

A Spacious Path To Freedom Practical Instructions On The Union Of Mahamudra And Atiyoga

Uncover the nature of the mind with this ground-level, practice-oriented presentation of Tibetan Buddhism. A personal and accessible guide to establishing progress on the path. The book begins with the awakening of students' interest in spirituality and the initial encounter with Tibetan Buddhism, then leads us through all the steps necessary for successful practice in the West. Included is succinct counsel on finding an appropriate teacher, receiving empowerments, becoming active in a center, and launching and sustaining a Vajrayana practice. Special emphasis is placed on the potential pitfalls, and the marvelous benefits, of the guru-disciple relationship.

Second-person "I -- You" relations are central to human life yet have been neglected in consciousness research. This book puts that right, and goes further by also including descriptions of animal "person-to-person" interactions.

Translation and commentary of one of the most important texts of the Kashmirian Shivaism tradition of Tantra • Author was a student of the late Kalu Rinpoche • Explores the transmission of Mahamudra, the Great Cosmic Gesture • Includes the Vijnanabhairava Tantra, which contains the totality of the oldest source text on Yoga The Spandakarika, the "Tantric Song of the Divine Pulsation," is said to have been transmitted directly to the sage Vasugupta from the hands of Shiva on Mount Kailas. In his commentary on these fifty-two stanzas, the sage Ksemaraja described them as the heart of the Mahamudra. The oldest masters of Spandakarika viewed everything in the universe, including matter, as consciousness and created a yoga practice in accordance with this realization. The sacred dance of Yoga Spandakarika, Tandava, is extremely subtle and difficult, requiring thousands of hours of practice to master, yet it surpasses any other physical practice, allowing the practitioner to touch the divine inner pulse. Once its third stage has been mastered, the yogi or yogini is able to manifest the dance of Shiva in space, a tradition visible in the statuary of Tantric temples in India and Tibet. Energy is no longer contracted by the perception of duality, and the mind and body become unbounded, forming a sphere that contains all that was formerly outside. In Yoga Spandakarika Daniel Odier passes on these vanishing teachings as he received them from his Tibetan master, Kalu Rinpoche, and Kashmiri yogi Lalita Devi.

This book takes a bold new look at ways of exploring the nature, origins, and potentials of consciousness within the context of science and religion. Alan Wallace draws careful distinctions between four elements of the scientific tradition: science itself, scientific realism, scientific materialism, and scientism. Arguing that the metaphysical doctrine of scientific materialism has taken on the role of ersatz-religion for its adherents, he traces its development from its Greek and Judeo-Christian origins, focusing on the interrelation between the Protestant Reformation and the Scientific Revolution. He looks at scientists' long term resistance to the firsthand study of consciousness and details the ways in which subjectivity has been deemed taboo within the scientific community. In conclusion, Wallace draws on William James's idea for a "science of religion" that would study the nature of religious and, in particular, contemplative experience. In exploring the nature of consciousness, this groundbreaking study will help to bridge the chasm between religious belief and scientific knowledge. It is essential reading for philosophers and historians of science, scholars of religion, and anyone interested in the relationship between science and religion.

A Manifesto for the Mind Sciences and Contemplative Practice

Mahamudra

Contemplative Science

The Taboo of Subjectivity

Historical and Contemporary Perspectives

Yoga Spandakarika

Mind in the Balance

The Attention Revolution

Scholars of Buddhism, themselves Buddhist, here seek to apply the critical tools of the academy to reassess the truth and transformative value of their tradition in its relevance to the contemporary world.

Susan Stabile, well-versed in both Tibetan Buddhist and Christian meditation techniques, demonstrates how Buddhist meditation practices can be fruitfully adapted to a Christian context.

The mind-training practices contained in the Dzogchen tradition of Tibetan Buddhism have never before been presented in the English language. The main text translated here, The Steps to Liberation, will be of great interest to Western practitioners, since its instructions are pithy and direct, and experiential rather than scholarly. The contemplations on core Buddhist principles like impermanence and karma, intended for beginning meditators, unfold as dramatic stories in which the meditator is to vividly imagine himself or herself as the main character who undergoes a sequence of experiences that result in transformative realizations. They distill the most essential teachings of the Buddha into a practical system that can be easily implemented in a daily meditation practice. At the same time, they bring together the most foundational Buddhist teachings with the profound methods of the Vajrayana (the esoteric teachings of Buddhist tantra). This is the hallmark of Dzogchen mind training and what sets it apart from other mind-training lineages.

