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The Buddhist View Sutra Tantra And Dzogchen | 2394ed55c5fc422b2442bccdf1b72305

Encyclopaedia of BuddhismSahajayāna, a Study of Tantric BuddhismThe Oral Instructions of MahamudraTibetan Buddhist Philosophy of Mind and NatureTantric Buddhism in East AsiaThe Essence of BuddhismBonpo Dzogchen TeachingsLust for EnlightenmentEmpty VisionScience and Philosophy in the Indian Buddhist Classics, Vol. 1Guide to Dakini LandBuddhismThe Heart Sutra ExplainedThe Complete Nyingma Tradition from Sutra to TantraThe Vajra Rosary TantraTantra in TibetThe Essence of BuddhismIntroduction to TantraBehind the Façade of Tibetan TantraBuddhismBuddhism, Art, Architecture, Literature and PhilosophyThe Kālachakra TantraThe Complete Nyingma Tradition from Sutra to Tantra, Book 13A Companion to Buddhist PhilosophyThe Complete Nyingma Tradition from Sutra to Tantra, Books 15 to 17The Complete Nyingma Tradition from Sutra to Tantra, Books 1 to 10Buddhist PhilosophySecret of the Vajra WorldSignification in Language and CultureMahayana TantraThe Three Vehicles of Buddhist PracticeBuddhist Thought and RitualTantric Concept of BodhicittaTantric Traditions in Transmission and TranslationThe Meaning of Life from a Buddhist PerspectiveThe Complete Nyingma Tradition from Sutra to Tantra, Book 13Elaborations on EmptinessBuddhist Sutras: Lesson BookA Buddhist Perspective on the Faults of Eating MeatTantra

No one has ever talked about tantra with such clarity, coherence and simplicity. Religious Studies ReviewTantra is Tibet consists of three parts published under the auspices of the Dalai Lama:The Great Exposition of Secret Mantra-Part I by Tsong-ka-pa is one of the principal classic texts on tantra. It presents the main features common to all the Buddhist tantra systems as well as the difference between sutra and tantra.Renowned for its terse declaration of the perfection of wisdom, the Heart Sutra is the most famous of Buddhist scriptures. The author draws on previously unexamined commentaries, preserved only in Tibetan, to investigate the meanings derived from and invested into the sutra during the later period of Indian Buddhism. The Heart Sutra Explained offers new insights on "form is emptiness, emptiness is form," on the mantra "gate gate paragate

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parasamgate bodhi svaha," and on the synthesis of Madhyamika, Yogacara, and tantric thought that characterized the final period of Buddhism in India. It also includes complete translations of two nineteenth century Tibetan commentaries demonstrating the selective appropriation of Indian sources. A Buddhist Perspective on the Fault of Eating Meat: Each year, around 120 billion land animals and 1.5 trillion sea animals are killed for human consumption. This book provides compelling arguments on the wisdom of giving up meat and adopting a vegetarian diet. Lama Phurbu Tashi Rinpoche draws on Buddhist teachings, both sutra and tantra, to support his case, while Matthieu Ricard refers to scientific evidence on the environmental damage caused by the industrial farming of animals and commercial fishing. Both authors invite us to extend our compassion to reduce the vast number of animals raised and slaughtered for human consumption. Study relates to doctrines of Theravada, Mahayana, and Vajrayana - the three main vehicles (yanas) according to Tibetan Buddhist. A Companion to Buddhist Philosophy is the most comprehensive single volume on the subject available; it offers the very latest scholarship to create a wide-ranging survey of the most important ideas, problems, and debates in the history of Buddhist philosophy. Encompasses the broadest treatment of Buddhist philosophy available, covering social and political thought, meditation, ecology and contemporary issues and applications. Each section contains overviews and cutting-edge scholarship that expands readers understanding of the breadth and diversity of Buddhist thought. Broad coverage of topics allows flexibility to instructors in creating a syllabus. Essays provide valuable alternative philosophical perspectives on topics to those available in Western traditions. Rational Buddhism for Beginners. This book is intended for beginning meditators and students, and for use by instructors during Buddhist retreats for beginners. It contains thirty lessons that lead progressively through the ancient and basic tenets of Buddhism and include instructions in compassion, virtue/morality, history and meditation. Instructors are free to copy the worksheets for student practice. The book is full of quotes with minimal commentary, and includes scholarly references, with a glossary and bibliography. This is a useful reference book that can also be used for "do it yourself" study and inspiration. The book has been used and refined from actual study group experience. The author is an experienced,

