

NATURAL LIBERATION

Padmasambhava's Teachings on the Six Bardos



Commentary by Gyatrul Rinpoche
Translated by B. Alan Wallace

Natural Liberation Padmasambhavas Teachings In The Six Bardos

Andrew Holecek



Natural Liberation Padmasambhavas Teachings In The Six Bardos:

Natural Liberation Padmasambhava, 2012-06-04 A perfect companion to the well known Tibetan Book of the Dead In life and in death in meditation and in sleep every transitional stage of consciousness or bardo provides an opportunity to overcome limitations frustrations and fears The profound teachings in this book provide the understanding and instruction necessary to turn every phase of life into an opportunity for uncontrived natural liberation Like the Tibetan Book of the Dead Natural Liberation is a treasure attributed to the eighth century master Padmasambhava Gyatrul Rinpoche's lucid commentary accompanies the text illuminating the path of awakening to the point of full enlightenment Natural Liberation is an essential contribution to the library of both scholars and practitioners of Tibetan Buddhism

Contemplative Science B. Alan Wallace, 2007 B. Alan Wallace renowned Buddhist scholar integrates the contemplative methodologies of Buddhism and Western science into a single discipline contemplative science The science of consciousness investigates the mind through Buddhist contemplative techniques such as shamatha an organized detailed system of training the attention Just as scientists make observations and conduct experiments with the aid of technology contemplatives have long tested their theories with the help of highly developed meditative skills of observation and experimentation Contemplative science allows for a deeper knowledge of mental phenomena and its emphasis on strict mental discipline counteracts the effects of cognitive intention and desire attentional cognitive and affective imbalances Just as behaviorism psychology and neuroscience shed light on the cognitive processes enabling us to survive and flourish contemplative science offers a groundbreaking perspective for expanding our capacity to realize genuine well being It also forges a link between the material world and the realm of the subconscious transcending a traditional science based understanding of the self

Wheel of Initiation Julie Tallard Johnson, 2010-07-12 A guide to personal spiritual initiation through the transformation of habitual patterns apathy and resistance Based on the Native American medicine wheel the Vedic wheel and the universal initiatory mandala Enables readers from any tradition to initiate themselves through practices of thought transformation narrative medicine meditation exercises rituals and journaling Facilitates breaking through personal and societal illusions that perpetuate resistance and apathy Intentions and spiritual principles meditation and contemplation ritual and risk taking are the conditions that comprise an initiated life Regrettably in modern society we do not have rites of initiation that break through the personal and societal illusions that instill and perpetuate negative habits that keep us in states of resistance Lacking initiation practices we often remain trapped in ways of being in the world that were formed by our past conditions and attachments We tend to identify too strongly with the status quo which must be challenged to prevent stagnation and to encourage happiness and authenticity Julie Tallard Johnson shows how to become initiated into an authentic life through practices of thought transformation cultivating attention journaling storytelling and rituals found in the four directions of the universal mandala She begins the Wheel of Initiation in the South where initiates set their intentions then moves into the

West where they free themselves from habitual patterns and core beliefs then into the North the direction of cultivating attention and unity and finishes in the East the direction of regeneration and initiation Drawing upon the life experiences of those who have successfully navigated the wheel Johnson demonstrates that once fears assumptions and ingrained beliefs are confronted and transformed initiates emerge ready to reenter society with renewed energy and vision that will enrich their own lives and their communities

