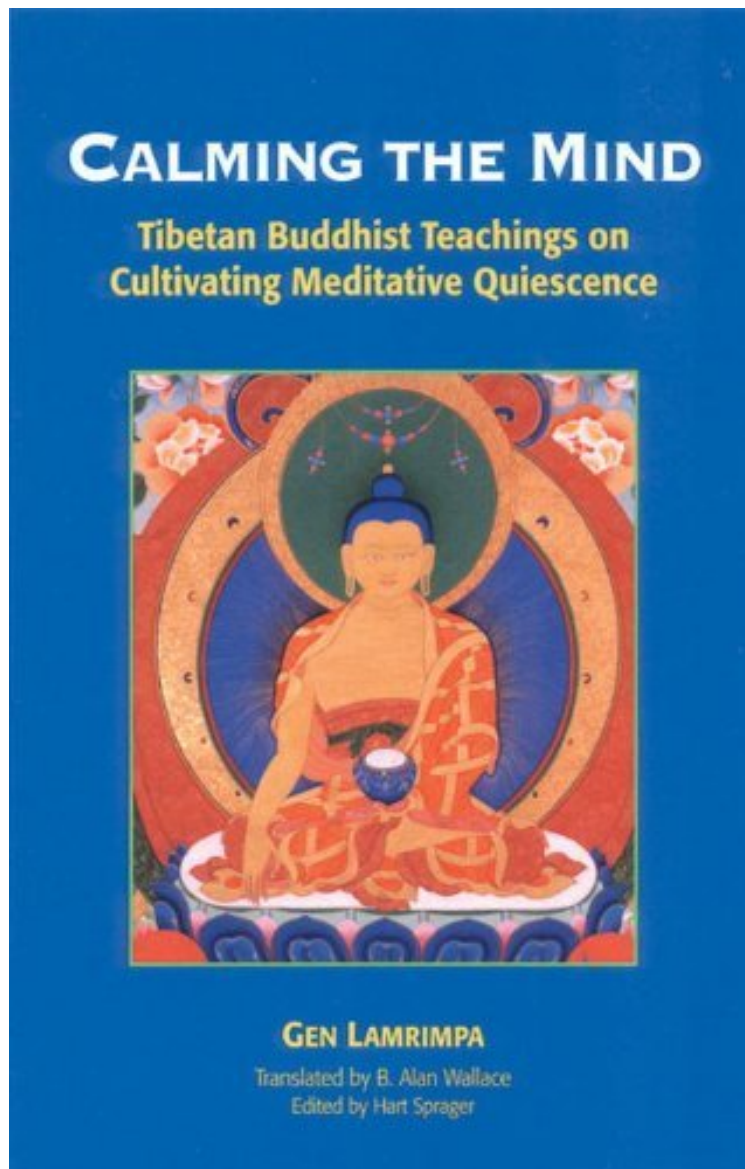


(Read ebook) Calming the Mind: Tibetan Buddhist Teachings on Cultivating Meditative Quiescence

Calming the Mind: Tibetan Buddhist Teachings on Cultivating Meditative Quiescence

Von Gen Lamrimpa

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Von Gen Lamrimpa : Calming the Mind: Tibetan Buddhist Teachings on Cultivating Meditative Quiescence before purchasing it in order to gage whether or not it would be worth my time, and all praised Calming the Mind: Tibetan Buddhist Teachings on Cultivating Meditative Quiescence:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Fairly

good book on tranquil abiding. Von whiltz@mindspring.com This book is a guide to the development of tranquil abiding/meditative quiescence/samatha as taught in the Tibetan Buddhist tradition. There is really nothing new here that cannot be found in standard lamrim texts, but the subject matter is fleshed out somewhat in a fairly nice fashion. Its main drawback stems from the conception of the book, which is just a reworking of a series of talks the author gave to a group of Westerners at the beginning of a year-long meditation retreat aimed at developing tranquil abiding. As such, some of what it has to say may not apply to the reader. Also, it will not address some of the peculiar problems any reader might encounter if they themselves set out to do such a retreat. Those wishing to develop tranquil abiding themselves will need to do their own retreat under the guidance of a teacher, but perhaps this book could prove useful by giving them the bare outlines of what it is they are to do and why. An added bonus is the gorgeous tangka on the cover.0 von 0 Kunden fanden die folgende Rezension hilfreich. Practical Intro to the Development of Concentration Von Richard Deveno Shamatha meditation, a Tibetan name for all meditations that settle, focus, and concentrate the mind, is not unique to Buddhism. In fact in many ways part of Buddhism's fresh approach is that it took this particular kind of meditation and in a sense "secularized" it - essentially removing some of the religious symbolism and esoterism that surrounded the development of concentration in India. Shamatha meditation is unique in that it's "contentless" and provides the foundation for all other religious practices.

Kurzbeschreibung To stabilize the mind in one-pointed concentration is the basis of all forms of meditation. Gen Lamrimpa was a meditation master who lived in a meditation hut in Dharamsala and who had been called to teach by the Dalai Lama. He leads the meditator step-by-step through the stages of meditation and past the many obstacles that arise along the way. He discusses the qualities of mind that represent each of nine levels of attainment and the six mental powers. This book was previously titled Shamatha Meditation. Pressestimmen "It is Gen Lamrimpa's familiarity with meditation on a deep experiential level that makes his teachings so valuable and this a book to be recommended." Tibetan "Calming the Mind provides very practical and experientially grounded teachings. Gen Lamrimpa excels in very straightforward explanations." Tibet Journal "A step-by-step instruction manual on how to calm a busy mind, cultivate devotion, and bring awareness into each moment of living." John Tigue, Department of Philosophy and Religious Studies, Daemen College Kurzbeschreibung To stabilize the mind in one-pointed concentration is the basis of all forms of meditation. Gen Lamrimpa was a meditation master who lived in a meditation hut in Dharamsala and who had been called to teach by the Dalai Lama. He leads the meditator step-by-step through the stages of meditation and past the many obstacles that arise along the way. He discusses the qualities of mind that represent each of nine levels of attainment and the six mental powers. This book was previously titled Shamatha Meditation.