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certified secondary teacher, and incorporates best practices of lesson planning as a format for the text of each chapter. Since it derives from the needs and questions of new students, it is easy to access by and is relevant for beginners. Chöying Tobden Dorje's magnum opus presented in English for the first time, in an authoritative translation prepared under the auspices of well-known and highly respected Tibetan teachers and translators. In 1838, Choying Tobden Dorje, a yogin and scholar of northeastern Tibet, completed a multivolume masterwork that traces the entire path of the Nyingma tradition of Tibetan Buddhism from beginning to end. Written by a mantra practitioner for the benefit of mantra practitioners living among the lay community, it was intended to be informative, inspirational, and above all, practical. Its twenty-five books, or topical divisions, offer a comprehensive and detailed view of the Buddhist path according to the early translation school of Tibetan Buddhism, spanning the vast range of Buddhist teachings from the initial steps to the highest esoteric teachings of great perfection. Choying Tobden Dorje's magnum opus appears in English here for the first time. Book 13 presents the philosophical systems of India and Tibet, according to the writings of Longchen Rabjam and the revelations of Orgyan Lingpa. First, it discusses the views attributed to classical Hinduism, Jainism, materialism, and nihilism. Second, it describes the standpoints of the Vaibhashika and Sautrantika exponents of the lesser vehicle, exemplified by pious attendants and hermit buddhas, and the Cittamatra ("mind only") and Madhyamaka ("middle way") commentators of the great vehicle, exemplified by great bodhisattva beings. Third, it analyzes the inner and outer vehicles of the Buddhist tantras, with an emphasis on the three classes of the great perfection. Fourth, it documents the lines of philosophical transmission within Tibet, including Bon, Nyingma, Kagyu, Sakya, Kadampa, and Geluk. It concludes with an extract from a well-known treatise of the Fifth Dalai Lama, applying the techniques of consequential reasoning to the first chapter of Vasubandhu's Treasury of Phenomenology. Although Indian and Tibetan versions of tantric Buddhism are increasingly recognized, the East Asian variations on this practice remain largely overlooked. The only book to present the entire breadth of tantric Buddhism in East Asia, this collection remedies that situation with 12 key essays drawn from rare sources. Organized into four sections--China and Korea, Japan, Deities and Practices, and

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*Influences on Japanese Religion--the book brings together a "critical mass" of scholarship, with the potential to create a sea change in the understanding of this subject*In 1838, Choying Tobden Dorje, a yogin and scholar of northeastern Tibet, completed a multivolume masterwork that traces the entire path of the Nyingma tradition of Tibetan Buddhism from beginning to end. Written by a mantra practitioner for the benefit of mantra practitioners living among the lay community, it was intended to be informative, inspirational, and above all, practical. Its twenty-five books, or topical divisions, offer a comprehensive and detailed view of the Buddhist path according to the early translation school of Tibetan Buddhism, spanning the vast range of Buddhist teachings from the initial steps to the highest esoteric teachings of great perfection. Choying Tobden Dorje's magnum opus appears in English here for the first time. Books 15 to 17: *The Essential Tantras of Mahayoga* is presented in two volumes and concerns the first of the three classes of inner tantra. It presents the entire text of the *Guhyagarbha Tantra*, in Tibetan and English, together with the interlinear sections of one of its most important commentaries, *Dispelling the Darkness of the Ten Directions*, by the outstanding fourteenth-century master Longchen Rabjam. Also included is Choying Tobden Dorje's rewriting of Candragomin's inspirational *Extensive Commentary on the Sublime Litany of the Names of Manjushri*. *Buddhist Thought and Ritual* will appeal to anyone interested in acquiring an authentic grasp of Buddhism as it lives and functions in today's world. The wide spectrum of Buddhist practice is represented here by the men and women who contributed to this volume. The focus on thought and ritual captures the organic interrelationship of these religious components and moves away from the compartmentalization characteristic of much religious scholarship. The reader discovers the central tenets of Buddhism, Anatta, Pratityasamutpada, Sunyatta, Nirvana, and others, not as free-floating curiosities, but in terms of their contemporary relevance and active participation in the formation of society and culture. Likewise, commonly practiced rituals such as the Paritta Ceremony and Mantra Recitation are analyzed in terms of their role in living Buddhism. This book provides an entrée into the Tantric (or Vajrayana) Buddhism of Tibet, as conveyed by Tibetan masters teaching in the West, and as received by their Western students. The Tantric tradition is a unique collection of lesser-known texts, concepts, and

