

PERFECT CONDUCT

Ascertaining the Three Vows

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Perfect Conduct Ascertaining The Three Vows

AN Whitehead



Perfect Conduct Ascertaining The Three Vows:

Perfect Conduct Pema Wangyi Gyalpo, 2015-01-30 All religions teach codes of ethical behavior So too does Buddhism This book is a translation of an indispensable exposition of the three sets of vows that are central to Tibetan Buddhist codes of discipline the pratimoksha vows of individual liberation the vows of the bodhisattva who selflessly strives for the liberation of all beings the vows of the esoteric path of tantra Here the late Dudjom Rinpoche provides his authoritative commentary on the role of ethics and morality in Buddhist practice outlining in detail the meaning and scope of the vows and giving practical advice on maintaining the vows as supportive tools in the journey toward enlightenment The Oxford Handbook of Buddhist Ethics Daniel Cozort, James Mark Shields, 2018 A comprehensive overview of the study of Buddhist ethics in the twenty first century **The Faults of Meat** Geoffrey Barstow, 2019-10-01 Vegetarianism is a hotly debated topic within Buddhist circles This book provides a valuable new contribution to the discussion with translations of thirteen Tibetan texts focused on the ethical problems associated with eating meat coming from a wide variety of perspectives and lineages Should all Buddhists be vegetarian Vegetarianism is an important topic of debate in Buddhist circles some argue that Buddhists should avoid meat entirely while others suggest that it is acceptable For the most part however this ethical query has been conducted in the West without consulting traditional literature on the subject The Faults of Meat brings together for the first time a collection of rich and intricate explorations of authoritative Tibetan views on eating meat These fourteen nuanced texts ranging from scholastic treatises to poetic verse reveal vegetarianism as a significant ongoing issue of debate for Tibetans across time and traditions with a wide variety of voices marshaled against meat and a few in favor Authors include many important Tibetan teachers Dolpopa Sherab Gyaltsen 1292 1361 Khedrup J 1385 1438 The eighth Karmapa Miky Dorj 1507 1554 Shabkar Tsokdr k Rangdr l 1781 1851 Khenpo Tsultrim Lodr 1961 and many more These Buddhist teachers recognize both the ethical problems that surround meat eating and the practical challenges of maintaining a vegetarian diet their skilled arguments are illuminated further by the translators introductions to each work The perspectives in The Faults of Meat are strikingly relevant to our discussions of vegetarianism today they introduce us to new approaches and solutions to a contentious issue for Buddhists Approaching the Great Perfection Sam Van Schaik, 2013-02-08 Dzogchen the Great Perfection is the highest meditative practice of the Nyingma School of Tibetan Buddhism Approaching the Great Perfection looks at a seminal figure of this lineage Jigme Lingpa an eighteenth century scholar and meditation master whose cycle of teachings the Longchen Nyingtig has been handed down through generations as a complete path to enlightenment Ten of Jigme Lingpa's texts are presented here along with extensive analysis by van Schaik of a core tension within Buddhism Does enlightenment develop gradually or does it come all at once Though these two positions are often portrayed by modern scholars as entrenched polemical views van Schaik explains that both tendencies are present within each of the Tibetan Buddhist schools He demonstrates how Jigme Lingpa is a great illustration of this balancing act using the rhetoric of both

sides to propel his students along the path of the Great Perfection **Buddhism , Mipham's Beacon of Certainty**

John W. Pettit,2013-02-08 For centuries Dzogchen a special meditative practice to achieve spontaneous enlightenment has been misinterpreted by both critics and malinformed meditators as being purely mystical and anti rational In the grand spirit of Buddhist debate 19th century Buddhist philosopher Mipham wrote Beacon of Certainty a compelling defense of Dzogchen philosophy that employs the very logic it was criticized as lacking Through lucid and accessible textural translation and penetrating analysis Pettit presents Mipham as one of Tibet s greatest thinkers **Great Perfection Dzogchen**

