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## Meditations on the Lower Tantras

By Glenn H. Mullin (Ed.)

Paljor Publications/Library of Tibetan Works & Archives, New Delhi, India, 1997. Softcover. Book Condition: New. The Collected Works of most Tibetan Lamas are adorned by a type of literature called Lha Drub or "Deity Accomplishment"; Yidam Drub-Khor or "Concerning the Meditational Deity Practices"; and also Drub-thab-Kun-du or "Collection of Sadhanas." These deal with the various meditations related to the four (or six) Tantra categories. It is from such sources in the Collected Works of the Dalai Lamas that the materials for this work have been drawn. This work entitled Meditations on the Lower Tantras from the Collected Works of the Dalai Lamas makes no attempt to deal with the philosophical aspects of the Lower Tantras. Rather, its aim is simply to present a range of Meditation manuals from the first stage of these systems. It should be noted here that most practitioners of the Higher Tantras also practice the Lower Tantras either from time to time or as a lifetime daily meditational endeavor. The First Dalai Lama, for example, a renowned practitioner of the Kalachakra Tantra, was even more famous for his applications to the Tara and Amitayus systems. Almost every Tibetan yogi today practices a daily sadhana of one or...



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