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meditation practices that are usually made available only to experienced and specially initiated practitioners. The "Vajra World" (vajradhatu in Sanskrit) is a realm of indestructibility, the level of reality beyond all thought and imagination, all impermanence and change, which a fully realized person knows and inhabits. Used metaphorically, "Vajra World" refers to the traditional culture of Tibet and the unique spirituality that is its secret strength. Topics include: * The tantric view of human nature and the external world * The special role of the guru, or tantric mentor * The preliminary practices that prepare the student for full initiation * The major dimensions of Vajrayana practice, including visualizations, liturgies, and inner yogas * The tradition of the tulku, or incarnate lama * The lore surrounding the death of ordinary people and of saints * The practice of solitary retreat, the epitome of traditional Tibetan Buddhism Secret of the Vajra World is the companion volume to the author's earlier book, Indestructible Truth: The Living Spirituality of Tibetan Buddhism. While that book focuses on the history, cosmology, philosophy, and practice of the more public, exoteric side of Tibetan Buddhism, this work treats its more hidden and esoteric aspects as they take shape in Vajrayana. Together, the two volumes provide a broad introduction to the major traditions of Tibetan Buddhism. Offers an introduction to Buddhism, covering origins, the religion's spread across Asia, theological beliefs, sacred persons, rituals, death and the afterlife, and Buddhism's role in society. The Dalai Lama explains the spiritual path based on the famous Buddhist image of the Wheel of Life. "What are the most important points of difference between the major schools of Buddhist philosophy? This rich, medium-length survey offers a lively answer. The introduction, aimed at those new to Buddhist thought, sets up a dialogue between the schools on the most controversial topics in Buddhist philosophy. Jamyang Shayba was the greatest Tibetan writer on philosophical tenets. Losang Gonchok's Clear Crystal Mirror, a concise commentary on Jamyang Shayba's root text, represents a distillation of many centuries of Indian and Tibetan scholarship. Buddhist Philosophyskims the cream of Jamyang Shayba's intellect, providing a rare opportunity to sharpen our intellect and expand our view of Buddhist thought." Visual metaphors in a number of Mahayana sutras construct a discourse in which visual perception serves as a model for knowledge and enlightenment. In the Perfection of Wisdom (Prajnaparamita)

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and other Mahayana literature, immediate access to reality is symbolized by vision and set in opposition to language and conceptual thinking, which are construed as obscuring reality. In addition to its philosophical manifestations, the tension between vision and language also functioned as a strategy of legitimation in the struggle of the early heterodox Mahayana movement for authority and legitimacy. This emphasis on vision also served as a resource for the abundant mythical imagery in Mahayana sutras, imagery that is ritualized in Vajrayana visualization practices. McMahan brings a wide range of literature to bear on this issue, including a rare analysis of the lavish imagery of the Gandavyuha Sutra in its Indian context. He concludes with a discussion of Indian approaches to visuality in the light of some recent discussions of "ocularcentrism" in the west, inviting scholars to expand the current discussion of vision and its roles in constructing epistemic systems and cultural practices beyond its exclusively European and American focus. This abridged version of *Behind the Façade of Tibetan Tantra* explores the doctrines of the Secret Mantra Vehicle, also known as Tibetan Buddhism. In reality, Tibetan Tantra is wholly unrelated to Buddhism, given that its cultivation of Highest Yoga is nothing but the lustful practice of sexual union. Such a faith based on copulation contradicts the Buddha's discourses, violates morality and ethics, disturbs social order, and has wrecked the peace and harmony of countless families. In contrast, the Jonang School that emerged in Tibet propagated the doctrine of "other-emptiness," which allows followers to realize the Tathāgatagarbha and to directly comprehend how it generates all phenomena. As the Jonang School is the sole Tibetan lineage that teaches the Buddha Dharma, it stands as the only true Tibetan Buddhist tradition. This in-depth exposé illustrates the authentic Buddha Dharma and reveals the fallacies concealed behind the Buddhist veneer of Tibetan Tantra, hoping to guide the public onto the correct path to Buddhahood. In 1838, Choying Tobden Dorje, a Buddhist yogi-scholar of eastern Tibet, completed a multivolume masterwork that traces the entire path of the Nyingma tradition of Tibetan Buddhism from beginning to end. Written by a lay practitioner for laypeople, it was intended to be accessible, informative, inspirational, and above all, practical. Its twenty-five books, or topical divisions, offer a comprehensive and detailed view of the Buddhist path according to the early translation school of Tibetan