Buddhahood without Meditation Dudjom Lingpa, Sera Khandro, 2017-01-17 The revelations of D djom Lingpa a highly influential mystic of 19th century Tibet translated by B Alan Wallace The practice of Dzogchen the Great Perfection is the pinnacle of the nine vehicles of practice taught in the Nyingma school of Tibetan Buddhism The highly influential mystic D djom Lingpa 1835 1904 and his disciple Sera Khandro 1892 1940 the most prolific female writer in Tibetan history here illuminate the methods to discover our own primordial purity and abide in uncontrived awareness Buddhahood Without Meditation This is D djom Lingpa s most widely taught visionary text In it wisdom beings and historical figures in the Great Perfection lineage emphasize the view of cutting through trekch to the original purity of pristine awareness via the four special samayas or pledges of the Great Perfection nonexistence oneness uniform pervasiveness and spontaneous actualization At each stage of his spiritual progress D djom Lingpa s doubts are dispelled and his realizations enhanced by pithy advice The Fine Path to Liberation Sera Khandro establishes the necessary motivation and conduct for receiving teachings such as Buddhahood Without Meditation This sublime Dharma is to be seen in the context of the five perfections of the sambhogakaya the teacher place time disciples and Dharma are fully perfected and must not be reified as ordinary Garland for the Delight of the Fortunate Sera Khandro fills in the gaps of Buddhahood Without Meditation explaining the metaphors and spelling out the implications of the root text s highly condensed verses This is an essential key for unlocking D djom Lingpa s profound wisdom

Samatha and Vipasyana B. Alan Wallace, 2025-09-16 Invaluable instructions on core meditations designed to bring about irreversible spiritual transformation For those who aspire to the total enlightenment of a buddha the practices of samatha and vipasyana play a crucial role from the beginning of the path to its culmination Designed to first free our minds from the five obscurations and eventually from the ignorance that is the root of suffering these practices when imbued with bodhicitta enable us to reach a pivotal stage within the Mahayana path of accumulation at which we re assured of being a bodhisattva in all our future lives until enlightenment The instructions gathered here are like a string of pearls spanning from the eleventh century to the present day They include teachings from great Indian masters as well as renowned lamas of the past and present from the four major orders of Tibetan Buddhism many of them stemming from visionary teachings revealed by Manjusri Vajrapani Avalokitesvara and Padmasambhava Introductions rich with biographical detail accompany each group of translated entries providing invaluable context and drawing connections for the reader Original essays from Lama Alan Wallace cap off the anthology and a collection of links to a rich array of recorded oral teachings by eminent lamas including His Holiness the Dalai Lama s first teachings in the West

make this a true treasure trove for the practitioner and scholar alike Dreams Robert J. Hoss, Katja Valli Ph.D., Robert P. Gongloff, 2019-01-11 This two volume set examines dreams and dreaming from a variety of angles biological psychological and sociocultural in order to provide readers with a holistic introduction to this fascinating subject Whether good or bad and whether we remember them or not each night every one of us dreams But what biological or psychological function do dreams serve What do these vivid images and strange storylines mean How have psychologists religions and society at large interpreted dreams and how can a closer examination of our dreams provide useful insights Dreams Understanding Biology Psychology and Culture presents a holistic view of dreams and the dreaming experience that answers these and many other questions Divided thematically this two volume book examines the complex and often misunderstood subject of dreaming through a variety of lenses This collection is written by a large and diverse team of experts and edited by leading members of the International Association for the Study of Dreams IASD but remains an approachable and accessible introduction to this captivating topic for all readers **Tibetan Rituals of Death** Margaret Gouin, 2012-09-10 This book describes and analyses the structure and performance of Tibetan Buddhist death rituals and situates that performance within the wider context of Buddhist death practices generally Drawing on a detailed and systematic comparative survey of existing records of Tibetan funerary practices including historical travel accounts anthropological and ethnographic literature Tibetan texts and academic studies it demonstrates that there is no standard form of funeral in Tibetan Buddhism although certain elements are common The structure of the book follows the twin trajectories of benefiting the deceased and protecting survivors in the process it reveals a rich and complex panoply of activities some handled by religious professionals and others by lay persons This information is examined to identify similarities and differences in practices and the degree to which Tibetan Buddhist funeral practices are consistent with the mortuary rituals of other forms of Buddhism A number of elements in these death rites which at first appear to be unique to Tibetan Buddhism may only be Tibetan in their surface characteristics while having roots in practices which pre date the transmission of Buddhism to Tibet Filling a gap in the existing literature on Tibetan Buddhism this book poses research challenges that will engage future scholars in the field of Buddhism Tibetan Buddhism and Anthropology Hidden Dimensions B. Alan Wallace, 2010-02-22 B Alan Wallace introduces a natural theory of human consciousness that has its roots in contemporary physics and Buddhism Wallace s special theory of ontological relativity suggests that mental phenomena are conditioned by the brain but do not emerge from it Rather the entire natural world of mind and matter subjects and objects arises from a unitary dimension of reality Wallace employs the Buddhist meditative practice of samatha to test his hypothesis creating a kind of telescope to examine the space of the mind He then proposes a more general theory in which the participatory nature of reality is envisioned as a self excited circuit In comparing these ideas to the Buddhist theory known as the Middle Way philosophy Wallace explores further aspects of his general theory of ontological relativity which can be investigated through vipasyana or insight meditation He then focuses on the theme of