The inspiring life story of Tertön Migyur Dorje, who revealed a new cycle of Tibetan Buddhist teachings, together with a commentary on the preliminary practices written by his main student. Tertön Migyur Dorje revealed the Namchö treasure teachings while in a three-year retreat that began when he was only thirteen. The Great Compassionate One (Avalokiteshvara) and Guru Rinpoche (Padmasambhava) appeared to him in pure visionary experience and gave him these teachings. Migyur Dorje then dictated them to his teacher Karma Chagme. The Namchö treasures later became the main teachings and practices of the Palyul lineage, and these teachings continue to be presented in Palyul monasteries and retreat centers throughout Asia, North America, and Europe. This book brings together two texts that have inspired countless practitioners in this lineage. The first text tells the life story of Migyur Dorje. It was composed by Karma Chagme, the master who first recognized the seven-year-old Migyur Dorje as an exceptional tulku and tertön and who was responsible for preparing him to be a major treasure revealer. The

second text is a commentary on the Namchö preliminary practices. Written by Rigdzin Kunzang Sherab, Migyur Dorje's main student and the first throne holder of the Palyul lineage, it explains the foundational practices that should be completed before pursuing more advanced ones: the four contemplations that turn the mind to dharma and the fivefold practice of taking refuge, arousing bodhichitta, mandala offering, Vajrasattva purification, and Guru Yoga.

The Unification of Physics and Consciousness

Padmasambhava's Teachings on the Six Bardos

Natural Liberation

Mediating and Remediating Death

A Spacious Path to Freedom

A Guide to the Dzogchen Preliminary Practices

The Moonlight -- Quintessence of Mind and Meditation

Tibetan Buddhist Sources for Christian Meditation

Bestselling author B. Alan Wallace delivers the long-awaited followup to his *Stilling the Mind: Shamatha Teachings from Dudjom Lingpa's Vajra Essence* (2011). This companion volume stems from an oral commentary Dudjom Lingpa gave to the next section of the *Vajra Essence*, in which he elucidates the cultivation of contemplative insight, or vipashyana, into the nature of existence as a whole. The revelation appears in the form of a fascinating dialogue within Dudjom Lingpa's own mind: various aspects of his mind pose questions to his own primordial consciousness, and the pithy and provocative replies tap into the very ground of being. The ensuing dialogue explores every stage of the path to buddhahood in this lifetime, from the very beginning to the unexcelled result of the rainbow body, signifying enlightenment. Everything you need to know to attain buddhahood is complete in this text. As Wallace continued to reflect on Dudjom Lingpa's writings and their relevance to the modern world, he was inspired to elaborate extensively on his original commentary. The book includes new introductory essays and an afterword, revealing the texts' contribution to the contemplative revolution triggered by the discoveries of Galileo, Darwin, and Einstein.

Science has long treated religion as a set of personal beliefs that have little to do with a rational understanding of the mind and the universe. However, B. Alan Wallace, a respected Buddhist scholar, proposes that the contemplative methodologies of Buddhism and of Western science are capable of being integrated into a single discipline: contemplative science. The science of consciousness introduces first-person methods of investigating the mind through Buddhist contemplative techniques, such as samatha, an organized, detailed system of training the attention. Just as scientists make observations and conduct experiments with the aid of technology, contemplatives have long tested their own theories with the help of highly developed meditative skills of observation and experimentation. Contemplative science allows for a deeper knowledge of mental phenomena, including a wide range of states of consciousness, and its emphasis on strict mental discipline counteracts the effects of conative (intention and desire), attentional, cognitive, and affective imbalances. Just as behaviorism, psychology, and neuroscience have all shed light on the cognitive processes that enable us to survive and flourish, contemplative science offers a groundbreaking perspective for expanding our capacity to realize genuine well-being. It also forges a link between the material world and the realm of the subconscious that transcends the traditional science-based understanding of the self.

