

## The Meditator's Nest (2 Vols-Set)



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Vajra Books, 2016. Soft cover. Book Condition: New. 1st Edition. Contents: Preface. Introduction. Stage One. Taking a safe direction in life. 1. Confidence and trust: going for refuge. Stage Two. Setting priorities: turning towards the Dharma. 2. Appreciating what we have: the value of a precious human life. 3. Cultivating a sense of urgency: contemplating impermanence and death. 4. Taking responsibility: reflections on karma-actions and their results. 5. Longing for true freedom: contemplating the faults of samsara. Stage Three. A change of heart: for the benefit of all. 6. Opening the heart: cultivating loving-kindness. 7. Cultivating compassion. 8. Bodhicitta: generating the resolve to become a Buddha. 9. Applied bodhicitta in meditation: cultivating equality and exchanging oneself for others. 10. Applied bodhicitta in daily life: the practice of the paramitas. Stage Four. Learning to see. 11. Bringing the mind home: the practice of shamatha, calm abiding. 12. Seeing reality as it is: the practice of vipashyana, superior insight. Appendix: The seven-limb practice from The Aspiration of Samantabhadra. Glossary. Bibliography. Drawing from his scholastic and contemplative training, as well as his personal understanding of modern life, Khenpo Jamyang Tenzin offers excellent guidance to both beginners and experienced practitioners on the Buddha's way. Based on the pith instructions transmitted in the Sakya tradition, such as the teachings on Parting from the Four Attachments, as well as the Indian classics of Buddhist philosophy like Shantideva's The Way of the Bodhisattva and Chandrakirti's Introduction to the Middle Way, the teachings offered in this book show us how to integrate both elements-theory and practice-in a most meaningful way on our path. Based on the pith instructions from the famous Sakya teachings known as Nang Sum, or The Three Visions, which are part of the Lamdre system, this manual is designed to guide practitioners on the Mahayana...



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