

Words Of My Perfect Teacher

Words Of My Perfect Teacher

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Kunzang Lama'i Shelung Harper San Francisco

"A favorite of Tibetans and recommended by the Dalai Lama and other senior Buddhist teachers, this practical guide to inner transformation introduces the fundamental spiritual practices common to all Tibetan Buddhist traditions." "The Words of My Perfect Teacher is the classic commentary on the preliminary practices of the Longchen Nyingtig - one of the best-known cycles of teaching and a spiritual treasure of the Nyingmapa school - the oldest Tibetan Buddhist tradition." "Patrul Rinpoche makes the technicalities of his subject accessible through a wealth of stories, quotations, and references to everyday life. His style of mixing broad colloquialisms, stringent irony, and poetry has all the life and atmosphere of an oral teaching. Great care has been taken by the translators to render the precise meaning of the text in English while still reflecting the vigor and insight of the original Tibetan." "A preface by His Holiness the Dalai Lama, insightful introductory essays, explanatory notes, and classic illustrations enhance this quintessential introduction to Tibetan Buddhist practice."--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

A Guide to the Words of My Perfect Teacher Shambhala Publications

The definitive companion guide to Patrul Rinpoche’s Words of My Perfect Teacher, the classic text on Tibetan Buddhist practices and teachings This guide provides readers with essential background information for studying and practicing with Patrul Rinpoche's Words of My Perfect Teacher—the text that has, for more than a century, served as the reliable sourcebook to the spiritual practices common to all the major schools of Tibetan Buddhism. By offering chapter-by-chapter commentary on this renowned work, Khenpo Pelzang provides a fresh perspective on the role of the teacher; the stages of the path; the view of the Three Jewels; Madhyamika, the basis of transcendent wisdom; and much more.

Your Mind Is Your Teacher

Self-Awakening through Contemplative Meditation Shambhala Publications

This concise handbook of Tibetan Buddhist teachings, designed for Western students, is centered on a sitting practice called Contemplative Meditation. This practice can be used as a way to change troublesome habits, even by someone with little knowledge of Buddhism. Although the teachings are based it on a nineteenth-century text by Lama Mipham, they are presented in a non-scholarly way, with examples drawn from modern life and everyday experience. In particular, the author addresses the unique attitudes and questions of twenty-first-century Westerners who are exploring Buddhism. The practice taught in the book consists of a reflection on four subjects, known as the Four Seals of the Buddha's teaching: multiplicity, impermanence, suffering, and emptiness. Khenpo Gawang Rinpoche explains how to investigate each of these topics in a way that helps you recognize your innate wisdom mind, which is your ultimate teacher. Once you learn how to examine your own mind and your life with this method, you will start to look at everything differently. By helping to dissolve negative thoughts and habits, the practice can increase your focus, confidence, self-esteem, and happiness. Along with exercises and questions, short readings, a glossary, and checklists for study, this book provides a complete handbook, with simple instructions for additional practices: • the Ninefold Exhalation, a breathing method for expelling stale air before meditation • visualization of buddhas and great teachers to inspire practice • the practice of bodhichitta, or generating love and compassion for all beings • the seven-branch offering, seven devotional thoughts to strengthen efforts • dedication of merit—the positive energy from the meditation--for the benefit of all beings Finally, the appendix gives translations of two short readings: The Wheel of Analytical Meditation by Lama Mipham, which is the source of this book's teaching, and the Heart Sutra, a famous brief teaching on emptiness, along with a traditional commentary.

Natural Liberation

Padmasambhava's Teachings on the Six Bardos Simon and Schuster

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 under- standing 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.

