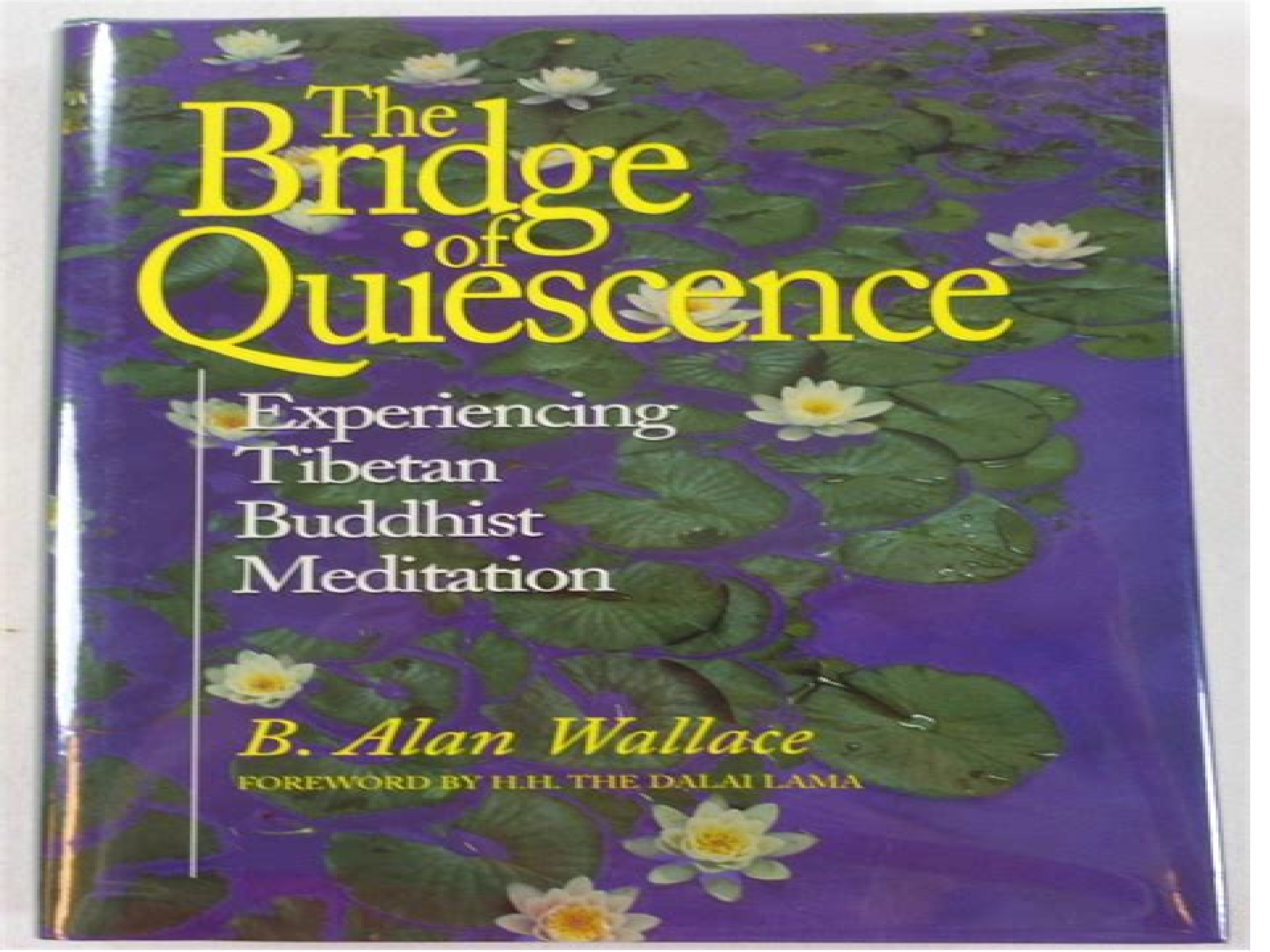




The Bridge of Quiescence

Experiencing
Tibetan
Buddhist
Meditation

B. Alan Wallace

FOREWORD BY H.H. THE DALAI LAMA

Bridge Of Quiescence Experiencing Tibetan Buddhist Meditation

B. Alan Wallace



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The Bridge of Quiescence B. Alan Wallace, 1998 Wallace religious studies U of California Santa Barbara was a Tibetan Buddhist monk for 14 years in India and Switzerland He combines the findings of western scientists and philosophers on the nature of consciousness with those of Tibetan practitioners of meditation as a means of exploring consciousness directly He includes an account of the founder Tsongkhapa 1357-1419 and an original translation with commentary of his presentation of techniques The Dalai Lama contributes a short foreword Paper edition unseen 1995 Annotation copyrighted by Book News Inc Portland OR

