

# Buddhahood Without Meditation A Visionary Account Known As Refining Apparent Phenomen

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Samdhong Rinpoche René Descartes William Carey E. S. P. Saint Alphonsus de Liguori René Descartes St.  
Alphonsus Liguori E. S. P. Nāgārjuna (Siddha.) Heinrich August Jäschke Thomas Carlyle Thomas Carlyle Michel de  
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all lineages of mahamudra meditation have their source in a verse teaching a song of realization sung by the mahasiddha tilopa to his disciple naropa on the banks of the ganges river more than a thousand years ago since that time the meaning of tilopa s instructions has been passed directly from master to disciple in a continuous stream that exists unbroken to this day this book offers the reader a rare glimpse into the mahamudra oral transmission given in a traditional tibetan context by one of the lineage s most learned and accomplished contemporary masters mahamudra meditation while highly advanced is yet simple practical and accessible for

anyone because what is identified and meditated upon is the very nature of one's own mind in sangyes nyenpa rinpoche's words the distinction between deception and liberation lies in whether we understand the ever present nature of our own mind or not knowing our own face is liberation not knowing our own face is samsara this is not something far distant from us the instructions are ideal for westerners because the root text is manageable and rinpoche has provided an outline of his own composition that makes it easily understandable he explains terminology with frequent comparisons between dzogchen and mahamudra quotes prolifically from scripture gives clear examples and generally cajoles admonishes and encourages his listeners to be true to their own spiritual path

this book consists of a series of talks given to a group of international students at the school of the wisdom at the theosophical society headquarters in chennai india the sheer simplicity and unimposing nature of tibetan buddhist meditation can be truly experienced with the words and expressions of this much admired scholar from the concepts of samatha and vipassana to the noble eightfold path from the objects and methods of concentration to the totality of perception it succinctly and beautifully captures the entire gamut of the principles of buddhist meditation sharp and perceptive at the same time it makes us think prod ask questions and find our own answers stemming from the author's own deep experiences of meditation these pages strike a chord with the reader enabling him to touch an unexplored realm within

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september 1696 1 august 1787 was an italian catholic bishop spiritual writer composer musician artist poet lawyer scholastic philosopher and theologian he founded the congregation of the most holy redeemer the redemptorists in 1762 he was appointed bishop of sant agata dei goti a prolific writer he published nine editions of his moral theology in his lifetime in addition to other devotional and ascetic works and letters among his best known works are the glories of mary and the way of the cross the latter still used in parishes during lenten devotions he was canonized in 1839 by pope gregory xvi pope pius ix proclaimed him a doctor of the church in 1871 one of the most widely read catholic authors alphonsus liguori is the patron saint of confessors books the complete ascetical works vol i preparation for death vol ii the way of salvation and of perfection vol iii the great means of salvation and of perfection vol iv the incarnation birth and infancy of jesus christ vol v the passion and the death of jesus christ vol vi the holy eucharist vol vii viii the glories of mary vol ix the victories of the martyrs vol x xi the true spouse of jesus christ vol xii dignity and duties of the priest vol xiii the holy mass vol xiv the divine office vol xv preaching vol xvi sermons for all the sundays in the year vol xvii miscellany vol xviii letters of saint alphonsus de liguori the works of saint alphonsus de liguori saint alphonsus de liguori biography how to pray at all times the way of the cross the history of heresies and their refutation uniformity with god s will the school of christian perfection the religious state sermons upon various subjects devout reflections on various spiritual subjects the life of saint alphonsus maria de liguori five popular book excerpts the practice of the love of jesus christ visits to the blessed sacrament and to the blessed virgin death judgment heaven and hell nine discourses for times of calamities the seven sorrows of mary seven articles by and about saint alphonsus de liguori publisher catholic way publishing

this volume contains the quintessence of the science of the saints it gives a correct idea of the spirit of the heart and of the talent of saint alphonso one might say that in it his whole soul is poured out the entire work is divided into three parts in the first we resume under another form the considerations on the eternal truths or the last things treated at greater length in the preceding volume the second part traces and paves the way that leads to divine love or to sanctity and true happiness and inspires us at the same time with the desire the zeal and the courage to undertake everything to reach this end the third part transports us to the summit of the holy mountain or christian perfection shows us in detail the mysteries of the interior life and enables us to breathe its sweetest perfume

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