HOW TO STUDY AND TEACHING HOW TO STUDY

Enlightened Vagabond

The Life and Teachings of Patrul Rinpoche Shambhala Publications

Colorful stories about and profound teachings of Patrul Rinpoche, one of the most impactful teachers and thinkers in the Tibetan tradition from the nineteenth century. The life and teachings of the wandering yogi Patrul Rinpoche—a highly revered Buddhist master and scholar of nineteenth-century Tibet—come alive in true stories gathered and translated by the French Buddhist monk Matthieu Ricard over more than thirty years, based on the oral accounts of great contemporary teachers as well as written sources. Patrul’s life story reveals the nature of a highly realized being as he transmits the Dharma in everything he does, teaching both simple nomads and great lamas in ways that are often unconventional and even humorous, but always with uncompromising authenticity.

Putnam's Word Book

Thien Tong Qua Bo Kia Createspace Independent Publishing Platform

Charming, practical and resourceful. This book is very helpful to all meditation practitioners, beginners and experienced alike. The author reveals many ways to practice mindfulness for children, pregnant women, soldiers... -- and the way how to keep a natural awareness in our daily lives. This book also explains about two sets of suttas that were recited as daily chanting sessions by many sangha members in the early years while the Buddha still wandered on earth. The author also reveals clearly the bridges among different Buddhist meditation traditions. Loi cuon, thuc dung va nghien cuu phong phu. Sach nay rat co loi cho tat ca nhung nguoi tap thien, du la moi tap hay da co nhieu kinh nghiem. Tac gia noi ve nhieu phap tap chanh niem doi voi tre em, thai phu, chien binh... -- va phuong phap giu su tinh thuc tu nhien trong doi song hang ngay. Sach nay cung noi ve hai nhom Kinh Nhat Tung So Thoi duoc mot so vi trong tang doan tung doc hang ngay trong cac nam dau, khi Duc Phat con dang di hoang phap. Tac gia cung noi ro rang ve nhung soi chi xuyen suot giua nhieu truyen thong thien tap Phat giao khac nhau.

The Life of Shabkar

Autobiography of a Tibetan Yogin Shambhala Publications

The Life of Shabkar has long been recognized by Tibetans as one of the masterworks of their religious heritage. Shabkar Tsogdruk Rangdrol devoted himself to many years of meditation in solitary retreat after his inspired youth and early training in the province of Amdo under the guidance of several extraordinary Buddhist masters. With determination and courage, he mastered the highest and most esoteric practices of the Tibetan tradition of the Great Perfection. He then wandered far and wide over the Himalayan region expressing his realization. Shabkar's autobiography vividly reflects the values and visionary imagery of Tibetan Buddhism, as well as the social and cultural life of early nineteenth-century Tibet.

Now Concerning Teachers

Establishing the Role of the Teacher in the Body of Christ Abundant Truth Publishing

The focus of this book is to bring clarity and understanding to the ministry of the teacher. This information will help individuals to recognize the operation of this gift in their lives and in the lives of others. It is our hope that believers will develop a greater respect and appreciation for the teaching office and gift.

How to Finish the Test When Your Pencil Breaks

A Teacher Faces Layoff, Unemployment, and a Career Shift

Surprise! You've just been laid off from the teaching position in which you have so passionately invested your time, talents and heart for years! What now? Hundreds of thousands of American teachers have been laid off in the last four years as a result of the long term recession that continues to challenge the country's economy. In this book, one of those teachers shares what that experience was like for her, how she coped with unexpected unemployment, and what she learned about finding her way as a teacher without a classroom. Full of not only truthful reflection and encouragement for teachers facing similar situations, this book also offers practical tips for how to handle lay-off and unemployment, and how to prepare yourself as

an education professional to expand your career outside your classroom. These are uncertain times, but teachers don't need to feel uncertain about their careers. There IS life as an education professional after lay-off!

