

White Tara Sadhana Tibetan Buddhist Center

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Knowing Body, Moving Mind - Patricia Q Campbell 2011-09-02

Based on the author's thesis (Ph.D.)--Wilfrid Laurier University, 2009.

Shakti Mantras - Thomas Ashley-Farrand 2009-08-05

SHAKTI MANTRAS Tapping into the Great Goddess Energy Within • Enhance your spiritual gifts • Lighten your karmic burden • Improve your health and increase prosperity • Live in harmony with the universe Now, with Shakti Mantras, we can all benefit from this ancient practice. Thomas Ashley-Farrand, a Vedic priest, is an American expert in the intricacies of Sanskrit mantra. With nearly thirty years and thousands of hours of experience in chanting, he is supremely well-equipped to write the first book that teaches women (and men as well) to tap into the dynamic feminine energy of love in all its manifestations. By sharing enchanting Hindu myths and astonishing true stories from his own practice, Ashley-Farrand helps us to understand the real power that this age-old art awakens in those who perform it. Through dozens of actual mantras—each one presented with phonetic spelling for easy pronunciation and recommendations for specific applications—he enables us to increase our “shakti” (power) and use it to solve problems, ensure abundance, create health and well-being, summon protection, and invoke personal and universal peace. Whether you’re new to chanting or an old hand, Shakti Mantras will take you places you’ve never been before . . . and measurably enrich your life.

Tārā in Hinduism - Bikash Kumar Bhattacharya 2003

Relates To Tara, A Popular Goddess Of The

Hindus In Eastern India, Particularly In Assam And West Bengal. The Study Will Helps Researchers To Investigate Into The Cult Of Tara, Especially In The Background Of Cultural And Ideological Developments Of India. Contains 6 Chapters And Many Illustrations.

Buddhahood Without Meditation - Bdud-'joms-glicn-Pa 2002

The Nectar of Bodhicitta - Lama Zopa Rinpoche 2021-09-12

LYWA director Nick Ribush writes: The story behind this book is that in the early Kopan Monastery courses, Lama Zopa Rinpoche would start his day’s teachings by quoting a verse from Shantideva’s or Khunu Lama Rinpoche’s seminal texts, giving a short teaching on it and then suggesting that students use it to generate a bodhicitta motivation for the day’s activities (mainly teachings, meditations and discussion groups but also ordinary activities such as eating, talking, walking around and so forth). Since those days I’ve always thought that a compilation of these short teachings would make a great book, and finally, here it is. Editor Gordon McDougall has assembled Rinpoche's teachings into two parts, sorted by author of the verses and arranged thematically. In Part One, Lama Zopa Rinpoche teaches on selected verses from Khunu Lama Rinpoche's Jewel Lamp, now published as *Vast as the Heavens, Deep as the Sea*. Lama Zopa Rinpoche advises, "Understanding and constantly reminding ourselves of the skies of benefits that bodhicitta brings is unbelievably worthwhile. This is the overall purpose of Khunu Lama Rinpoche’s book, to cause us to feel inspired and joyful that such a mind is possible." In Part Two, Rinpoche teaches on verses from the

first chapter of Shantideva's Guide to the Bodhisattva's Way of Life. These verses describe the amazing benefits of developing the precious mind of bodhicitta, the supreme cause of happiness for all sentient beings.

Advice from a Spiritual Friend - Khenchen Palden Sherab Rinpoche 2019-06-04

Letter to a Friend by the great master Nagarjuna contains very practical advice and detailed instructions for all generations. It has been kept close to the heart and actualized by many practitioners across the centuries in India and Tibet. The main topic is how to be a good, decent, and responsible person in samsara. These principles are important and valuable for anyone, no matter where they live or what they believe. Dharma is based on cultivating a good character and ethical conduct combined with a deep understanding of interdependence. There is a profound relationship between one's mind, motivation, and how they interact with natural systems and human societies. Nagarjuna is inviting us to take a deeper look at this relationship, and the renowned master Mipham Rinpoche expands these points even further. Nagarjuna wrote this letter directly to his friend, but his advice applies to everyone. It explains how to be strong and conduct ourselves with courage and confidence in the world. It offers clear instructions on how to expand our human kindness and the precious qualities of morality, concentration, wisdom, and an open heart. We can work through difficult experiences and learn to meet all the challenges in samsara without a lot of hardship and struggle. Instead of collapsing and giving up, we can continue moving forward with good energy toward a bright future.

