

*Training In Compassion Zen Teachings On The Practice Of
Lojong Norman Fischer*

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Training In Compassion Zen Teachings

Lojong (Tib. ལོ་ཇོང་མཁའ་འགྲུབ་ཀྱི་མཁའ་འགྲུབ་, Wylie: blo sbyong) is a mind training practice in the Tibetan Buddhist tradition based on a set of aphorisms formulated in Tibet in the 12th century by Chekawa Yeshe Dorje. The practice involves refining and purifying one's motivations and attitudes. The fifty-nine or so slogans that form the root text of the mind training practice are designed as a ...

Lojong - Wikipedia

In the time since Sakyamuni Buddha awakened and gave his first teaching at Deer Park, in Sarnath, India, 2500 years ago, the Buddhist tradition has flourished in many countries all over the world and developed many schools, sects, and lineages.

Teachings - Dzogchen Center

Zen (Chinese: 禅; pinyin: Chán; Korean: 선, romanized: Seon) is a school of Mahayana Buddhism that originated in China during the Tang dynasty as the Chan school (Chánzong) of Chinese Buddhism and later developed into various schools. Chán Buddhism was also influenced by Taoist philosophy, especially Neo-Daoist thought. From China, Chán spread south to Vietnam and became Vietnamese ...

Zen - Wikipedia

Pema Chödrön's commentary on Atisha's famed mind-training slogans that utilize our difficulties and problems to awaken the heart. When I first read the lojong ("mind training") teachings in The Great Path of Awakening by the nineteenth-century Tibetan teacher Jamgön Kongtrül the Great, I was struck by their unusual message that we can use our difficulties and problems to awaken our ...

Pema Chödrön on Lojong Mind Training Slogans - Lion's Roar

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The Mountains and Rivers Order is a Western Zen Buddhist lineage established by the late John Daido Loori Roshi and dedicated to sharing the dharma as it has been passed down, generation to generation, since the time of Shakyamuni Buddha.

Official Website for The Mountains & Rivers Order, ZMM and ...

The Albuquerque Zen Center offers traditional Zen meditation practice and a community of support for all who wish to explore the Buddha's teaching: eliminating personal confusion, diminishing suffering and cultivating compassion in daily life. Celebrate our 30th Anniversary nurturing community meditation practice since 1989.

AZC | Home

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Home - Windhorse Zen Community

The Ven. Khandro Rinpoche is one of the most prominent women teachers in Tibetan Buddhism. She is a holder of the Kagyü and Nyingma lineages of vajrayana Buddhism; her root teachers are the late Sixteenth Karmapa, the late Dilgo Khyentse Rinpoche, and her father, Mindrolling Tichen Rinpoche.

Compassion and Wisdom -- Khandro Rinpoche - Lion's Roar

Dharma Rain Zen Center. DRZC is a diverse group of people who come together to share the

practice of meditation, and to study the principles of Buddhism.

Dharma Rain Zen Center | Portland OR

A collection of podcasts, dharma talks, events, interviews and other media from Zen Mountain Monastery and the Zen Center of NYC.

Podcasts | Zen Mountain Monastery

The Buddha taught the following to his son Rahula (from "Old path white clouds" by Thich Nhat Hahn): "Rahula, practice loving kindness to overcome anger. Loving kindness has the capacity to bring happiness to others without demanding anything in return.

The Four Immeasurables - View on Buddhism

To some extent, Japanese Buddhism can be thought of as a series of imports from China. Over the centuries, starting as early as 500 C.E., both lay devotees and monks traveled to the mainland, bringing back with them layer after layer of Buddhist teachings and practices along with other Chinese cultural traditions.

History of Japanese Buddhism

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energy enhancement - India and Iguazu Holiday Meditation ...

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American Buddhist Sangha & Zen Do USA

Mindful of Race Training: A call to groups and organizations committed long-term to developing self awareness, racial literacy, and collective wellbeing. Training Inquiry Form Racism is a heart disease, AND it's curable! Racism remains one of the most rooted and painful impasses of our time. It's fed through unawareness and the misuse of power.

Mindful of Race Training - RuthKing.net

Dark Buddhism is an integration of Zen Buddhism and Ayn Rand's Objectivism, with the psychology of self-esteem being the glue which binds the two together into a cohesive whole.

Dark Buddhism

About. Since 2005 we have been sharing one inspiring Dharma talk every Sunday with friends around the world. Most talks we podcast are by Gil Fronsdal and The Insight Meditation Center. If you find these talks helpful in your practice, we encourage you to visit the Insight Meditation Center and Audio Dharma websites to fully explore the wonderful IMC community.

Zencast.org

Course with Kathy Simpson Tuesdays, May 14, 2019 - June 18, 2019, 10 a.m.-12 p.m. Explore the

Buddha's preliminary teachings on generosity, virtue, compassion, and connection, and discover how these qualities that have the power to ground us in a life of depth, meaning, connection, and joy.

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