Rooted in Christ

The Book of Colossians Made Into a Personal Declaration of God's Word Createspace Independent Publishing Platform

This is not just a book just to be READ - it is a book to be SAID! "Death and life are in the power of the tongue, and they who indulge in it shall eat the fruit of it [for death or life]." Proverbs 18:21 If I could hand you a key that is guaranteed to change your life and circumstances; a principle that places the supernatural power of God on tap for every situation in your life and ministry, would you want to know what it is? Sometimes people shroud the simplicity of the gospel in a mess of religious rhetoric and theological confusion. Thankfully the Scriptures make plain and simple how we are to engage with God and receive and release His transforming power consistently in our everyday lives. In this practical Spirit-filled series of books, pastor and Bible teacher, David Lee Martin, unpacks the amazing truth concerning the power of the words that you speak, and shows clearly how you can apply this truth to change your world, and the world of those around you. This Edition: COLOSSIANS The book of Colossians is a book of putting off the old, and putting on the new. The truths you are about to declare will uproot all that hinders you in your walk with God and with others, and firmly establish your present and true identity in Christ. Take the words on the following pages, salt them with your own thanksgiving, and let God's love and grace touch the very depths of your being. The Benefits of Applying the Word As with several of my other books, this one is intended to be applied. It's words and message are impotent if they are not vigorously acted upon. The 'His Word My Word' series of books take eternal truth and shape it for application right here and now! This series of books will train your tongue by planting the Word in your heart, and harnessing your testimony (the confession of your mouth) with the law of liberty - the perfect Word of our Father. Just a few the benefits you can expect as you act on what you read, and become a doer of the work include: -It renews the mind, building into your consciousness and expectation new truths to live by. -It moulds your vocabulary, harnessing your tongue to speak only those things God (and you) desire for your life. -It conforms your thoughts and words to His thoughts and Words. -It gives expression to the mind of Christ in any and all situations. -It raises our perspective from earthly to heavenly, from below circumstances to above them. -It banishes wrong thinking and emotions, replacing them with God's own thoughts - our emotions will always follow our thinking, and our thinking will follow the deposit in our heart, and the words of our mouths. -It gives you an actionable principle you can apply to combat any adversity you face with confidence. -It establishes Godly boundaries in your life. -It overcomes the devil's plans and purposes because you are never in agreement with him, and they cannot be established. -It develops new pictures of ourselves, ones that are shaped by God's unchanging love for us. -It equips us with the necessary weapons for the Holy Spirit to bring to our remembrance what is needed to overcome, any time our mind, body or spirit come under attack. -It brings every thought into captivity and conformity to Christ, resulting in increased spiritual authority in the spirit realm and in relationships and ministry. -It is health to our flesh and strength to our bones. There are many more wonderful benefits that flow from disciplining ourselves to speak the Word only, but I am sure that you already you agree, any investment we need to make putting this into practice is far outweighed by the promised returns. It is truly life changing, and a spiritual principle that will stand the test of time and every challenge that is thrown at it.

The Udana

The Solemn Utterances of the Buddha (Bilingual Edition) CreateSpace

The Udana, the third book of the Khuddaka Nikaya, offers a rich collection of short suttas, each of which culminates in a short verse uttered by the Buddha. Altogether there are eighty suttas, arranged in eight vaggas, or chapters. The Udana contains important Suttas dealing with the concept of Nibbana and Insight Meditation. It is also from here that the famous simile of the blind men and an elephant found its way into world literature. This unique bilingual study edition contains an English translation alongside the original Pali text. This allows any reader - even without knowing Pali - to casually read the text while deepening their fundamental understanding of some of the most important Buddhist concepts in the Buddha's own words.