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Buddhism, spanning the vast range of Buddhist teachings from the initial steps to the highest esoteric teachings of great perfection. Choying Tobden Dorje's magnum opus appears in English here for the first time. In Foundations of the Buddhist Path, which covers the first ten of the treatise's twenty-five books, the author surveys the scope of the entire work and then begins with the topics that set the cornerstones for all subsequent Buddhist practice: what constitutes proper spiritual apprenticeship, how to receive the teachings, how to make the best use of this life, and how to motivate ourselves to generate effort on the spiritual path. He then describes refuge and the vows that define the path of individual liberation before turning to the bodhisattva's way—buddha nature, how to uplift the mind to supreme awakening, the bodhisattva's training, and the attainments of the paths leading to supreme awakening. The Complete Nyingma Tradition from Sutra to Tantra, a multivolume masterwork by the eighteenth-century tantric master Choying Tobden Dorje, traces the path of the Nyingma tradition of Tibetan Buddhism from beginning to end. Book 13 concerns the philosophical systems of India and Tibet and their historical lines of transmission. It describes the views held by (1) the established non-Buddhist Indian schools, (2) the Vaibhashika, Sautrantika, Cittamatra, and Madhyamaka systems, which exemplify the "causal" approach of the sutras, and (3) the inner and outer classes of the "fruitful" approach of the tantras, with the greatest attention paid to the three classes of Atiyoga, the Great Perfection. It concludes with a description of the lines of transmission of the philosophical systems within Tibet, and with an example of the rich Tibetan commentarial tradition, showing how the techniques of consequential reasoning are applied to the first chapter of Vasubandhu's Treasury of Phenomenology. Tantric traditions in both Buddhism and Hinduism are thriving throughout Asia and in Asian diasporic communities around the world, yet they have been largely ignored by Western scholars until now. This collection of original essays fills this gap by examining the ways in which Tantric Buddhist traditions have changed over time and distance as they have spread across cultural boundaries in Asia. The book is divided into three sections dedicated to South Asia, Central Asia, and East Asia. The essays cover such topics as the changing ideal of masculinity in Buddhist literature, the controversy triggered by the transmission of the Indian Buddhist deity Heruka to Tibet in the 10th

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century, and the evolution of a Chinese Buddhist Tantric tradition in the form of the True Buddha School. The book as a whole addresses complex and contested categories in the field of religious studies, including the concept of syncretism and the various ways that the change and transformation of religious traditions can be described and articulated. The authors, leading scholars in Tantric studies, draw on a wide array of methodologies from the fields of history, anthropology, art history, and sociology. *Tantric Traditions in Transmission and Translation* is groundbreaking in its attempt to look past religious, linguistic, and cultural boundaries. Covers such Buddhist ideals as compassion, emptiness, Buddha-nature, the bodhisattva path, and Tantra, including information on the Four Noble Truths. Based on a series of Oxford lectures delivered by a well-known Buddhist scholar, this volume covers the entire range of Buddhist thought. It introduces Buddhism as both religion and philosophy, discusses its common ground with other faiths throughout the world, contrasts monastic and popular Buddhism, and defines old and new schools of thought. *Tharpa Publications* is delighted to announce *The Oral Instructions of Mahamudra Second Edition*. In this special edition, Venerable Geshe-la has made numerous revisions and clarifications to guide the reader ever more confidently through the profound and world-transforming practice of Mahamudra – the very essence of Buddha's teachings of Sutra and Tantra. This precious book reveals the uncommon practice of Tantric Mahamudra of the Ganden Oral Lineage, which the author received directly from his Spiritual Guide, Vajradhara Trijang Rinpoche. It explains clearly and concisely the entire spiritual path from the initial preliminary practices to the final completion stages of Highest Yoga Tantra that enable us to attain full enlightenment in this life. "Tibetan Buddhist Philosophy of Mind and Nature is a philosophical overview of Tibetan Buddhist thought. Charting the different ways Buddhist traditions in Tibet configure the relationship between Madhyamaka and Mind-Only, Duckworth shows how these configurations inform the shape of distinct contemplative practices"--The Heart Sutra is perhaps the most famous Buddhist text, traditionally regarded as a potent expression of emptiness and of the Buddha's perfect wisdom. This brief, seemingly simple work was the subject of more commentaries in Asia than any other sutra. In *Elaborations on Emptiness*, Donald Lopez explores for the first time the elaborate