symmetry in quantum cosmology and the problem of frozen time relating these issues to the theory and practices of the Great Perfection school of Tibetan Buddhism He concludes with a discussion of complementarity as it relates to science and religion

Preparing to Die Andrew Holecek, 2013-07-09 We all face death but how many of us are actually ready for it Whether our own death or that of a loved one comes first how prepared are we spiritually or practically In *Preparing to Die* Andrew Holecek presents a wide array of resources to help the reader address this unfinished business Part One shows how to prepare one's mind and how to help others before, during and after death The author explains how spiritual preparation for death can completely transform our relationship to the end of life dissolving our fear and helping us to feel open and receptive to letting go in the dying process Daily meditation practices the stages of dying and how to work with them and after death experiences are all detailed in ways that will be particularly helpful for those with an interest in Tibetan Buddhism and in Tibetan approaches to conscious dying Part Two addresses the practical issues that surround death Experts in grief hospice the funeral business and the medical and legal issues of death contribute chapters to prepare the reader for every practical concern including advance directives green funerals the signs of death warnings about the funeral industry the stages of grief and practical care for the dying Part Three contains heart advice from twenty of the best known Tibetan Buddhist masters now teaching in the West These brief interviews provide words of solace and wisdom to guide the dying and their caregivers during this challenging time *Preparing to Die* is for anyone interested in learning how to prepare for death from a Buddhist perspective both spiritually and practically It is also for those who want to learn how to help someone else who is dying both during the time of illness and death as well as after death

Waking, Dreaming, Being Evan Thompson, 2014-11-18 A renowned philosopher of the mind also known for his groundbreaking work on Buddhism and cognitive science Evan Thompson combines the latest neuroscience research on sleep dreaming and meditation with Indian and Western philosophy of mind casting new light on the self and its relation to the brain Thompson shows how the self is a changing process not a static thing When we are awake we identify with our body but if we let our mind wander or daydream we project a mentally imagined self into the remembered past or anticipated future As we fall asleep the impression of being a bounded self distinct from the world dissolves but the self reappears in the dream state If we have a lucid dream we no longer identify only with the self within the dream Our sense of self now includes our dreaming self the I as dreamer Finally as we meditate either in the waking state or in a lucid dream we can observe whatever images or thoughts arise and how we tend to identify with them as me We can also experience sheer awareness itself distinct from the changing contents that make up our image of the self Contemplative traditions say that we can learn to let go of the self so that when we die we can witness its dissolution with equanimity Thompson weaves together neuroscience philosophy and personal narrative to depict these transformations adding uncommon depth to life's profound questions Contemplative experience comes to illuminate scientific findings and scientific evidence enriches the vast knowledge acquired by contemplatives

Genuine Happiness B.

