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Introduction To Tantra The Transformation Of Desire Lama Thubten Yeshe

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edition of this classic text includes a new foreword by Philip Glass and a new cover design, but leaves untouched Lama Yeshe's excellent original text, edited by Jonathan Landaw.

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recognizes and explains how to channel the powerful
energies aroused by human desires, and how to transform
lives with them.

Introduction to Tantra: The Transformation of Desire by ...

Lama Yeshe's Introduction to Tantra did not actually appear
until 1987. It seems that the first wave of Tibetan teachers (all
trained in the monasteries of "old" Tibet) held off for some

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time before making the subject of tantra publicly available.

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Introduction to Tantra : The Transformation of Desire ...

Introduction to Tantra: The Transformation of Desire. By
Lama Yeshe. Compiled and edited by Jonathan Landaw.

Boston: Wisdom Publications, 2014, ISBN 978-61429-155-8

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(paperback), \$16.95. Introduction to Tantra, first published in 1987, republished by Wisdom in 2001, and now reissued in 2014, has become a classic introduction to Vajrayana Buddhism.

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Tantra recognizes that the powerful energy aroused by our desire is an indispensable resource for the spiritual path.

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Introduction to Tantra eBook by Thubten Yeshe, Jonathan ...

This is the introduction to tantra book to get. Lama Yeshe's teaching style was direct and useable. This is a transformational book and a book I am often recommending to friends who are interested in Buddhism and in Tantra. Anyone interested in Buddhist tantra should read this.

New edition of this perennial classic. "The best introductory work on Tibetan Buddhist tantra available today."—Janet Gyatso, Harvard University What is tantra? Who is qualified to practice it? How should it be practiced? What are the results? According to Buddhism, every human being has the potential

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to achieve profound and lasting happiness. And according to the tantric teachings of Buddhism, this remarkable transformation can be realized very quickly if we utilize all aspects of our human energy—especially the energy of our desires. Introduction to Tantra is the best available clarification of a subject that is often misunderstood. Tantra recognizes that the powerful energy aroused by our desire is an indispensable resource for the spiritual path. It is precisely because our lives are so inseparably linked with desire that we must make use of desire's tremendous energy not just for pleasure, but to transform our lives. Lama Yeshe presents tantra as a practice leading to joy and self-discovery, with a vision of reality that is simple, clear, and relevant to 21st-century life.

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What is tantra? Who is qualified to practice it? How should it be practiced? What are the results? According to Buddhism, every human being has the potential to achieve profound and lasting happiness. And according to the tantric teachings of Buddhism, this remarkable transformation can be realized very quickly if we utilize all aspects of our human energy - especially the energy of our desires. Introduction to Tantra is the best available clarification of a subject that is often misunderstood. This new edition of this classic text includes a new foreword by Philip Glass and a new cover design, but leaves untouched Lama Yeshe's excellent original text, edited by Jonathan Landaw. Tantra recognizes that the powerful energy aroused by our desire is an indispensable resource for

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No one has ever talked about tantra with such clarity, coherence and simplicity. Religious Studies Review

Kirti Tsenshap Rinpoche was a renowned teacher of Tibetan Buddhism with students worldwide. Revered as a teacher by even the Dalai Lama, he was known especially as a master of Buddhist tantra, the powerful esoteric methods for attaining enlightenment swiftly. The teachings in this book are a singular record of his deep learning in that field. Originally delivered in California to a group of Western students, the teachings comment on a classic introduction to tantra by the nineteenth-century Mongolian lama Choje Ngawang Palden. The work, *Illumination of the Tantric Tradition*, is a staple even today of the curriculum for training young monastics.

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Kirti Tsenshap Rinpoche explains the distinctive features of the four classes of tantra--action tantra, performance tantra, yoga tantra, and highest yoga tantra--by describing the way to progress through their paths and levels. He illuminates key issues in tantric practice that are still a matter for debate within the tradition. Finally, he gives a special treatment of the unique methods of Kalacakra tantra, which is regularly taught around the globe by His Holiness the Dalai Lama.

Wisdom Energy is a simple and compelling introduction to Buddhism by two Tibetan lamas renowned for their insight and skill in teaching Westerners. Containing an entire meditation course, it goes to the heart of basic Buddhist practice and discusses the meaning and purpose of

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meditation, the causes of dissatisfaction and unhappiness, and the methods for subduing them and gaining control over our minds and lives. Originally published in 1976, Wisdom Energy still preserves the power, humor, and directness of the lamas's first teaching tour of North America, giving the reader the feeling of an intimate audience with two highly respected teachers.