This spiritual manual describes mahamudra meditation from the perspective of the "gradual path," a progressive process of training that is often contrasted to sudden realization. The book contains a step-by-step description of the ways to practice, precise descriptions of the various stages and their intended realizations, and the typical problems that arise along with their remedies. Drawn from a variety of sources, *Pointing Out the Great Way* distills the experiences of many great masters who have traversed the path of meditation to the point of perfect mastery.

A perfect companion to the well-known *Tibetan Book of the Dead*. In life and in death, in meditation and in sleep, every transitional stage of consciousness, or bardo, provides an opportunity to overcome limitations, frustrations, and fears. The profound teachings in this book provide the understanding and instruction necessary to turn every phase of life into an opportunity for uncontrived, natural liberation.

Like the *Tibetan Book of the Dead*, *Natural Liberation* is a term, a "hidden treasure" attributed to the eighth-century master Padmasambhava. Gyatrul Rinpoche's lucid commentary accompanies the text, illuminating the path of awakening to the point of full enlightenment. *Natural Liberation* is an essential contribution to the library of both scholars and practitioners of Tibetan Buddhism.

Yoga in Transformation

Trading Hustle and Hurry for the Goodness of Limits

The Less Dust the More Trust

Proceedings of the Tenth Seminar of the IATS, 2003. Volume 3: Power, Politics, and the Reinvention of Tradition

The Art of Transforming the Mind

Fathoming the Mind

Luminous Clarity

Steps to the Great Perfection

This volume focuses upon the relationships between the past and the present evoked in Tibetan literature, offering diverse perspectives on a critical period when Tibetans found themselves caught up in Central Eurasian struggles for power and territorial control.

The field of 'science and religion' is exploding in popularity among both academics and the reading public. This is a comprehensive and authoritative introduction to the debate, written by the leading experts yet accessible to the general reader.

The nature and reality of self is a subject of increasing prominence among Western philosophers of mind and cognitive scientists. It has also been central to Indian and Tibetan philosophical traditions for over two thousand years. It is time to bring the rich resources of these traditions into the contemporary debate about the nature of self.

This volume is the first of its kind. Leading philosophical scholars of the Indian and Tibetan traditions join with leading Western philosophers of mind and phenomenologists to explore issues about consciousness and selfhood from these multiple perspectives. *Self, No Self?* is not a collection of historical or comparative essays. It takes problem-solving and conceptual and phenomenological analysis as central to philosophy. The essays mobilize the argumentative resources of diverse philosophical traditions to address issues about the self in the context of contemporary philosophy and cognitive science. *Self, No Self?* will be essential reading for philosophers and cognitive scientists interested in the nature of the self and consciousness, and will offer a valuable way into the subject for students.

Researches inspired by the quantum Buddhist psycho-metaphysics of Michael Mensky.

A Meditator's Guide to the Tibetan Practice of Lojong

Critical Reflections by Contemporary Buddhist Scholars

Tracing the Path of Yoga

A Path to Freedom in the School

A Spacious Life

Quantum Buddhist Wonders of the Universe

The Quintessence of the Union of Mahamudra and Dzokchen

Learning Across the Diaspora, Indigenous, and Minority Divide

This manual of Tibetan meditation simply and thoroughly presents the profound Dzogchen and Mahamudra systems of practice.

Blending contemporary and traditional perspectives, this groundbreaking work offers guidance on the profound foundational practices of the Great Perfection. It contains classic commentaries by the renowned Tibetan masters Jigme Lingpa and Jamyang Khyentse Wangpo, alongside a lively contemporary discussion by filmmaker, author, and spiritual teacher Dzongsar Jamyang Khyentse that discusses how to incorporate these ancient practices into the fast-paced lifestyle of the Western world. Also included are a lengthy introduction to the world of Tibetan Buddhism and its meditative practices, as well as the long and short preliminary practice liturgies and numerous appendices on the nine yantras and other topics. The ngöndro or preliminary practice is treasured in the Ancient School of Tibetan Buddhism as vital for effecting a profound inner transformation and as a foundation for the very highest teachings of the Great Perfection, or Dzogchen. In particular, the Longchen Nyingtik ngöndro—revealed by the great saint Jigme Lingpa following a series of visions in which he was blessed by the omniscient Longchen Rabjam and received the transmission of his wisdom mind—has long been cherished by followers of all traditions on account of its power, depth, and poetic beauty.