Alan Wallace, 2008-05-02 Discover your personal path to bliss This book will give anyone interested in the spectrum of core meditative practices stemming from the Buddhist tradition but in essence universal the deepest of perspectives on what is possible for us as human beings as well as excellent guidance in the essential time tested attitudes and practices for actualizing our innate capacity for wisdom compassion and well being right here and right now Jon Kabat Zinn author of Coming to Our Senses and Full Catastrophe Living In Genuine Happiness Alan Wallace displays his rare talent in boiling down the complex to the clear and in guiding readers through a practical path to contentment A gift for all moods and seasons Daniel Goleman author of Emotional Intelligence Why It Can Matter More Than IQ This lucid and rich book offers brilliant wise and accessible teachings on the essentials of four core meditation techniques that lead one to genuine joy and happiness Alan Wallace s years of practice and teaching shine through every page as with ease and great humanity he brings to the reader the possibility of liberation Joan Halifax Roshi abbot of Upaya Zen Center Genuine Happiness is a treasure chest of wisdom clear inspiring teaching jewels It is an excellent support for any student of meditation Sharon Salzberg author of Faith Trusting Your Own Deepest Experience In today s overstimulated world many are realizing that happiness gained through material wealth and frivolous conquests is short lived To achieve long term happiness you must access your own bountiful resources housed in your heart and mind In Genuine Happiness longtime Buddhist practitioner Alan Wallace shows you the path to bliss Drawing on more than three decades of study under His Holiness the Dalai Lama and sixty other teachers as well as 2 500 years of Buddhist tradition Alan Wallace guides you step by step through five simple yet powerful meditations to help you focus your mind and open your heart to true happiness Featuring a Foreword by the Dalai Lama this book will help you discover that it is possible to experience genuine happiness every day As you incorporate the meditations from Genuine Happiness into your life you will discover that the joy you ve sought has always been only a few meditative minutes away *Unearthing Himalayan Treasures* Volker Caumanns, Marta Sernesi, Nikolai Solmsdorf, 2019-04-08 The Festschrift celebrates Franz Karl Ehrhard Professor of Tibetan and Buddhist Studies at the Ludwig Maximilian University of Munich from 2003 to 2019 Offered on the occasion of his 65th birthday it comprises 26 papers by friends and colleagues to honour his outstanding and far reaching contributions to the field of Tibetan Studies Mirroring Franz Karl Ehrhard s research interests the papers centre on the religious and literary traditions of Tibet and the Himalayas including sacred geography religious history philosophy and studies in textual production and transmission **Nightly Wisdom** Josh Bartok, Gustavo Szpilman Cutz, 2007-11-28 Human beings the world over have always found the nighttime and its attendant activities of sleeping dreaming and waking up mysterious mystical and rich with meaning and metaphor The name Buddha means the one who has awakened and enlightenment itself is often portrayed literarily as the luminous full moon lighting our way through the blinding black of night Nightly Wisdom goes deep into the wealth of Buddhist inspirations on these powerful topics offering encouragement and clear teaching on lucid dreaming and Tibetan dream yoga the art of extending one s

meditation practice into the boundary less world of dreamtime gentle guidance on relaxing into restful sleep and awakening from the suffering dream of separateness as well as poetry and prose whose sources span time and space from ancient Japan and the Buddha himself to some of the brightest lights of Buddhism today A book unlike any other Nightly Wisdom is designed to be placed on the bedside table and read last thing in the evening so that one's sleep may be infused with a virtue that can be renewed in the morning and carried on throughout the day Nightly Wisdom represents perhaps the first effort to bring all of these Buddhist inspirations together in one welcoming volume and is an ideal guide for anyone who has ever dreamed of waking up to the entirety of life or wondered how best to suffuse this wisdom into that third of our lives we all spend in bed

Heart of the Great Perfection Bdud-'joms-glin-pa (Gter-ston), Rinpoche Sogyal, 2016 The first in a three volume set presents the revelations of Dudjom Lingpa a highly influential mystic of 19th century Tibet It is translated by B Alan Wallace widely respected for his lucid and readable translations of Tibetan Buddhism Dudjom Lingpa 1835 1904 was one of the foremost tantric masters of his time This new series includes his five visionary teachings on the Great Perfection Dzogchen the pinnacle of practice in Tibet's oldest Buddhist school along with three essential commentaries Volume 1 contains four works explaining the view and practice of the Great Perfection the signature style of meditation of the Nyingma school of Tibetan Buddhism The Sharp Vajra of Conscious Awareness Tantra This work is considered the root distillation of Dudjom Lingpa's wisdom Essence of Clear Meaning This definitive commentary which unpacks the quintessential verses of The Sharp Vajra is based on Dudjom Lingpa's oral teachings recorded by his disciple Pema Tashi The Foolish Dharma of an Idiot Clothed in Mud and Feathers Dudjom Lingpa narrates the essential Dharma teachings from the perspective of an old man rejecting superficial appearances The Enlightened View of Samantabhadra A masterful exposition of the Great Perfection is revealed as a dialogue between wisdom beings who bestow a treasury of pith instructions and specific advice for practitioners While the teachings in this series have inspired generations of Tibetans only one of the eight texts has been published in translation until now

