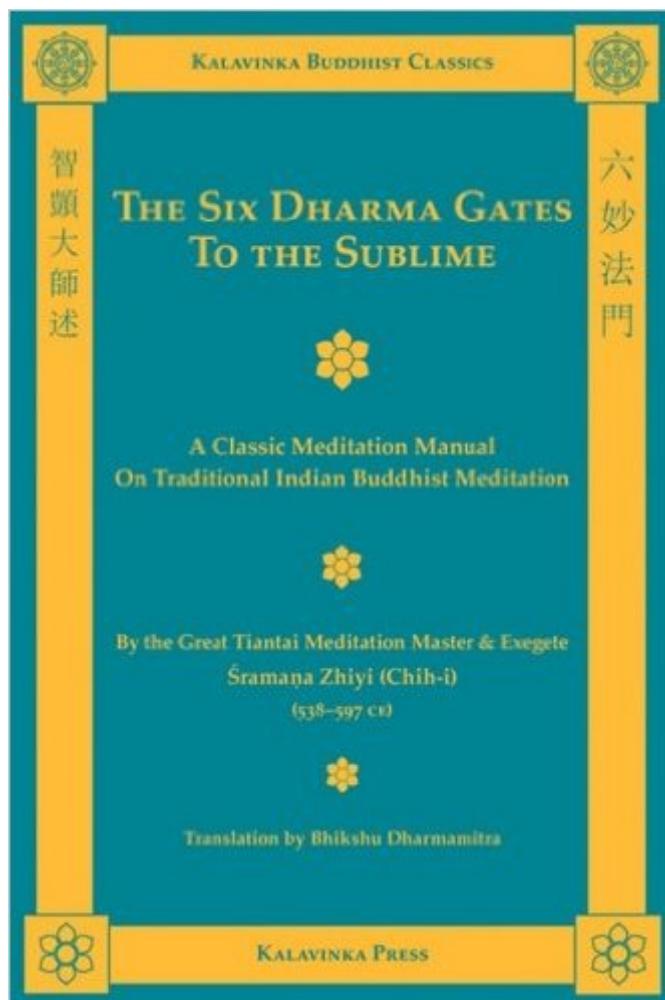


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# The Six Dharma Gates To The Sublime



## Synopsis

"The Six Gates to the Sublime" is a classic Buddhist meditation instruction manual explaining the six practices crucial to success in traditional Indian Buddhist breath-focused (anapana) meditation and calming-and-insight (samatha-vipasyana) meditation. Correctly implemented, these six "gates" lead the meditator to realization of the fourth of the four truths (cessation), of which the "sublimity" referenced in the title is one of the four canonically-described practice aspects. This classic was written by the sixth-century monk and meditation master, Shramana Zhiyi (Chih-i), one of the most illustrious figures in the history of Chinese Buddhism. Master Zhiyi is famous for his role in the founding of the Tiantai teachings lineage and for his authorship of a quartet of meditation manuals of which this is one. The translator of this volume is the American monk, Bhikshu Dharmamitra, a translator of numerous classic works from the Indian and Chinese Buddhist traditions.

## Book Information

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## Customer Reviews

The Six Dharma Gates to the SublimeThe Essentials of Buddhist MeditationThese two books are the best instructional books I have ever seen concerning a comprehensive system of meditation, which features samatha/ vipassana practiced in the same sitting, as mutually dependent exercises. Very light on doctrine or philosophy, which helps enormously, and also light on technical terms that might obscure a clear meaning. Any committed and experienced meditation practitioner with an open mind about methods will delight in these two books, regardless of one's doctrinal orientation.

This and the companion title "Essential of Buddhist Meditation" are great manuals on meditation. Every person interested in Buddhist meditation should read these two books. Really short reads because the Chinese originals are included, so the total amount of pages is actually half.

Tradition says that Buddha used this breath meditation under the Bodhi Tree and became a fully enlightened being. That seems like a good recommendation for cultivators of today. Zhiyi gives one all the essentials for practice.

GREAT

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