The Twelve Links of Interdependent

Origination - Rinpoche Thrangu 2003-02-01
When the Buddha taught, he said that achieving enlightenment is due entirely to receiving correct teachings and then on how diligently one implements these teachings. One may ask, how does this whole phenomenal world work? The Buddha taught that it all follows the process of interdependent origination in which one action or event causes another event, which causes another event and so on. In personal terms interdependent origination explains how our happiness and suffering in our present life is the result of actions in our previous lives. This

process proceeds through twelve links and each of these links or phases is explained in detail in this book.

Buddhism Observed - Peter Moran 2003-09-02

This anthropological study examines the encounter between Western travellers and Tibetan exiles in Bodhanath, on the outskirts of Kathmandu and analyses the importance of Buddhism in discussions of political, cultural and religious identity.

Blossoms of the Dharma - Thubten Chodron 1999

In the first book to reflect the voices of Buddhist nuns from every major tradition, 14 contributors describe their experiences, explain their order's history, and discuss their lives. 14 photos.

White Tara Practice: The Gathered Essence of Immortality eBook - Lama Zopa Rinpoche 2020-08-04

Anyone can do this practice. However, you are permitted to generate yourself as White Tara only if you have received the appropriate initiation. Otherwise, you should visualize White Tara above your head or in front of you. Composed by Phabongkha Rinpoche, practice instructions by Lama Zopa Rinpoche, translated by Joona Repo. A short, daily White Tara sadhana that integrates the practice of Amitayus. The practices of both deities are considered to support a long, healthy life. 12 pages, 2020 edition.

Buddhism - Thubten Chodron 2017-01-24

Now in Paperback! Explore with the Dalai Lama the common ground underlying the diverse traditions of Buddhism. Buddhism is practiced by hundreds of millions of people worldwide, from Tibetan caves to Tokyo temples to redwood retreats. To an outside viewer, it might be hard to see what they all have in common. In Buddhism, His Holiness the Dalai Lama and American Buddhist nun Thubten Chodron map out with clarity the convergences and the divergences between the two major strains of Buddhism—the Sanskrit traditions of Tibet and East Asia and the Pali traditions of Sri Lanka and Southeast Asia. Especially deep consideration is given to the foundational Indian traditions and their respective treatment of such central tenets as the four noble truths the practice of meditation the meaning of nirvana enlightenment. The authors seek harmony and

greater understanding among Buddhist traditions worldwide, illuminating the rich benefits of respectful dialogue and the many ways that Buddhists of all stripes share a common heritage and common goals.

Short Vajrasattva Meditation - Lama Zopa Rinpoche 2001

Lama Zopa Rinpoche has composed this short Vajrasattva practice and requested that it be published in a pocket-sized format that is easy for people to carry round and have available at all times. Thus, we can be like the great Atisha - whenever we notice we have broken a vow or created any other kind of negative karma, we can whip out our little Vajrasattva book and purify that negativity with the four opponent powers without a second's delay.

[Pearl of Wisdom](#) - 1988

Liberation in the Palm of Your Hand - Phabon-kha-pa Byams-pa-bstan-'dzin-'phrin-las-rgya-mtsho 2006-11-03

Pabongka Rinpoche was one the twentieth century's most charismatic and revered Tibetan lamas, and in *Liberation in the Palm of Your Hand* we can see why. In this famous twenty-four-day teaching on the lamrim, or stages of the path, Pabongka Rinpoche weaves together lively stories and quotations with frank observations and practical advice to move readers step by step along the journey to buddhahood. When his student Trijang Rinpoche first edited and published these teachings in Tibetan, an instant classic was born. The flavor and immediacy of the original Tibetan are preserved in Michael Richards' fluid and lively translation, which is now substantially revised in this new edition.