Rinpoche,2008-01-15 In the Nyingma School of Tibetan Buddhism the Great Perfection is considered the most profound and direct path to enlightenment The instructions of this tradition present a spiritual shortcut a radically direct approach that cuts through confusion and lays bare the mind s true nature of luminous purity For centuries these teachings have been taught and practiced in secret by some of the greatest adepts of the Buddhist tradition Great Perfection Outer and Inner Preliminaries contains detailed instructions on the foundational practices of this tradition from The Excellent Chariot a practice manual compiled by the Third Dzogchen Rinpoche Distilling the teachings of the Heart Essence of the Dakinis into an accessible easy to practice format The Excellent Chariot leads the reader through the entire Buddhist path starting with basic Buddhist contemplations that work to dislodge deeply ingrained patterns of thinking and behaving and continuing on to the most advanced and secret meditative practices of the Great Perfection The teachings in this volume are drawn largely from the writings of the great Nyingma master Longchenpa and the root texts of the Heart Essence of the Dakinis itself The Third Dzogchen Rinpoche begins by discussing the correct way to study and practice the Great Perfection teachings before presenting an overview of the Great Perfection lineage and an explanation on the meaning and importance of empowerment In the chapters that follow he presents practical instructions on the outer and inner preliminaries the so called ng ndro practices These practices enable the practitioner to transform and purify the mind preparing it for the advanced Great Perfection meditation of Trekch and T gal the breakthrough and direct leap In addition to the translation mentioned above Great Perfection Outer and Inner Preliminaries contains a beautiful introduction by the Dzogchen Ponlop Rinpoche a contemporary Great Perfection master and an extensive glossary of key Great Perfection terminology **The Words and**

World of Ge bcags Nunnery Elizabeth McDougal,2024-02-06 Ge bcags Gebchak dgon pa founded in 1892 in Nang chen Khams Qinghai Province PRC is still active today with around 250 nuns practising intensive Vajrayana rituals yogas and meditation The nuns knowledge goal is embodied nonconceptual awareness yet they spend many hours daily reading texts as part of their training By investigating the whole context of the nuns lifeworld and ways of learning this ethnography questions the role of reading in Ge bcags tacit knowledge tradition At a time when Tibetan learning practices are quickly modernising this book demonstrates a Buddhist tradition whose textual knowledge is not exactly literal but cultivated through continuous whole person learning **Crazy for Wisdom** Stefan Larsson,2012-09-14 In his early twenties the Tibetan

monk Sangy Gyaltsen 1452-1507 left his monastery to become a wandering tantric yogin. As he moved from place to place seeking enlightenment beyond the bounds of monasticism, his behavior became increasingly erratic. While some were shocked or even angered by his actions, others were drawn to him. Tsangny n s followers described his transgressive behaviors as enlightened action rooted in authoritative Buddhist scripture. Using biographical sources, Stefan Larsson explores Sangy Gyaltsen s transformation into the charismatic Madman of Tsang, Tsangny n Heruka. Best known today as the author of the *Life of Milarepa*, Tsangny n Heruka was one of the most influential mad yogins of Tibet. His biography brings its reader face to face with an unexpected aspect of Buddhist practice that flourished in fifteenth century Tibet. Sustainable Happiness Joe Loizzo, 2012. Today s greatest health challenges, the so-called diseases of civilization—depression, trauma, obesity, cancer—are now known in large part to reflect our inability to tame stress reflexes gone wild and to empower instead the peaceful, healing, and sociable part of our nature that adapts us to civilized life. The same can be said of the economic challenges posed by the stress-reactive cycles of boom and bust driven by addictive greed and compulsive panic. As current research opens up new horizons of stress cessation, empathic intelligence, peak performance, and shared happiness, it has also encountered Asian methods of self-healing and interdependence more effective and teachable than any known in the West. *Sustainable Happiness* is the first book to make Asia s most rigorous and complete system of contemplative living, hidden for centuries in Tibet, accessible to help us all on our shared journey towards sustainable well-being, altruism, inspiration, and happiness.

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