Self Discipline Mastery

Master Self-Discipline Like a Warrior and Gain Confidence, Motivation, and Happiness! Createspace Independent Publishing Platform

Develop Self Discipline and Will Power Today! Do you have a hard time following through your promises? Do you have a hard time finishing what you have started? Do you make excuses frequently? Are you having difficulty dropping a bad habit like smoking or binge eating? Do you spend more than what you're earning each month? If you answered yes to most of these questions, then you most likely lack self-discipline. There are many essential characteristics that lead to a person's success, happiness, and self-actualization, but self-discipline is the only quality that guarantees continuing and long-standing success in different facets of life. Self-discipline is crucial in achieving different life goals, whether it is to lose weight, improve your work output, or enhance your financial literacy. Self-discipline allows you to sacrifice instant pleasure for long term success. Self-discipline or self-control drives you to: Work on a business idea even when your enthusiasm is already dwindling Go to the gym even when you do not feel like it Say "no" to fatty foods Wake up early even if all you want to do is lie on your bed all day Limit your Facebook time in order to work on something important Self-discipline is rewarding, but it is also challenging. As human beings, we are conditioned to seek instant pleasure. We are conditioned to do what's easy, fun, and convenient. When you practice self-discipline, you are going against your human nature and that's the reason why it's difficult. This book Self Discipline Masterycontains easy-to-follow techniques and strategies that will help you exercise self-discipline. This book contains easy-to-follow steps that will help you achieve everything that you desire - your ideal weight, dream job, and stable financial situation. This

book contains strategies, apps, 133 affirmations, and 33 habits that can help strengthen your willpower and self-discipline. Developing willpower and self-discipline is not easy, but it can make a huge difference in your life. It allows you to control unnecessary impulses and it gives you strength to say "no" to activities that will only distract you from achieving your goals. It gives you the determination to pursue your goals even when the odds are against you. Here is a quick preview of what is inside.... Benefits of Self- Discipline Characteristics of Self-Disciplined Achievers The Science of Self - Discipline Set Clear Goals Just Do It Mastering the Ultimate Self-Discipline Strategies Motivate Yourself Daily Choices That Help Strengthen Your Willpower and Self-discipline And much more! Purchase your copy today NOW and lets get started on your self-discipline mastery today!

Two Subtle Realities: Impermanence and Emptiness

This book offers a clear explanation of impermanence and emptiness in depth, avoiding the use of complicated philosophical terms and languages in order for a modern mind to understand the deepest meaning of what the buddha taught of impermanence and emptiness as his ultimate message to the confused world.

Self Made Bitch Createspace Independent Publishing Platform

Tell em to hold on, a real bitch is coming.' Kahyla James was an ordinary girl with dreams of one day making it big. And she was well on her way, especially with a street gangsta like Anthony 'Boston' Dixon training her to be a self made bitch. But when she was betrayed by the people that she loved the most it forced her to take actions into her own hands and show the city just how ruthless she could be. Ride with Kahyla as she navigates the streets showing the gangsta's that the penalty for betrayal is still death.

Secure You Oxygen Mask First

: Strategies to Prevent Burnout in Special Eduction Practitioners CreateSpace

This book offers practical approaches to support new teachers in the field of special education mentally, emotionally, and professionally in the wake of policy changes, compliance challenges, and bureaucratic challenges.

The Homecoming and Other Stories Penguin Random House India Private Limited

What happens when a lifelong disciple finds out a dark secret about his guru? Can a thief ever reform his ways? How do you solve a murder with no witnesses? Padma Bhushan awardee and bestselling author Sri M sees the world in a different light. He sees the good, the bad and sometimes the supernatural. From horror stories to tales that will shock you out of your wits and pull at your heartstrings, there is something for everyone in this eclectic collection. In his quintessential no-holds barred style, Sri M's The Homecoming and Other Stories urges you to delve deep into the human spirit and get a glimpse of why people do the things they do.

I Am Safe. I Am Good. I Am Loved.

A Second Language Learner's Journey Createspace Independent Publishing Platform

Imagine a class of disenchanted, turned-off teens, mostly males. Then imagine those same students feeling poorly about themselves - feeling they are dumb because they have not been told it takes time to learn a second language. Imagine adults passing through their lives and finally one sticks around to show them they are loved. They are safe. They are good. Just imagine.