Deities of Tibetan Buddhism - Martin Willson 2000-03-01

An extraordinary encyclopedia of Buddhist icons. Illustrating the Rin 'byung brgya rtsa, the Nar thang brgya rtsa, and the Vajravali, the book is based on a collection of over five hundred images of Tibetan deities. The images, presented in the book at full scale, were originally created by a master artist in the early nineteenth century to serve as initiation cards (tsakli). The original tsakli were woodblock prints, hand colored at the request of a Ch'ing Dynasty nobleman who had received the initiations. Such cards are used in ceremonies to introduce the practitioner to the

deity and his or her practice. The paintings are housed in the Ethnographic Museum of the University of Zurich. *Deities of Tibetan Buddhism* is also an indispensable reference tool for Tibetologists, students of Mahayana Buddhism, and museum curators. Its extensive supplementary materials include English translations of the basic invocation texts; the associated visualization with descriptions of the deities' postures, attributes, and colors; and the dharanis and mantras used in their invocation. Co-editor Martin Willson spent more than a decade translating and documenting this work. He has provided detailed explanations of technical terms, enlightening explanatory notes, and glossaries documenting the discrepancies in the depictions. The extensive pictorial index, featuring drawings and text by Robert Beer, explains the symbolic meaning behind the deities' implements and adornments. The cross-referenced indices for Tibetan, Sanskrit, Mongolian, and English names and terms provide quick access to vast amounts of information. Co-editor Martin Brauen and the technical staff of the Ethnographic Museum of the University of Zurich have documented the relationship between this and other sets of initiation cards that exist elsewhere, as well as detailing the construction materials and methods involved in producing this set. *Deities of Tibetan Buddhism* is a reference book without peer, essential for any serious student of Tibetan and East Asian art and religion.

Sublime Lady of Immortality - Jamyang Khyentse Wangpo 2021-12-07

A Saint in Seattle - David P. Jackson 2003
Exiled from his native land by the Communist Chinese, Tibetan lama Dezhung Rinpoche arrived in Seattle and continued his role as a teacher of teachers, mentoring some of the most prominent Western scholars of Tibetan Buddhism today. *The King of Glorious Sutras Called the Exalted Sublime Golden Light* - Shakyamuni Buddha 2018-04-26

Golden Light Sutra, Sutra of Golden light The Sutra of Golden Light is a Mahayana sutra with great power and benefit. Reading the sutra helps bring peace to the world, promotes healing, gives great protection, and most importantly, plants the seed of enlightenment. This version is the

much anticipated translation by Losang Dawa, done at the direct request of Lama Zopa Rinpoche. It is the first translation available from the Tibetan. "Anybody who wants peace in the world should read The Golden Light Sutra. This is a very important practice to stop violence and wars in the world. The Golden Light Sutra is one of the most beneficial ways to bring peace. This is something that everyone can do, no matter how busy you are even if you can read one page a day, or a few lines and in this way continually read The Golden Light Sutra." -Lama Zopa Rinpoche 152 pages, 2011 edition.

Tara - Zopa Rinpoche 1993

The Wish-fulfilling Wheel - Khenpo Karthar, Rinpoche 2003-06-01

a complete guide to the practice of White Tara
Ornament of Precious Liberation - Gampopa 2017-02-07

A welcome new translation of Gampopa's classic overview of the Buddha's teachings. Discover the heart of the Buddha's teachings in this new and beautiful translation of Gampopa's classic guidebook. Ornament of Precious Liberation is a spiritual and literary treasure of Tibetan Buddhism and of the Kagyü lineage in particular. Laying out step-by-step the path to buddhahood that is open to us all, to read Gampopa's text is like receiving the teachings directly from the master himself. It is a quintessential guide to enlightenment that students will return to again and again for its insights into living an awakened life.

The Four Dharmas of Gampopa - Rinpoche Thrangu 2003-02-01

Brief commentary by Thrangu Rinpoche on Gampopa's text. Gampopa was the main disciple of Milarepa and one of the founders of the Kagyu lineage of Tibetan Buddhism. Besides writing the Jewel Ornament of Liberation, Gampopa distilled the essence of the path into these four short lines of truth, or Dharmas. This advice became well known as the Four Dharmas of Gampopa.

The Lotus-born - Yeshe Tsogyal 1993

In English translation for the first time, this is "the most authoritative scripture" regarding how the Dharma was planted in Tibet, according to His Holiness Dilgo Khyentse Rinpoche. Titles in the original Tibetan "The Sanglingma Life Story," it was recorded by the dakini Yeshe Tsogyal,

concealed in the ninth century at Sanglingma (Copper Temple) in Samye, and revealed by Nyang Ral Nyima Oser in the twelfth century. In addition to narrating the legendary story of a unique spiritual personality, the book contains oral instructions and advice that he left for the benefit of future generations. Also included are "A Clarification of the Life of Padmasambhava" by Tsele Natsok Rangdrouml; an extensive glossary and index, and a bibliography of Tibetan and English sources.