The Less Dust, the More Trust presents the story of the author's participation in the Shamatha Project, addressing Buddhism, shamatha mindfulness practices (concentration-calm), and meditation-research. With diary excerpts, dream log, and audio transcripts she gives the reader a feel for her personal experiences. The current research outcomes of this unique ongoing project are reported, focusing on the effects of the various practices in attention and emotion regulation, and on health. They include groundbreaking findings of effects down to the chromosome level. The practice 'Settling the mind in its natural state' invites wonder: what is this natural state? Each chapter includes a guided meditation. The book is structured in a way that it can provide the reader with various threads. It can be read as an overview of the Shamatha Project, meditation and science. Additionally, it can be read as an exploration into Buddhist studies, with a focus on psychological and scientific understanding of meditation. Most importantly: the book can support a personal journey for the reader in practicing shamatha meditations, and experiencing increasing well-being.

By establishing a dialogue in which the meditative practices of Buddhism and Christianity speak to the theories of modern philosophy and science, B. Alan Wallace reveals the theoretical similarities underlying these disparate disciplines and their unified approach to making sense of the objective world. Wallace begins by exploring the relationship between Christian and Buddhist meditative practices. He outlines a sequence of meditations the reader can undertake, showing that, though Buddhism and Christianity differ in their belief systems, their methods of cognitive inquiry provide similar insight into the nature and origins of consciousness. From this convergence Wallace then connects the approaches of contemporary cognitive science, quantum mechanics, and the philosophy of the mind. He links Buddhist and Christian views to the provocative philosophical theories of Hilary Putnam, Charles Taylor, and Bas van Fraassen, and he seamlessly incorporates the work of such physicists as Anton Zeilinger, John Wheeler, and Stephen Hawking. Combining a concrete analysis of conceptions of consciousness with a guide to cultivating mindfulness and profound contemplative practice, Wallace takes the scientific and intellectual mapping of the mind in exciting new directions.

Education and Sustainability

Hidden Dimensions

The Subject of Experience

The Stages of Meditation in the Mahamudra Tradition

The Sacred Texts at the Origins of Tantra

Buddhist Theology

Pointing Out the Great Way

B. Alan Wallace introduces a natural theory of human consciousness that has its roots in contemporary physics and Buddhism. Wallace's "special theory of ontological relativity" suggests that mental phenomena are conditioned by the brain, but do not emerge from it. Rather, the

entire natural world of mind and matter, subjects and objects, arises from a unitary dimension of reality. Wallace employs the Buddhist meditative practice of samatha to test his hypothesis, creating a kind of telescope to examine the space of the mind. He then proposes a more general theory in which the participatory nature of reality is envisioned as a self-excited circuit. In comparing these ideas to the Buddhist theory known as the Middle Way philosophy, Wallace explores further aspects of his "general theory of ontological relativity," which can be investigated through vipasyana, or insight, meditation. He then focuses on the theme of symmetry in quantum cosmology and the "problem of frozen time," relating these issues to the theory and practices of the Great Perfection school of Tibetan Buddhism. He concludes with a discussion of complementarity as it relates to science and religion.

Shamatha meditation is a method for achieving previously inconceivable levels of concentration. Author B. Alan Wallace, an active participant in the much-publicized dialogues between Buddhists and scholars, has more than 20 years' practice in the discipline, some of it under the guidance of the Dalai Lama. This book is a definitive presentation of his knowledge of shamatha. It is aimed at the contemporary seeker who is distracted and defocused by the dizzying pace of modern life, as well as those suffering from depression and other mental maladies. Beginning by addressing the inherent problems.