A Million Rocks (in Chinese)

A Book of Almost Counting Words Createspace Independent Publishing Platform

Join the twins as they explore the rocky beach and we practice Chinese "almost counting vocabulary." The story is completely translated to English, with both bopomofo and pinyin for Chinese pronunciation help. There are many notes reviewing and explaining Chinese grammar and word choices.

My Big Book of Writing

Learn to Write the Lowercase Alphabet

This workbook contains a variety of exercises and activities designed to help young learners advance the fine motor skills that are essential to the handwriting process, beginning by tracing lines and curves, and then gently introducing some letter-writing practice. Several mazes are also included in the book as a fun way to promote visual motor skills, eye-hand coordination, and problem-solving skills. Young students are introduced to the letters of the alphabet in exercises that have them trace Lowercase Alphabet and then practice writing them on their own. Numbers are also presented in an engaging way, with a lesson in phonetics as well as exercises for tracing and writing numerals. A section of connect-the-dot games provides more motor skills development along with helping children learn the order of alphabet, while fill-in-the-blank games reinforce alphabet learning in a different way and provide more practice in writing the missing letters. My BIG Book of Writing! is a versatile tool that can help children who are struggling with writing skills to work at a comfortable level, as well as assisting those for whom writing comes more easily to experience the multitrack learning their developing minds are hungry to absorb. Whatever level a child is at, the activities and exercises in this workbook will stimulate the learning process and prepare him or her for reading and other learning challenges ahead.

The Amazing Book of No *Createspace Independent Publishing Platform*

The Amazing Book of No was just announced as a Winner of the 2015 Readers Favorite Award for K-3rd grade readers. "The Amazing Book of No" is a deceptively simple story that will teach your 3-7 year old how to accept the word "no" when you say it, and why they shouldn't argue. The story is about two moms and their children. One mom says "no" all the time, while the other says "yes" to everything. It is cute and engaging all in one, and designed not to take up too much of a parents valuable time, with the idea being to try and imprint wholesome ideals while kids are young. Reading this just a few times to your boy or girl at bedtime will ensure you don't have any misunderstandings with your children about the word "NO" as they grow older. This really is: The Amazing Book of No!

Building Bridges Between Home and School

The Educator's/Teacher's Guide to Dealing with Emotional and Upset Parents *CreateSpace*

Teachers, principals, school administrators, even school support staff know that it "takes a village to educate a child". Unfortunately, educators, parents and tax payers are often on different sides of issues, and work at cross purposes. Teachers get frustrated and stressed, and parents get angry, upset, and often aggressive and hostile towards school staff, often because they care so much. In this practical and hands-on book, teachers, administrators and school staff can learn to deal with even the most difficult parents, even those who are insulting and challenging. You'll learn over 100 hands-on, practical tactics to: Take control of difficult conversations with parents Maintain your own self-control when interacting with upset, and even abusive parents and members of the community. Reduce the time and stress involved in dealing with uncooperative parents. Apply the Psychology of anger, and basic psycholinguistic elements to establish rapport and bridges when conflict happens. Apply basic principles of Jiu Jitsu and Aikido to difficult conversations. Stop verbal abuse cold, while maintaining a professional demeanor and focusing on the welfare of the student. Handle non-verbal intimidation tactics smoothly and safely. Set limits and apply them to difficult interactions when the gentler methods of verbal self-defense fail. Ideal for teaching staff, but also school principals, school superintendents and school board officials -- anyone who deals directly with parents and community members. Included is a special chapter for principals and administrators with tactics to use to support teachers and staff in building bridges with the community, rate payers, and parents.

Shattering the Perfect Teacher Myth

6 Truths That Will Help You THRIVE as an Educator

The idyllic myth of the perfect teacher perpetuates unrealistic expectations that erode self-confidence and set teachers up for failure. Author and educator Aaron Hogan is on a mission to shatter the myth of the perfect teacher by equipping educators with strategies that help them shift out of survival mode and THRIVE.