How to Free Your Mind - Thubten Chodron 2013-07-09

Tara, the feminine embodiment of enlightened activity, is a Buddhist deity whose Tibetan name means "liberator," signaling her ability to free beings from the delusion and ignorance that keep them trapped in ever-recurring patterns of negativity. She embodies a challenge, but one that is profoundly nurturing: to transform our minds and become like her, reflecting the tranquility, compassion, and wisdom that make her so beautiful. Thubten Chodron describes a simple meditation on Tara, explaining its benefits and its application to daily life. She also presents two well-loved praises—"Homage to the Twenty-one Taras" and "A Song of Longing for Tara, the Infallible"—together with reflections on their meanings for modern practitioners.

Don't Believe Everything You Think - Thubten Chodron 2013-01-08

It can be hard for those of us living in the twenty-first century to see how fourteenth-century Buddhist teachings still apply. When you're trying to figure out which cell phone plan to buy or brooding about something someone wrote about you on Facebook, lines like "While the enemy of your own anger is unsubdued, though you conquer external foes, they will only increase" can seem a little obscure. Thubten Chodron's illuminating explication of Togmay Zangpo's revered text, *The Thirty-seven Practices of Bodhisattvas*, doesn't just explain its profound meaning; in dozens of passages she lets her students and colleagues share first-person stories of the ways that its teachings have changed their lives. Some bear witness to dramatic transformations—making friends with an enemy prisoner-of-war, finding peace after the murder of a loved one—while others tell of smaller lessons, like waiting for something to happen or coping

with a minor injury.

White Tara Meditation - Lama Choedak Rinpoche 2014-01-25

37 Practices of Bodhisattvas - Rgyal-sras Thogs-med-dpal Bzañ-po-dpal 1997

Conveys the quintessence of the Mahayana path to perfection.

Red Tara - Rachael Stevens 2022-11-29

A complete introduction to the Buddhist goddess Tara, with special emphasis on her form as Red Tara. Tara is one of the most celebrated goddesses in the Buddhist world, representing enlightened activity in the form of the divine feminine. She protects, nurtures, and helps practitioners on the path to enlightenment. Manifesting in many forms and in many colors to help beings, Tara's red form represents her powers of magnetization, subjugation, and the transformation of desire into enlightened activity. Red Tara has gained popularity in recent years with practitioners of Tibetan Buddhism worldwide. She is considered to be particularly powerful in times of plague and disharmony. This comprehensive overview focuses on the origins, forms, and practices of Tara, providing the reader with insightful information and inspirations relating to the goddess. Its second part focuses on Red Tara, a powerful and liberating form of Tara that is particularly important to connect with in a time of crisis. These chapters cover various forms of Red Tara found throughout the Tibetan Buddhist world, the particular qualities she represents, and how through prayers and meditation we can embody her principles and truly benefit beings. An accompanying appendix includes prayers, songs, and meditations on the goddess, enabling readers to directly connect with their compassionate enlightened nature through practices associated with this powerful Buddhist female deity.

The Buddhist Path - Kenchen Palden Sherab 2010-09-16

An accessible and practical introduction to Tibetan Buddhism as practiced in the Nyingma or 'ancient' tradition, The Buddhist Path presents for us the proper way of cultivating intellect and heart so that our true nature can manifest. The authors provide clear explanations and methods that reveal how the mind functions and what its essence, our primordial nature, is. They impart

detailed instructions on how to meditate, using methods ranging from generating calm abiding to the tantric techniques of visualization, mantra, and formless meditation.

Vajra Wisdom - Shechen Gyaltsap IV 2013-04-08
Vajra Wisdom presents the commentaries of two great nineteenth-century Nyingma masters that guide practitioners engaged in development stage practice through a series of straightforward instructions. The rarity of this kind of material in English makes it indispensable for practitioners and scholars alike. The goal of development stage meditation in the Tibetan Buddhist tradition is to directly realize the inseparability of phenomena and emptiness. Preceded by initiation and oral instructions, the practitioner arrives at this view through the profound methods of deity visualization, mantra recitation, and meditative absorption.

