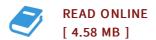




Cultivating a Daily Meditation

By H.H. The XIV Dalai Lama

Paljor Publications/Library of Tibetan Works & Archives, New Delhi, India, 2004. Softcover. Book Condition: New. The discourses and ensuing discussions were recorded at the time, and later prepared into an edited text of the encounter; the result of which is this book. In his discourses His Holiness touches upon all the essential points of the Buddhadharma, and provides A Clear and simple method to cultivate a daily practice of meditation. He also goes into depth on how we should proceed in the effort to generate both the heart of compassion and the expansive view of emptiness, the Great Void, in our daily life. In addition, the question and answer sessions that follow each talk make for both inspirational and informative reading; being open discussions, they often lead to issues that arise in the course of a layperson's practice. In a sense His Holiness' discourses are principally a commentary on how one should proceed in order to cultivate a daily tantric meditational practice. The visualization used as the basis of the contemplation is that of Buddha and the four great Bodhisattvas: Avalokiteshvara, Manjushri, Vajrapani, and the female bodhisattva Arya Tara, and explains the symbolic significance of these figures. The picture that emerges from the...



Reviews

It becomes an amazing pdf which i actually have at any time read through. This can be for all those who statte there had not been a worthy of reading through. You wont sense monotony at anytime of your own time (that's what catalogues are for relating to should you check with me).

-- Claud Kris

If you need to adding benefit, a must buy book. It is writter in easy words and phrases and not difficult to understand. Your daily life span is going to be transform when you complete reading this article publication.

-- Ricky Leannon

Relevant Books



Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselues By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1624-1625)

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English. Brand New Book ***** Print on Demand *****. EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now you can. Digitally preserved and previously accessible...



Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselues By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1625)

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English Brand New Book ***** Print on Demand *****. EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now you can. Digitally preserved and previously accessible only...



Oxford Reading Tree Read with Biff, Chip and Kipper: Phonics: Level 2: A Yak at the Picnic (Hardback)

Oxford University Press, United Kingdom, 2014. Hardback. Book Condition: New. Mr. Nick Schon (illustrator). 177 x 148 mm. Language: English. Brand New Book. Read With Biff, Chip and Kipper is the UKs best-selling home reading series. It is based on...



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 2: The Fizz-buzz (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 174 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



Oxford Reading Tree Read with Biff, Chip and Kipper: Phonics: Level 2: Win a Nut! (Hardback)

Oxford University Press, United Kingdom, 2014. Hardback. Book Condition: New. Mr. Alex Brychta (illustrator). 176 x 148 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UKs best-selling home reading series. It is based on...



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 2: I am Kipper (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 144 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...