Tibetan Buddhist practice isn't just sitting in silent meditation, it's developing fresh attitudes that align our minds with reality. Includes three new translations of Atisha's source material. In this book, B. Alan Wallace explains a fundamental type of mental training that is designed to shift our attitudes so that our minds become pure wellsprings of joy instead of murky pools of problems, anxieties, fleeting pleasures, hopes, and frustrations. The lojong—or mind-training—teachings have been the subject of profound study, contemplation, and commentary by many great masters. Wallace shows us the way to develop our capacity for spiritual awareness through his relatable and practical commentary on the mind-training slogans.

A definitive study of one of the most important practices in Tibetan Buddhism, with translations of a number of its key texts. Mahamudra, the "great seal," refers to the ultimate nature of mind and reality, to a meditative practice for realizing that ultimate reality, and to the final fruition of buddhahood. It is especially prominent in the Kagyü tradition of Tibetan Buddhism, so it sometimes comes as a surprise that mahamudra has played an important role in the Geluk school, where it is part of a special transmission received in a vision by the tradition's founder, Tsongkhapa. Mahamudra is a significant component of Geluk ritual and meditative life, widely studied and taught by contemporary masters such as the Dalai Lama. Roger Jackson's *Mind Seeing Mind* offers us both a definitive scholarly study of the history, texts, and doctrines of Geluk mahamudra and masterful translations of its seminal texts. It provides a skillful survey of the Indian sources of the teaching, illuminates the place of mahamudra among Tibetan Buddhist schools, and details the history and major textual sources of Geluk mahamudra. Jackson also addresses critical questions, such as the relation between Geluk and Kagyü mahamudra, and places mahamudra in the context of contemporary religious studies. The translation portion of *Mind Seeing Mind* includes ten texts on mahamudra history, ritual, and practice. Among these are the First Panchen Lama's root verses and autocommentary on mahamudra meditation, his ritual masterpiece *Offering to the Guru*, and a selection of his songs of spiritual experience. *Mind Seeing Mind* adds considerably to our understanding of Tibetan Buddhist spirituality and shows how mahamudra came to be woven throughout the fabric of the Geluk tradition.

Perspectives from Analytical, Phenomenological, and Indian Traditions

The Mind-Training Tradition of the Dzogchen Masters

Toward a New Science of Consciousness

Entrance to the Great Perfection

Where Buddhism and Neuroscience Converge

The Foundations of the Namchö Treasure Teachings

Sky Dharma

Between Ourselves

In this classic seventeenth-century presentation of the union of Mahamudra and Dzogchen, Karma Chagmé, one of the great teachers of both these lineages of Tibetan Buddhism, begins with an overview of the spirit of awakening and the nature of actions and their ethical consequences. Next, drawing from his enormous erudition and profound experience, Chagmé gives exceptionally lucid instructions on the two phases of Dzogchen practice—the "breakthrough" and the "leap-over"—followed by an accessible introduction to the practice of the transference of consciousness at the time of death. The concluding chapters of this treatise present a detailed analysis of Mahamudra meditation in relation to Dzogchen practice. This tour de force of scholarly erudition and contemplative insight is made all the more accessible by the lively commentary of the contemporary Nyingma Lama Gyatrul Rinpoche. Although this book stands alone, it is the concluding section of a single body of teachings by Karma Chagmé, the earlier section published under the title *A Spacious Path to Freedom*. Karma Chagmé was a major teacher of the Karma Kagyu tradition of Tibetan Buddhism, and his writings have also become central to the Payul Nyingma order, making him an ideal figure to integrate these two great meditation systems.

An accessible commentary by a popular and respected Tibetan Buddhist master opens the door for Westerners to Karma Chagme's classic text that integrates two of the great meditation systems of Tibet: Mahamudra and Dzogchen. This book grows out of an oral teaching that Khenchen Thrangu gave in Crestone, Colorado, on Karma Chagme's text *Meaningful to Behold: The Essential Instructions of the Compassionate One on the Union of Mahamudra and Dzogchen*. Thrangu Rinpoche explains in lucid detail the advanced meditation practices of Mahamudra and Dzogchen and also their similarities and differences, including advice on how to safely perform some of the more advanced Dzogchen practices. Many chapters include his answers to questions from the audience, which give the book an intimate feeling.