The Short Vajradhara Prayer - Karmapa Ogyen Trinley Dorje 2021-11-14

The Dorje Chang Tungma is probably the most well-known of the Kagyu prayers, traditionally recited before teaching sessions and often recited by practitioners as part of their daily practice. Nearly everyone knows this prayer by heart, but such familiarity can be dangerous. It is all too easy to recite the prayer mindlessly, like a parrot, without focusing on the words or reflecting on the meaning of what we are saying. By studying it, we should gain deeper understanding and be able to appreciate its profundity more fully. In so many ways, it is much more than an ordinary prayer. It includes all the important stages of the training in mahamudra: revulsion at samsara, renunciation, devotion to the guru, undistracted meditation, and so forth. As such, it is like a pith instruction. In the beginning, the prayer recalls all the lineage masters of the Kagyu. When we talk about lineage, we mean more than the one-to-one, physical transmission from teacher to student. Lineage is an unbroken spiritual line that begins with the source and continues uninterrupted from generation to generation. Not only that, as we recite the body of the prayer, we are reminded of the core practices of mahamudra: revulsion is the legs of the practice, uncontrived devotion is the head of the practice, non-distraction is the core of meditation practice, and so on. Originally, this teaching was part of

the 29th Kagyu Monlam Chenmo and was given under the most auspicious circumstances. It happened at the perfect place, Dorje Den, the sacred site where Lord Buddha attained enlightenment; at the perfect time, just after Tibetan New Year during the Month of Miracles; and all four pillars of the sangha -- bhikshus, bhikshunis, upasikas and upasikis --were present, along with many rinpoches, tulkus and khenpos of the Karma Kamtsang. From the preface by The Karmapa, Ogyen Trinley Dorje

Tara - Rachael Wooten, Ph.D. 2020-04-28

A practical guide for invoking the power and blessings of Tara, the beloved female Buddhist deity of Tibet "Tara connects you to the archetypal Divine Feminine," writes Dr. Rachael Wooten, "an energetic force that exists within us and all around us." While there are many scholarly books on Tara, this practical, psychological guide shows how those of any tradition can directly access her, through clear instruction and authentic Tibetan Buddhist teachings. In her myriad forms, Tara—also known as the female Buddha of Tibet—has the power to protect us from inner and outer negativity, illuminate our self-sabotaging habits, cleanse mental and physical poisons, open us to abundance, give us strength and peace, help us fulfill our life purposes, and more. Here, readers explore each of the 21 manifestations of Tara, engaging with each through traditional meditations, visualizations, praises, mantra chants, and the author's extensive experience as a depth psychologist. "If ever the voice of wisdom and compassion was needed in the form of an awakened female figure such as Tara," writes Wooten, "that time is now." This book illuminates the way to her healing, blessings, and aid.

Wildmind - Bodhipaksa 2012-02-29

Meditation helps us to cut through the agonizing clutter of superficial mental turmoil and allows us to experience more spacious and joyful states of mind. It is this pure and luminous state that I call your Wildmind. From how to build your own stool to how a raisin can help you meditate, this illustrated guide explains everything you need to know to start or strengthen your meditation practice.

Buddhism for Beginners - Thubten Chodron
2001-01-01

This easy-to-understand introduction to Buddhism is "written for people wanting to understand basic Buddhist principles and how to integrate them into their lives" (H.H. the Dalai Lama) This user's guide to Buddhist basics takes the most commonly asked questions—beginning with "What is the essence of the Buddha's teachings?"—and provides simple answers in plain English. Thubten Chodron's responses to the questions that always seem to arise among people approaching Buddhism make this an exceptionally complete and accessible introduction—as well as a manual for living a more peaceful, mindful, and satisfying life. *Buddhism for Beginners* is an ideal first book on the subject for anyone, but it's also a wonderful resource for seasoned students, since the question-and-answer format makes it easy to find just the topic you're looking for, such as: • What is the goal of the Buddhist path? • What is karma? • If all phenomena are empty, does that mean nothing exists? • How can we deal with fear? • How do I establish a regular meditation practice? • What are the qualities I should look for in a teacher? • What is Buddha-nature? • Why can't we remember our past lives?