The Four Immeasurables B. Alan Wallace, 2010-09-16 An engaging explanation of a fundamental Buddhist practice including guided exercises and meditations from a scientist and former Buddhist monk The Four Immeasurables the cultivation of loving kindness compassion empathetic joy and equanimity is a rich suite of practices that open the heart counter the distortions in our relationships to ourselves and deepen our relationships to others Alan Wallace presents a unique interweaving of teachings on the Four Immeasurables with instruction on meditative quiescence or shamatha practice to empower the mind This book includes both guided meditations and lively discussions on the implications of these teachings for our life

Ocean of Reasoning Tsong khapa, 2006-04-20 Tsong kha pa 14th century is arguably the most important and influential philosopher in Tibetan history An Ocean of Reasoning is the most extensive and perhaps the deepest extant commentary on Nagarjuna's *Mulamadhyamakakarika* Fundamental Wisdom of the Middle Way and it can be argued that it is impossible to discuss Nagarjuna's work in an informed way without consulting it It discusses alternative readings of the text and prior commentaries and provides a detailed exegesis constituting a systematic presentation of Madhyamaka Buddhist philosophy Despite its central importance however of Tsong kha pa's three most important texts only An Ocean of Reasoning remains untranslated perhaps because it is both philosophically and linguistically challenging demanding a rare combination of abilities on the part of a translator Jay Garfield and Ngawang Samten bring the requisite skills to this difficult task combining between them expertise in Western and Indian philosophy and fluency in Tibetan Sanskrit and English The resulting translation of this important text will not only be a landmark contribution to the scholarship of Indian and Tibetan Buddhism but will serve as a valuable companion volume to Jay Garfield's highly successful translation of *The Fundamental Wisdom of the Middle Way*

Clinician's Guide to Self-Renewal Robert J. Wicks, Elizabeth A. Maynard, 2014-03-13 Providing clinicians with advice consistent with the current emphasis on working from strengths to promote renewal this guide presents a holistic approach to psychological wellness Time tested advice is featured from experts such as Craig Cashwell Jeffrey Barnett and Kenneth Pargament With strategies to renew the mind body spirit and community this book equips clinicians with guidance and inspiration for the renewal of body mind community and spirit in their clients and themselves

The View from Within Jonathan Shear, Francisco J. Varela, 1999 Investigating the brain from the outside using brain scanning technology such as PET and fMRI bring great precision to

results However examining the view from within the brain isn't so easy This book presents results of investigations that examines the conscious mind from the inside **Samādhi** Stuart Ray Sarbacker, 2012-02-01 A historical and comparative study grounded in close readings of important works this book explores the dynamics of the theory and practice of yoga in Hindu and Buddhist contexts Author Stuart Ray Sarbacker explores the fascinating contrasting perceptions that meditation leads to the attainment of divine or numinous power and to complete escape from worldly existence or cessation Sarbacker demonstrates that these two dimensions of spiritual experience have affected the doctrine and cultural significance of yoga from its origins to its contemporary practice He also integrates sociological and psychological perspectives on religious experience into a larger phenomenological model to address the multifaceted nature of religious experience Speaking to a broad range of methodological and contextual issues Samadhi provides numerous insights into the theory and practice of yoga that are relevant to both scholars of religious studies and practitioners of contemporary yoga and meditation traditions