The first teaching, "The Three Principal Aspects of the Path," was given in France in 1982. The second teaching, an "Introduction to Tantra," also in two parts, was given at Grizzly Lodge, California, in 1980. It comprises the first two lectures of a commentary on the Chenrezig yoga. "Meditation is not on the level of the object but on that of the subject - you

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are the business of your meditation. "Bodhicitta is very practical, I tell you. It's like medicine. The self-cherishing thought is like a nail or a sword in your heart; it always feels uncomfortable. With bodhicitta, from the moment you begin to open, you feel incredibly peaceful and you get tremendous pleasure and inexhaustible energy. Forget about enlightenment - as soon as you begin to open yourself to others, you gain tremendous pleasure and satisfaction. Working for others is very interesting; it's an infinite activity. Your life becomes continuously rich and interesting. "Historically, Shakyamuni Buddha taught the four noble truths. To whose culture do the four noble truths belong? The essence of religion has nothing to do with any one particular country's culture. Compassion, love, reality - to whose culture

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do they belong? The people of any country, any nation, can implement the three principal aspects of the path, the four noble truths or the eightfold path. There's no contradiction at all." This book is made possible by kind supporters of the Archive who, like you, appreciate how we make these teachings available in so many ways, including in our website for instant reading, listening or downloading, and as printed and electronic books. Our website offers immediate access to thousands of pages of teachings and hundreds of audio recordings by some of the greatest lamas of our time. Our photo gallery and our ever-popular books are also freely accessible there. Please help us increase our efforts to spread the Dharma for the happiness and benefit of all beings. You can find out more about becoming a supporter of

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the Archive and see all we have to offer by visiting our website. Thank you so much, and please enjoy this e-book.

To know Lama Yeshe was to know he loved chocolate; it was his favorite metaphor to describe the nature of our attachments. This funny and trenchant little volume answers the question of how we can be happy even after the "chocolate" has run out. By cutting the cords of attachment, we discover the indestructible happiness that has always been--and always will be--available to us. Capturing the remarkable personality of Lama, who played an integral role in introducing Tibetan Buddhism to the world, *When the Chocolate Runs Out* will delight both readers who have known Lama Yeshe for decades and those who have never

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encountered this timelessly inspiring teacher. At once lighthearted and profound, this delightful book of wisdom is a perfect companion to How to Be Happy by Lama Zopa Rinpoche.

Lama Yeshe was both one of the most beloved Tibetan Buddhist masters of the late twentieth century and a remarkably effective teacher and communicator. Becoming the Compassion Buddha is one of a series of his books that examine key Tantric deity practices in the Tibetan Buddhist tradition. As with his book Introduction to Tantra, his teachings make coherent and understandable to the general reader practices that once were considered to be for highly-realized beings only. Lama Yeshe strongly believed practices

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that help develop compassion and wisdom should not be limited to advanced practitioners, but that the all beings could benefit from them. In this book he provides a commentary on a short guru yoga practice written by His Holiness the 14th Dalai Lama. This extraordinary book opens new doors for countless readers.

In the classic bestseller, Introduction to Tantra, Lama Yeshe offered a profound and wonderfully clear glimpse into the sophisticated practices of Tibetan Buddhist tantra. This present book, the last major teachings of this great lama, opens up the world of advanced practices for Highest Yoga Tantra initiates in much the same way his earlier work opened up the world of tantra in general. Following Je Tsongkhapa's

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(1357-1419 C.E.) text Having the Three Convictions, Lama Yeshe introduces the renowned Six Yogas of Naropa, focusing mainly on the first of these six, the practice of inner fire (tummo). Mastery of inner fire quickly brings the mind to its most refined and penetrating state--the experience of clear light, an extra-ordinarily powerful state of mind that is unequalled in its ability to directly realize ultimate reality. Lama Yeshe felt that twentieth-century Westerners could easily grasp the often misunderstood ideas of this esoteric tradition: "We really need tantra these days because there is a tremendous explosion of delusion and distraction.and we need the atomic energy of inner fire to blast us out of our delusion." Lama Yeshe's aim was for his students to actually taste the experience of inner fire rather than merely gain an

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Intellectual understanding. Lama's own realization of the transformative power of these practices comes through, inspiring his students to discover for themselves their own capacity for inexhaustible bliss.

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