"The Quintessence of the Union of Mahamudra and Dzokchen presents in a very concise and inclusive way all that an individual actually needs to practice in order to attain awakening. This style of presentation, in its brevity and directness, is appropriate for the present time because our mental afflictions are strong and life is short. We do not have time to waste." Khenpo Karthar Rinpoche The text, which is composed of eight songs, presents the quintessence of both mahamudra and dzokchen while celebrating their fundamental unity. Written in Karma Chakme's unique style of extreme simplicity and great profundity, it makes what is normally difficult to understand very easy and straightforward.

This book critically explores the impact of migration, education, development, and the spread of English on global bio-linguistic and cultural diversity, examining the overlapping and distinctive sustainability challenges facing Indigenous and minority communities when they are connected by and within diasporas.

Inquiry and Insight in Dudjom Lingpa's Vajra Essence

Tibet in the Seventeenth and Eighteenth Centuries

A Commentary on Karma Chagme's Union of Mahamudra and Dzogchen

Mahamudra and the Geluk Tradition of Tibetan Buddhism

A Beginner's Guide to Tibetan Buddhism

Quantum Path to Enlightenment

Routledge Handbook on the Philosophy of Meditation

Naked Awareness

A Spacious Path to Freedom Practical Instructions on the Union of Mahāmudrā and Atiyoga Snow Lion Publications, Incorporated

“Draws on wisdom from both Theravada and Vajrayana traditions to offer a systematic and practical approach to liberation through mindfulness.” —Jack Kornfield, author of *The Wise Heart* Bringing his experience as a monk, scientist, and contemplative, Alan Wallace offers a rich synthesis of Eastern and Western traditions along with a comprehensive range of mindfulness meditation practices interwoven throughout the text. An ideal reference for both students and teachers, *Minding Closely* presents the guided meditations systematically, beginning with very basic instructions, which are then gradually built upon as one gains increasing familiarity with the practice. This edition includes a new preface and three never-before-published translations by B. Alan Wallace from three renowned traditional Buddhist works on mindfulness.

This volume explores aspects of yoga over a period of about 2500 years. In its first part, it investigates facets of the South Asian and Tibetan traditions of yoga, such as the evolution of posture practice, the relationship between yoga and sex, yoga in the theistic context, the influence of Buddhism on early yoga, and the encounter of Islam with classical yoga. The second part addresses aspects of modern globalised yoga and its historical formation, as for example the emergence of yoga in Viennese occultism, the integration of yoga and nature cure in modern India, the eventisation of yoga in a global setting, and the development of Patañjali’s iconography. In keeping with the current trend in yoga studies, the emphasis of the volume is on the practice of yoga and its theoretical underpinnings.

The Subject of Experience is about the self, the person. It takes the form of a series of essays which draw on literature and psychology as well as philosophy. Galen Strawson discusses the phenomenology or experience of having or being a self (What is the character of self-experience?) and the fundamental metaphysics of the self (Does the self exist? If so, what is its nature? How long do selves last?): he develops an approach to the metaphysical questions out of the results of the phenomenological investigation. He argues that it is legitimate to say that there is such a thing as the self as distinct from the human being. At the same time he raises doubts about how long selves can be supposed to last, insofar as they are distinct from human beings. He also raises a doubt about whether a self (or indeed a human being) can really be said to lose anything in dying. He criticizes the popular notion of the narrative self, and considers the differences between 'Endurers' or 'Diachronic' people, who feel that they are the same person when they consider their past and future, and 'Transients' or 'Episodic' people, who do not feel this. He considers the first-person pronoun 'I' and a number of puzzles raised by the phenomena of self-reference and self-knowledge. He examines Locke's, Hume's and Kant's accounts of the mind and personal identity, and argues that Locke and Hume have been badly misunderstood.

Participating In The Shamatha Project, Meditation And Science

View and Meditation in the Lineage of Lerab Lingpa

The Practical Instructions of the Noble Great Compassionate One, Chenrezik

Meditations of a Buddhist Skeptic

The Four Applications of Mindfulness

Practice, Community, and Progress on the Path

Open Mind

Self, No Self?

