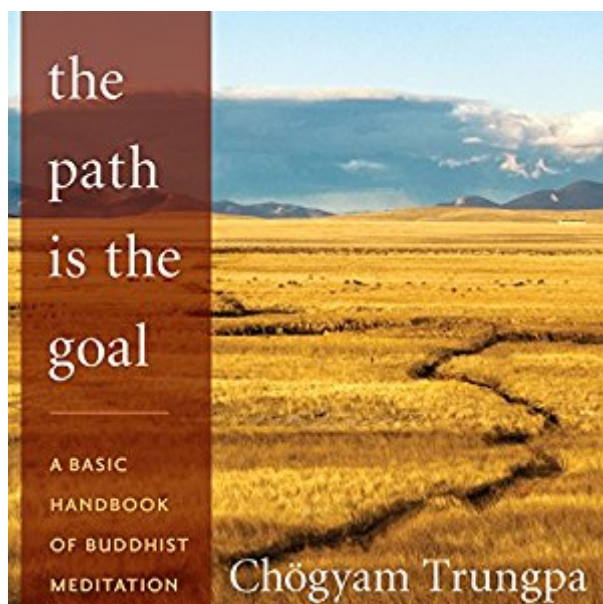


The book was found

The Path Is The Goal: A Basic Handbook Of Buddhist Meditation



Synopsis

According to the Buddha, no one can attain basic sanity or enlightenment without practicing meditation. The teachings given here on the outlook and technique of meditation provide the foundation that every practitioner needs to awaken as the Buddha did. Trungpa teaches us to let go of the urge to make meditation serve our ambition; thus we can relax into openness. We are shown how the deliberate practice of mindfulness develops into contrived awareness, and we discover the world of insight that awareness reveals. We learn of a subtle psychological stage set that we carry with us everywhere and unwittingly use to structure all our experience - and we find that meditation gradually carries us beyond this and beyond ego altogether to the experience of unconditioned freedom.

Book Information

Audible Audio Edition

Listening Length: 3 hours and 29 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Audible Studios

Audible.com Release Date: December 9, 2014

Whispersync for Voice: Ready

Language: English

ASIN: B00PB4O7EK

Best Sellers Rank: #149 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #188 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #204 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice

Customer Reviews

Naropa obtained enlightenment after his teacher, Tilopa, asked him to perform countless grueling tasks, many at the risk of death. One day, Tilopa smacked Naropa on the head with his sandal and that was it, enlightenment. Milarepa, after killing 12 people, was asked by his teacher, Marpa, to build a temple before he would receive the teachings. When he finished the temple, Marpa found it unsatisfactory and had him rebuild it. It went on and on and on, with Milarepa nearly dying and Marpa treating him brutally. But all along, Marpa loved him like a son. Because of the negativities Milarepa accumulated, this was his ngāṇdro, his pāṇṇirification. Milarepa then went into 12 years of

solitary retreat, eating barely nothing. The 84 mahasiddhas displayed outrageous behaviour in order to benefit beings. The Buddha himself, in a previous life, killed the captain of a boat. Compassion? You may not think so, unless you knew the captain was going to kill his entire crew. Buddhism will not make your life easier. It is not about having a safe place, but about being homeless. It is not about gathering about you the clothes of bliss, but about going naked. It is not a peaceful journey (until the later stages) but an arduous task. If you feel lonely, discouraged, depressed because of the teachings, it is not the teachings that have depressed you, but your ego which has chosen to respond to them. THAT is what you can work with. Remember, the working basis is this defiled mind. If we were already enlightened, we wouldn't feel depressed, or discouraged. Everything is workable. Please keep these things in mind.

[Download to continue reading...](#)

The Path Is The Goal: A Basic Handbook of Buddhist Meditation Goal Setting: Reach Goals Fast: The Ultimate Guide To Goal Setting - The Most Effective Way To Reach Goals Fast (Goal Setting, Motivation, Action Plan, ... Goals, Success, Self-Discipline, Organized) Goal Setting: The 10 Step Method to Becoming an Unstoppable Goal Achiever In the Goal With ... Briana Scurry (In the Goal With...) The Collected Works of Chogyam Trungpa, Volume 2: The Path Is the Goal - Training the Mind - Glimpses of Abhidharma - Glimpses of Shunyata - Glimpses of Mahayana - Selected Writings (Re)Defining the Goal: The True Path to Career Readiness in the 21st Century Chinese Buddhist Monasteries: Their Plan and Its Function as a Setting for Buddhist Monastic Life The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science Who Is My Self?: A Guide to Buddhist Meditation The Experience of Insight: A Simple and Direct Guide to Buddhist Meditation (Shambhala Dragon Editions) The Experience of Samadhi: An In-depth Exploration of Buddhist Meditation Refuge Recovery: A Buddhist Path to Recovering from Addiction The Great Path of Awakening: The Classic Guide to Lojong, a Tibetan Buddhist Practice for Cultivating the Heart of Compassion (Shambhala Classics) Nagarjuna's Guide to the Bodhisattva Path (Kalavinka Buddhist Classics) Being Nobody Going Nowhere: Meditations on the Buddhist Path Entering the Stream to Enlightenment: Experiences of the Stages of the Buddhist Path in Contemporary Sri Lanka A New Buddhist Path: Enlightenment, Evolution, and Ethics in the Modern World Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn The Calming Collection-The Weight is Over:Hypnosis/Meditation for Lasting Weight Loss**Guided Meditation and Hypnosis CD Seeking the Heart of Wisdom: The Path of Insight Meditation (Shambhala Classics)

[Dmca](#)