The Heart Treasure of the Enlightened Ones

The Practice of View, Meditation, and Action *Shambhala Publications*

The Gospels and Acts Book 2

Bible Study Guides and Copywork Book - (St. Matthew, St. Mark, St. Luke, St. John and the Book of Acts) - Memorize the Bible: Bible Study Guides and Copywork Book - (St. Matthew, St. Mark, St. Luke, St. John and the Book of Acts) - Memorize the Bible *Examined Solutions Pte Limited*

The Gospels and Acts are composed of writings from St. Matthew, St. Mark, St. Luke, St. John and the Book of Acts. The purpose of which is to give you the spiritual lens that will enable you to see clearly what you fail to see using your physical lens. As you read this collection, try to see the three spiritual themes to it. Get a copy today.

Words of Wisdom & Inspiration *Createspace Independent Publishing Platform*

Words of Wisdom & Inspiration is a collection of over 100 thoughts and ideas, originally posted on social media, that are designed to encourage and strengthen believers. God has a plan and purpose for each and every person, but too often we lose sight of that because of the various things we experience day to day. It is my hope that through reading the nuggets of wisdom and inspiration contained in this book, that the reader will be motivated to move forward in the plan God has for them and to achieve success.

Publish Your Book in Kindle Amazon Under 60 Minutes.

A Step by Step Guide for Beginners.

I suspect that if you are reading this book, then you either just finished your book or you are contemplating self-publishing books as a full-time or part-time income or just to publish your book and brag to your friends about it later. In any case, this book is written for you and it comes from my heart, and from my many trial and errors over the last two years and still am doing today. I hope I will not let you down with the content of this book and that you will find it useful.

The Root of Suffering Is Attachment *Mindful Word*

This 200-page journal is named after one of the Buddha's most famous quotes, and one of his primary teachings: "The Root of Suffering is Attachment." Look at this diary often to remember that, contemplate, reflect and write down your thoughts here. 200 lined pages (100 sheets) 6 x 9 inches 60 pound white-colored paper Perfect bound 10 pt glossy cover

And I Thought...

Being Grown Up Was Easy *Createspace Independent Publishing Platform*

Getting money,paying bills,finding your prince charming, finding your happiness it looked so easy when you were young.You thought you had it all figured out. Little did you know life throws you curve balls. And you thought grownups had it easy so did these ladies. Follow their journeys while getting lost in the grownup world.

Remembering Osir *Createspace Independent Publishing Platform*

The purpose of this book is to present the Kemetic tradition in it's purest Kemetic, Afrikan context, and to demonstrate the fact that: despite the popular misconception about the tradition being a "dead tradition," everything that we need, that makes the tradition complete in its effectiveness, and its "Afrikaness," is available to us today, and more "supplemental information" is literally being uncovered daily. In other words, the Kemetic tradition is not lost. The ritual information in the latter half of this book is to further demonstrate and solidify these points: The Kemetic tradition is a living tradition The nTrw (deities) are real living forces In following the lead of our Ancestors, this tradition can work for us in the same manner that it worked for them. Every effort has been made to "stick to the script," as much as possible, to maintain the integrity of the tradition, and what you find in the following pages is an exegesis presented by the author, as a child of Afrika, a student and teacher of Afrikan Spirituality in general, and Kemetic spirituality in specific, and the way that this tradition is currently being practiced by the community of Henensu.

Words Of My Perfect Teacher : A Complete Translation Of A Classic Introduction To Tibetan Buddhism

Words of My Perfect Teacher

A Complete Translation of a Classic Introduction to Tibetan Buddhism

The Words of My Perfect Teacher

A Complete Translation of a Classic Introduction to Tibetan Buddhism *Rowman Altamira*

Patrul Rinpoche makes the technicalities of his subject accessible through a wealth of stories, quotations, and references to everyday life. His style of mixing broad colloquialisms, stringent irony, and poetry has all the life and atmosphere of an oral teaching. Great care has been taken by the translators to render the precise meaning of the text in English while still reflecting the vigor and insight of the original Tibetan.