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masterful exposition of the Great Perfection is revealed as a dialogue between wisdom beings who bestow a treasury of pith instructions and specific advice for practitioners While the teachings in this series have inspired generations of Tibetans few have been published in translation until now

Mind in the Balance B. Alan Wallace, 2014-09-02 By establishing a dialogue in which the meditative practices of Buddhism and Christianity speak to the theories of modern philosophy and science B Alan Wallace reveals the theoretical similarities underlying these disparate disciplines and their unified approach to making sense of the objective world Wallace begins by exploring the relationship between Christian and Buddhist meditative practices He outlines a sequence of meditations the reader can undertake showing that though Buddhism and Christianity differ in their belief systems their methods of cognitive inquiry provide similar insight into the nature and origins of consciousness From this convergence Wallace then connects the approaches of contemporary cognitive science quantum mechanics and the philosophy of the mind He links Buddhist and Christian views to the provocative philosophical theories of Hilary Putnam Charles Taylor and Bas van Fraassen and he seamlessly incorporates the work of such physicists as Anton Zeilinger John Wheeler and Stephen Hawking Combining a concrete analysis of conceptions of consciousness with a guide to cultivating mindfulness and profound contemplative practice Wallace takes the scientific and intellectual mapping of the mind in exciting new directions

Rainbow Body and Resurrection Francis V. Tiso, 2016-01-26 A leading authority on the rainbow body traces its history in the encounter of religions in medieval Central Asia exploring a previously unimagined connection between early Dzogchen and the resurrection of Jesus 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 Ch 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

Between Ourselves Evan Thompson, 2001 Second person I You relations are central to human life yet have been neglected in consciousness research This book puts that right and goes further by also including descriptions of animal person to person interactions

Fathoming the Mind B. Alan Wallace, 2018-10-02 Bestselling author B Alan Wallace delivers the long awaited followup to his *Stilling the Mind* Shamatha Teachings from Dudjom Lingpa s *Vajra Essence* 2011 This companion volume

stems from an oral commentary Dudjom Lingpa gave to the next section of the Vajra Essence in which he elucidates the cultivation of contemplative insight or vipashyana into the nature of existence as a whole. The revelation appears in the form of a fascinating dialogue within Dudjom Lingpa's own mind: various aspects of his mind pose questions to his own primordial consciousness and the pithy and provocative replies tap into the very ground of being. The ensuing dialogue explores every stage of the path to buddhahood in this lifetime from the very beginning to the unexcelled result of the rainbow body signifying enlightenment. Everything you need to know to attain buddhahood is complete in this text. As Wallace continued to reflect on Dudjom Lingpa's writings and their relevance to the modern world, he was inspired to elaborate extensively on his original commentary. The book includes new introductory essays and an afterword revealing the text's contribution to the contemplative revolution triggered by the discoveries of Galileo, Darwin, and Einstein.

Daily Wisdom Josh Bartok, 2013-02-08. Open up Daily Wisdom and find page after page of illuminating words. You'll encounter ancient Buddhist sages and contemporary meditation masters offering encouragement and quiet counsel: some in spacious poetry, others in lucid prose on love and living wisely on meditation and mindfulness, on the pitfalls of anger and necessity of compassion. Whether you're seeking morning inspiration or a few uplifting words to help keep a difficult day in perspective, Daily Wisdom is a valuable companion. Includes words of wisdom from The Dalai Lama, Lama Yeshe Ayya, Khema Bhante, G. Thich Nhat Hanh, B. Alan Wallace, Lorne Ladner, Sandy Boucher, Lama Zopa Rinpoche, Master Hsing Yun, Sakya Pandita, Milarepa, Kalu Rinpoche, and many more.

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