Buddhist Foundations of Mindfulness Edo Shonin, William Van Gordon, Nirbhay N. Singh, 2015-08-27 This book explores a wide range of mindfulness and meditative practices and traditions across Buddhism It deepens contemporary understanding of mindfulness by examining its relationship with key Buddhist teachings such as the Four Noble Truths and the Noble Eight Fold Path In addition the volume explores how traditional mindfulness can be more meaningfully incorporated into current psychological research and clinical practice with individuals and groups e g through the Buddhist Psychological Model Key topics featured in this volume include Ethics and mindfulness in P li Buddhism and their implications for secular mindfulness based applications Mindfulness of emptiness and the emptiness of mindfulness Buddhist teachings that support the psychological principles in a mindfulness program A practical contextualization and explanatory framework for mindfulness based interventions Mindfulness in an authentic transformative everyday Zen practice Pristine mindfulness Buddhist Foundations of Mindfulness is an indispensable resource for clinical psychologists and affiliated medical and mental health professionals including specialists in complementary and alternative medicine as well as social work as well as teachers of Buddhism and meditation *Ocean of Attainments* , 2024-04-16 This commentary on Guhyasamaja tantra is the seminal guide to deity yoga and tantric visualization for the Geluk school of Tibetan Buddhism Ocean of Attainments was composed by Khedrup J Gelek Palsang 1385 1438 one of Tsongkhapa Losang Drakpa's most prominent disciples Its subject is the creation stage a quintessential Buddhist tantric meditation that together with the completion stage comprises the path of unexcelled tantra The Guhyasamaja Tantra referred to as the king of all tantras is revered in Tibet especially by the Geluk school for its hermeneutic methods which are in turn applied to other tantras In the creation stage meditators visualize themselves as buddhas at the center of the celestial mandala surrounded in all directions by male and female bodhisattvas and enlightened beings Since the core of the practice is visualization this meditation perhaps more than other meditations presumes the creative power of the mind Visualizations form the basis not only of the

creation stage and deity yoga but of all tantric practices and rituals since tantric practice takes place not in mundane existence but in the illusion like purity of the enlightened view While the previously published *Essence of the Ocean of Attainments* is a concise exposition on the practice of the Guhyasamaja sadhana *Ocean of Attainments* is much more detailed providing extensive scriptural citations clear explanation of the body mandala arguments on points of contention reference to other tantric systems and critiques of misinterpretations Complemented by the extensive and clear introduction this volume is a vital contribution to the growing body of scholarship on Guhyasamaja and on Buddhist tantra in general

Destructive Emotions Daniel Goleman, 2008-11-19 Why do seemingly rational intelligent people commit acts of cruelty and violence What are the root causes of destructive behavior How can we control the emotions that drive these impulses Can we learn to live at peace with ourselves and others Imagine sitting with the Dalai Lama in his private meeting room with a small group of world class scientists and philosophers The talk is lively and fascinating as these leading minds grapple with age old questions of compelling contemporary urgency Daniel Goleman the internationally bestselling author of *Emotional Intelligence* provides the illuminating commentary and reports on the breakthrough research this historic gathering inspired *Destructive Emotions* Buddhist philosophy tells us that all personal unhappiness and interpersonal conflict lie in the three poisons craving anger and delusion It also provides antidotes of astonishing psychological sophistication which are now being confirmed by modern neuroscience With new high tech devices scientists can peer inside the brain centers that calm the inner storms of rage and fear They also can demonstrate that awareness training strategies such as meditation strengthen emotional stability and greatly enhance our positive moods The distinguished panel members report these recent findings and debate an exhilarating range of other topics What role do destructive emotions play in human evolution Are they hardwired in our bodies Are they universal or does culture determine how we feel How can we nurture the compassion that is also our birthright We learn how practices that reduce negativity have also been shown to bolster the immune system Here too is an enlightened proposal for a school based program of social and emotional learning that can help our children increase self awareness manage their anger and become more empathetic Throughout these provocative ideas are brought to life by the play of personalities by the Dalai Lama s probing questions and by his surprising sense of humor Although there are no easy answers the dialogues which are part of a series sponsored by the Mind and Life Institute chart an ultimately hopeful course They are sure to spark discussion among educators religious and political leaders parents and all people who seek peace for themselves and the world The Mind and Life Institute sponsors cross cultural dialogues that bring together the Dalai Lama and other Buddhist scholars with Western scientists and philosophers Mind and Life VIII on which this book is based took place in Dharamsala India in March 2000

Westward Dharma Charles S. Prebish, Martin Baumann, 2002-12-04 Like seeds on the wind Buddhist teachings continue to reach new lands This outstanding book brings to light in rich detail the current flowering of Buddhism in the West Long a world religion Buddhism is now a global one Kenneth Kraft author of *The Wheel of Engaged Buddhism*

Westward Dharma deserves a place on the growing bookshelf of contemporary Buddhist studies Prebish and Baumann broaden our horizons from North America to the wider Western world exploring key aspects of Buddhism's most recent geographical and cultural expansion Paul David Numrich coauthor of *Buddhists Hindus and Sikhs in America*

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