Renowned Buddhist philosopher B. Alan Wallace reasserts the power of shamatha and vipashyana, traditional Buddhist meditations, to clarify the mind's role in the natural world. Raising profound questions about human nature, free will, and experience versus dogma, Wallace challenges the claim that consciousness is nothing more than an emergent property of the brain with little relation to universal events. Rather, he maintains that the observer is essential to measuring quantum systems and that mental phenomena (however conceived) influence brain function and behavior. Wallace embarks on a two-part mission: to restore human nature and to transcend it. He begins by explaining the value of skepticism in Buddhism and science and the difficulty of merging their experiential methods of inquiry. Yet Wallace also proves that Buddhist views on human nature and the possibility of free will liberate us from the metaphysical constraints of scientific materialism. He then explores the radical empiricism inspired by William James and applies it to Indian Buddhist philosophy's four schools and the Great Perfection school of Tibetan Buddhism. Since Buddhism begins with the assertion that ignorance lies at the root of all suffering and that the path to freedom is reached through knowledge, Buddhist practice can be viewed as a progression from agnosticism (not knowing) to gnosticism (knowing), acquired through the maintenance of exceptional mental health, mindfulness, and introspection. Wallace discusses these topics in detail, identifying similarities and differences between scientific and Buddhist understanding, and he concludes with an explanation of shamatha and vipashyana and their potential for realizing the full nature, origins, and potential of consciousness.

Society constantly tells us to follow our dreams and live our best lives. But contrary to what we've been told, the good life we crave is not accomplished through limitless possibilities or even hustle and hurry—it can only be found in the confines of God's loving limits. Inviting us to discover a better way, Ashley Hales shows us a spacious life filled with purpose, joy, and rest.

Get to know the teachings and legacy of the celebrated Lerab Lingpa, the influential confidant of the Thirteenth Dalai Lama, in this collection of practical instructions on the Great Perfection and reflections on the nonsectarian (rimé) approach to Tibetan Buddhism. Lerab Lingpa (1856–1926), also known as Tertön Sogyal, was one of the great Dzogchen (Great Perfection) masters of the nineteenth and early-twentieth centuries and a close confidant and guru of the Thirteenth Dalai Lama. This volume contains translations by B. Alan Wallace of two works that are representative of

the lineage of this great “treasure revealer,” or tertön. The first work, composed by Lerab Lingpa himself, is *The Vital Essence of Primordial Consciousness*. It presents pith instructions on all the stages of the Great Perfection, which is the highest form of meditation and practice in the Nyingma school of Tibetan Buddhism. In this practice, the meditator comes to see directly the ultimate nature of consciousness itself. The work guides the reader from the common preliminaries through to the highest practices of the Great Perfection—the direct crossing over and the achievement of the rainbow body. The second work, *Selected Essays on Old and New Views of the Secret Mantrayana*, is a collection of seven essays by two of Lerab Lingpa’s close disciples, Dharmasara and Jé Tsultrim Zangpo. Dharmasara wrote six of the essays, providing detailed, erudite explanations of the compatibility among the theories and practices of Great Perfection, Mahamudra (a parallel practice tradition found in other schools), and the Madhyamaka view, especially as these are interpreted by the Indian pandita Candrakirti, the Nyingma master Longchen Rabjam, and Tsongkhapa, founder of the Geluk school of Tibetan Buddhism. The one essay by Jé Tsultrim Zangpo (a.k.a. Tulku Tsullo), “An Ornament of the Enlightened View of Samantabhadra,” contextualizes the Great Perfection within the broader framework of Mahayana and Vajrayana Buddhism and then elucidates all the stages of practice of the Great Perfection, unifying the profound path of cutting through and the vast path of the spontaneous actualization of the direct crossing over. This volume will be of great interest for all those interested in the theory and practice of the Great Perfection and the way it relates to the wisdom teachings of Tsongkhapa and others in the new translation schools of Tibetan Buddhism.

When “Mahamudra” first appeared in 1986, it was a landmark in the history of Buddhist publishing in English. It was translated at the behest of the 16th Karmapa, who was asked what text would be most beneficial to Western practitioners. Collecting all of Mahamudra’s key texts in one volume, the book is a staple for practitioners of the Kagyu school of Tibetan Buddhism, who appreciate its detailed theoretical and practical explanations. This stunning new edition, printed on fine paper, is as inspiring to behold as it is to read.

