

Lighting the lamp - an approach to the Tibetan path

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Lamp for the Path to Enlightenment—First Day

Only the Middle Way Consequentialists — Prasangikas assert that things have no objective existence at all.

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Nevertheless, although you may have cultivated compassion and bodhichitta, what actually counters grasping at true existence is the wisdom understanding emptiness. And so it is very important that, without becoming distracted, you sustain constant mindfulness, so as to continue resting in an utterly natural state of awareness.

Atisha's Lamp For The Path To Enlightenment

His Holiness the Dalai LamaNow available as an AUDIOBOOKIn this book, His Holiness the Dalai Lama gives a commentary to Atisha's seminal text, A Lamp for the Path to Enlightenment, and Lines of Experience, a short text written by Lama Tsongkhapa, who was perhaps the greatest of all Tibetan lam-rim authors. He was invited to Tibet in 1043 1042? You can be certain about how profound and swift this approach is if you compare the realization it brings with the realization gained only through great effort in other approaches. Thy word is a lamp unto my feet, and a light unto my path.

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The more altruistic those leaders are, the greater the benefit they will bring. The Buddha taught the four noble truths first.

Atisha's Lamp For The Path To Enlightenment

Without having to study, contemplate, or train to any great degree, Simply by maintaining recognition of the very nature of mind according to the approach of the pith instructions, Any ordinary village yogi can, without too much difficulty, Reach the level of a vidyādhara: such is the power of this profound path.

Atisha's Lamp for the Path to Enlightenment : Rinchen, Geshe Sonam: skynet2550.us.to.au: Books

Another chief disciple was the translator Ngog Legpa Sherab sngog legs pa'i shes rab. Whoever, under the influence of familiarity With skilful means, cultivates wisdom Will quickly attain enlightenment — Not just by meditating on selflessness. A calmly abiding mind is necessary for attaining special insight according to the sutra tradition and for attaining the stages of generation and completion in the practice of tantra.

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