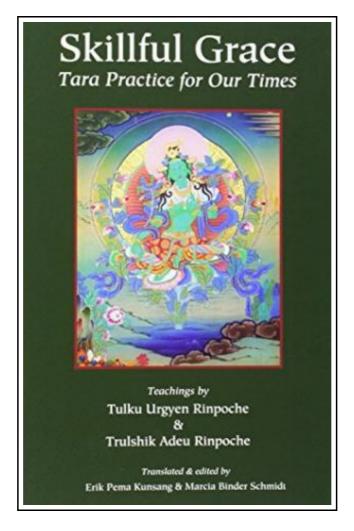
Skillful Grace: Tara Practice for Our Times (Paperback)



Filesize: 3.27 MB

Reviews

Extremely helpful to all of category of men and women. it had been writtern extremely completely and helpful. You are going to like the way the blogger compose this publication. (Johathan Haag)

SKILLFUL GRACE: TARA PRACTICE FOR OUR TIMES (PAPERBACK)



North Atlantic Books, U.S., United States, 2007. Paperback. Book Condition: New. 4th Revised edition. 208 x 140 mm. Language: English . Brand New Book. Tara is one of the most inspiring of Buddhist deities, embodying the most compelling and vital qualities of the feminine: beauty, grace, and the ability to nurture, care for, and protect. This complex goddess, whose practice transcends sect and class, is also a true warrior, vanquishing fear and ignorance-in a sense the earliest known incarnation of Buddhist feminism. Skillful Grace is an elegant introduction to practice and meditation techniques based on the Vajrayana path. The book is divided into three main sections. The first contains the basic text of Tara practice, The Essential Instruction on the Threefold Excellence, which connects the seeker to the profound essence of Tara as revealed by Chokgyur Lingpa. The other two sections feature enlightening commentaries on the text by Tulku Urgyen Rinpoche, Jamgon Kongtrul, and Adeu Rinpoche. Skillful Grace includes all the preliminaries of Tara practice, as well as its main part and the subsequent yogas. Tara Bennett Goleman's foreword, Marcia Schmidt's introduction, and various appendixes and footnotes add useful context.

- Read Skillful Grace: Tara Practice for Our Times (Paperback) Online
 - Download PDF Skillful Grace: Tara Practice for Our Times (Paperback)

See Also



Any Child Can Write (Paperback)

Oxford University Press Inc, United States, 2003. Paperback. Book Condition: New. 4th Revised edition. 201 x 135 mm. Language: English . Brand New Book ***** Print on Demand ******. Harvey S. Wiener shows how parents can...

Download ePub »



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to...

Download ePub »



Who am I in the Lives of Children? An Introduction to Early Childhood Education (Paperback)

Pearson Education (US), United States, 2015. Paperback. Book Condition: New. 10th Revised edition. 254 x 201 mm. Language: English. Brand New Book. Note: This is the bound book only and does not include access...

Download ePub »



Walking (Paperback)

1st World Library, United States, 2004. Paperback. Book Condition: New. 208 x 134 mm. Language: English . Brand New Book ***** Print on Demand *****. Purchase one of 1st World Library s Classic Books and help...

Download ePub »



Skills for Preschool Teachers, Enhanced Pearson eText - Access Card

Pearson Education (US), United States, 2016. Online resource. Book Condition: New. 10th edition. 279 x 216 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing...

Download ePub »