Growing in Love and Wisdom

Practical Instructions on the Union of Mahamudra and Dzogchen

Second-person Issues in the Study of Consciousness

The Oxford Handbook of Religion and Science

Mind Seeing Mind

Minding Closely

Practical Instructions on the Union of Mahamudra and Atiyoga

The History and Philosophy of Indian Mind-Body Discipline

A comprehensive and theory-rich investigation of the history and philosophy of yoga, from its Indian origins to the contemporary context. Clear, accessible, and meticulously annotated, *Tracing the Path of Yoga* offers a comprehensive survey of the history and philosophy of yoga that will be invaluable to both specialists and to nonspecialists seeking a deeper understanding of this fascinating subject. Stuart Ray Sarbacker argues that yoga can be understood first and foremost as a discipline of mind and body that is represented in its narrative and philosophical literature as resulting in both numinous and cessative accomplishments that correspond, respectively, to the attainment of this-worldly power and otherworldly liberation. Sarbacker demonstrates how the yogic quest for perfection as such is situated within the concrete realities of human life, intersecting with issues of politics, economics, class, gender, and sexuality, as well as reflecting larger Indic religious and philosophical ideals. Stuart Ray Sarbacker is Associate Professor of Philosophy and Religion at Oregon State University. He is the author of *Samādhi: The Numinous and Cessative in Indo-Tibetan Yoga*, also published by SUNY Press, and (with Kevin Kimple) *The Eight Limbs of Yoga: A Handbook for Living Yoga Philosophy*.

From the ritual object which functions as a substitute for the dead - thus acting as a medium for communicating with the ‘other world’ - to the representation of death, violence and suffering in media, or the use of online social networks as spaces of commemoration, media of various kinds are central to the communication and performance of death-related socio-cultural practices of individuals, groups and societies. This second volume of the *Studies in Death, Materiality and Time* series explores the ways in which such practices are subject to ‘re-mediation’; that is to say, processes by which well-known practices are re-presented in new ways through various media formats. Presenting rich, interdisciplinary new empirical case studies and fieldwork from the US and Europe, Asia, The Middle East, Australasia and Africa, *Mediating and Remediating Death* shows how different media forms contribute to the shaping and transformation of various forms of death and commemoration, whether in terms of their range and distribution, their relation to users or their roles in creating and maintaining communities. With its broad and multi-faceted focus on how uses of media can redraw the traditional boundaries of death-related practices and create new cultural realities, this book will appeal to scholars across the social sciences and humanities with interests in ritual and commemoration practices, the sociology and anthropology of death and dying, and cultural and media studies.

This Handbook provides a comprehensive overview and analysis of the state of the field of the philosophy of meditation and engages primarily in the philosophical assessment of the merits of meditation practices. This Handbook unites novel and original scholarship from 28 leading Asian and Western philosophers, scientists, theologians, and other scholars on the philosophical assessment of meditation. It critically assesses the conceptual and empirical validity of meditation, its philosophical implications, its legitimacy as a phenomenological research tool, its potential value as an aid to neuroscience research, its many practical benefits, and, among other considerations, its possibly misleading interpretations, applications, and consequences. Following the introduction by the editor, the Handbook’s chapters are organized in six parts: • Meditation and philosophy • Meditation and epistemology • Meditation and metaphysics • Meditation and values • Meditation and phenomenology • Meditation in Greco-Roman and Judeo-Christian traditions A distinctive, timely, and invaluable reference work, it marks the emergence of a new discipline therein, the philosophy of meditation. The book will be of interest to an

interdisciplinary audience in the fields of philosophy, meditation, Buddhism, Hinduism, Taoism, theology, and Asian and Western philosophy. It will serve as the textbook in any philosophy course on meditation, and as secondary reading in courses in philosophy of mind, consciousness, selfhood/personhood, metaphysics, or phenomenology, thereby helping to restore philosophy as a way of life.

Unlocking the Power of the Focused Mind

Meditation in Science, Buddhism, and Christianity