The Nature of Mind

The Dzogchen Instructions of Aro Yeshe Jungne *Shambhala Publications*

Patrul Rinpoche, the beloved nineteenth-century master best known for Words of My Perfect Teacher, collected the teachings of the tenth-century adept Aro Yeshe Jungne and synthesized them into the short text translated here as Clear Elucidation of True Nature. How to put these essential teachings into practice is the subject of the lively commentary by the two Khenpo brothers, the late Khenchen Palden Sherab Rinpoche and Khenpo Tsewang Dongyal Rinpoche. The Dzogchen meditation instructions of the Aro lineage are divided into nine sets, or nine levels, with specific instructions for each on how to identify the nature of the mind, how to abide in it as a way of life, and how to liberate turbulent thoughts and emotions when they arise. The commentary enfolds this instruction into a broad general teaching suitable for beginners that serves as an introduction to Dzogchen meditation, to the Nyingma tradition, and to basic Buddhism.

The Words of My Perfect Teacher

The Practice of Lojong

Cultivating Compassion through Training the Mind *Shambhala Publications*

For many centuries Indian and Tibetan Buddhists have employed this collection of pithy, penetrating Dharma slogans to develop compassion, equanimity, lovingkindness, and joy for others. Known as the lojong—or mind-training—teachings, these slogans have been the subject of deep study, contemplation, and commentary by many great masters. In this volume, Traleg Kyabgon offers a fresh translation of the slogans as well as in-depth new commentary of each. After living among and teaching Westerners for over twenty years, his approach is uniquely insightful into the ways that the slogans could be misunderstood or misinterpreted within our culture. Here, he presents a refreshing and clarifying view, which seeks to correct points of confusion.

Indestructible Truth

The Living Spirituality of Tibetan Buddhism *Shambhala Publications*

An introduction to Tibetan Buddhism covers the history, philosophy, and meditation practices of the religion.

Practicing the Great Perfection

Instructions on the Crucial Points *Shambhala Publications*

A collection of essential instructions on the practice of Dzogchen, or The Great Perfection, from one of the great early 20th century Buddhist masters. Shechen Gyaltsap (1871-1926) was widely recognized as one of the greatest meditation masters and most compassionate bodhisattvas in the history of Tibetan Buddhism. He lived a life of complete devotion and commitment to monastic discipline and study, and became the root teacher of Dilgo Khyentse Rinpoche, who said of Shechen Gyaltsap's teachings that they were "worth more than all the gold in the entire world." This collection, intended for the advanced Buddhist practitioner who has received initiation from a qualified master, provides the essential instructions of Dzogchen,

or Great Perfection, practice. Written with a clear simplicity that belies their profundity, the teachings give practical and pointed advice on how students should meditate and behave in ordinary life. The work begins with an extensive reflection on the problem of self-clinging and the analytical meditation designed to uproot it, and proceeds to more specific instructions for the mind practice itself.

A Classical Tibetan Reader

Selections from Renowned Works with Custom Glossaries *Simon and Schuster*

A Classical Tibetan Reader answers a long-standing need for well chosen readings to accompany courses in classical Tibetan language. Professor Bentor has built her Tibetan reader out of time-tested selections from texts that she has worked with while teaching classical Tibetan over the past twenty years. She has assembled here a selection of Tibetan narratives, organized to introduce students of the language to complex material gradually, and to arm them with ample reference materials in the form of glossaries customized to individual readings. Instructors will find this reader an invaluable tool for preparing lesson plans and providing high-quality reading material to their students. Students, too, will find the selections contained in the reader engaging. Even novice readers of Tibetan will feel welcomed and encouraged, thanks to the author's astute judgment of student capacity.