scientists and philosophers have pondered the relationship between scientific theory and reality Analyzing two major positions the author points out the many assumptions required to adopt the realist view and nihilism implicit in the instrumentalist position

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