A Short Practice of Green Tara eBook - Lama Zopa Rinpoche 2019-05-17

Tara is a completely enlightened buddha who had previously promised to appear, after enlightenment, in the form of a female bodhisattva and goddess for the benefit of all beings. Her primary activity is to protect from the eight fears. Tara or simply Drol-ma in Tibetan, goddess of protection and compassion, is one of the widest worshiped deities in Tibet. Tara represents the miraculous activities of all buddhas. In myth she is born from Chenrezig's tears of compassion. There are innumerable manifestations of Tara arising according to sentient beings' needs, such as the dynamic Green Tara who quickly overcomes obstacles and saves beings in dangerous situations. While cultivating the wish that all of our endeavors ultimately benefit others, we can call upon the power of Tara to get things done in a most amazing way. Whether you are looking for the right partner in a relationship or wishing to find the conditions for entering into a life of solitary retreat, the practice of Tara can help. This practice includes the short sadhana, commentary

from Lama Zopa Rinpoche, and three versions of Praises to the Twenty-One Taras. A Kriya Tantra empowerment of Green Tara is needed to practice this sadhana in full. However, one can do this practice without such an empowerment as long as one does not generate oneself as the deity. If one does not have the empowerment, one can do the self-generation practice at the crown of one's head. 32 pages. 2014 Edition.

Dudjom Lingpa's Chod - Pema Lungtok Gyatso
2014-08-01

Commentary on Dudjom Lingpa's Heart Essence of Saraha and second edition translation of Heart Essence of Saraha

The Power of Mantra - Lama Zopa Rinpoche
2022-02-22

Lama Zopa Rinpoche, the respected and beloved cofounder of the Foundation for the Preservation of the Mahayana Tradition, offers us a significant book that is both a beautiful tool for experienced practitioners and a how-to for beginners.

Revitalize your practice with the potent energy of mantra. In this book, beloved teacher Lama Zopa Rinpoche guides us through the most popular mantras in Tibetan Buddhism: Shakyamuni Buddha, Chenrezig, Manjushri, Tara, Medicine Buddha, Vajrasattva, and more. A mantra—literally “that which protects the mind”—is a series of Sanskrit syllables that evoke the energy of a particular buddha or bodhisattva. It works as a sacred sound that brings blessings to oneself and others, and as a tool to transform our mind into one that is more compassionate and wise. In clear and succinct teachings, Lama Zopa shows us why we need different mantras and how each mantra works. He also explains their importance and power, giving specific instructions for practicing them. The exquisite, full-color illustrations of the deities that accompany the text make this book a beautiful guide, one suitable for both beginners and experienced practitioners.

[Tara in the Palm of Your Hand](#) - Rinpoche Zasep Tulku
2013-08

[Buddhist Goddesses of India](#) - Miranda Shaw
2015-08-25

"The Indian Buddhist world abounds with goddesses--voluptuous tree spirits, maternal nurturers, potent healers and protectors, transcendent wisdom figures, cosmic mothers of

liberation, and dancing female Buddhas. Despite their importance in Buddhist thought and practice, these female deities have received relatively little scholarly attention, and no comprehensive study of the female pantheon has been available. *Buddhist Goddesses of India* is the essential and definitive guide to divinities that, as Miranda Shaw writes, "operate from transcendent planes of bliss and awareness for as long as their presence may benefit living beings." Beautifully illustrated, the book chronicles the histories, legends, and artistic portrayals of nineteen goddesses and several related human figures and texts. Drawing on a sweeping range of material, from devotional poetry and meditation manuals to rituals and artistic images, Shaw reveals the character, powers, and practice traditions of the female divinities. Interpretations of intriguing traits such as body color, stance, hairstyle, clothing, jewelry, hand gestures, and handheld objects lend deep insight into the symbolism and roles of each goddess. In addition to being a comprehensive reference, this book traces the fascinating history of these goddesses as they evolved through the early, Mahayana, and Tantric movements in India and found a place in the pantheons of Tibet and Nepal."--Publisher's website.

The Compassionate Kitchen - Thubten Chodron
2018-12-11

Eating as a spiritual practice: wisdom from the Buddhist tradition that you can use at home. Every aspect of our daily activities can be a part of spiritual practice if done with compassion—and this compact guide offers wisdom from the Buddhist tradition on how eating mindfully can nourish the mind as well as the body. Thubten Chodron, abbess of Sravasti Abbey in Washington state, shows us that eating and activities related to it—preparation of food, offering and consuming it, and cleaning up afterward—can contribute to awakening and to increased kindness and care toward others. Chodron offers traditional Buddhist teachings and specific practices used at the Abbey, along with advice for taking the principles into our own home in order to make the sharing of food a spiritual intention for anyone. By eating consciously and mindfully—and by including certain rituals—we find ourselves less obsessive about food and can enjoy our meals more.