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philosophical and ritual uses of the Heart Sutra in India, Tibet, and the West. Included here are full translations of the eight extant Indian commentaries. Interspersed with the translations are six essays that examine the unusual roles the Heart Sutra has played: it has been used as a mantra, an exorcism text, a tantric meditation guide, and as the material for comparative philosophy. Taken together, the translations and essays that form *Elaborations on Emptiness* demonstrate why commentary is as central to modern scholarship on Buddhism as it was for ancient Buddhists. Lopez reveals unexpected points of instability and contradiction in the Heart Sutra, which, in the end, turns out to be the most malleable of texts, where the logic of commentary serves as a tool of both tradition and transgression. There are a great many books now available describing the complex rituals and esoteric significance of the ancient practices of Buddhist tantra. But none take the friendly, helpful approach of Geshe Tashi Tsering's *Foundation of Buddhist Thought* series. Understanding the many questions Westerners have upon first encountering tantra's colorful imagery and veiled language, Geshe Tsering gives straight talk about deities, initiations, mandalas, and the various stages of tantric development. He even goes through a simple tantric compassion practice written by the Dalai Lama, using it to unpack the building blocks common to all such visualization techniques. Tantra is a fitting conclusion to the folksy and practical wisdom in the *Foundation of Buddhist Thought* series. Over the centuries, Buddhism has responded to sexuality in a variety of fascinating ways, sometimes suppressing the sexual urge, sometimes sublimating it, sometimes cultivating it, and, on the highest levels, transforming it. This book reveals how Buddhists, beginning with Shakyamuni Buddha himself, relate to the "inner fire" that drives humankind. Included are chapters on the Buddha's love life before his enlightenment and his later relationships with women; the tantric approach to sex among Buddhists of ancient India, Tibet, China, and Japan; Zen in the art of love; and a positive discussion of women and Buddhism. From the main practice manual studied by the lay yogi-practitioner lineages of Tibet, now in English for the first time, this volume presents the foundational stages of the Buddhist path according to the Nyingma, or Ancient, tradition of Tibetan Buddhism. Chöying Tobden Dorjé (1787-1848), a Buddhist yogi of far-eastern Tibet, composed a multivolume masterwork that traces the path of the Nyingma

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tradition of Tibetan Buddhism from beginning to end and that is still cherished as a main source of instruction by the Ngakpa, or non-monastic practice lineages. This first volume--one of six--offers a comprehensive, in-depth view of the foundations of the Buddhist path. Written by a lay practitioner for laypeople, it is intended to be accessible, informative, and above all, practical. This Publication Contains The Papers Presented At The Seminar, Contribution Of Andhra Desa To Buddhism Organized By Birla Archaeological And Cultural Research Institute, Hyderabad A Few Years Ago. The Purpose Of The Seminar Is To Bring To Light The New Discoveries And Throw Further Light On The Already Existing Information On Buddhism From Andhra Desa In Particular And India In General. Research Is A Never Ending Process And Results Of Research Will Always Be Wither Finding Out Something New Or Updating The Existing Information With The New Discoveries. Tantra, Considered By Many As A Dangerous And Secret Path, Invariably Generates A Tremendous Amount Of Curiosity. In This, The First Comprehensive Book Of Its Kind, Shri Dharmakirti Gives Us A Rare Glimpse Into The Fascinating Nature Of Tantra. A Practitioner Of The Mahayana Buddhist Tantra Uses His Intellect And Moral Discipline To Attain Buddha-Hood, The Highest State Of Existence. How To Achieve This State Was First Shown By The Buddha And, After Him, By Various Incarnations Of Indian And Tibetan Gurus Such As The Dalai Lama. The Author Gives Us A Detailed Account Of The Moral, Ethical And Philosophical Basis Of Buddhist Tantra. He Also Shows How The Buddhist Tantric Path Of The Highest Secret Mantra Decisively Addresses The Three Crucial Problems That Every Genuine Spiritual Warrior Must Resolve 3 4 Problems Of Death, Sexuality And The True Nature Of Reality. The Author Discusses Various Facets Of The Buddhist Tantric Path: Its History, Its Harnessing Of Sexual Energy To Access Subtle Levels Of Reality, The Doctrine Of Karma, The Concept Of Profound Emptiness That Is The Philosophical Core Of The Buddha Dharma, And The Wheel Of Existence Or The Bhava-Chakra. Narrated Simply And Enriched With Visual Representations Of The Author S Vision Of Tantra, This Is An Invaluable Guide For Those Seeking A Meaningful Spiritual Path. Explore the nature of our material world in a unique sourcebook, conceived by the Dalai Lama, collecting the scientific observations found in classical Buddhist treatises. Under the visionary supervision of His Holiness the Dalai Lama, Science and Philosophy in the Indian Buddhist Classics brings together classical Buddhist

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explorations of the nature of our material world and the human mind and puts them into context for the modern reader. It is the Dalai Lama's view that the explorations by the great masters of northern India in the first millennium CE still have much that is of interest today, whether we are Buddhist or not. Volume 1, *The Physical World*, explores of the nature of our material world—from the macroscopic to the microscopic. It begins with an overview of the many frameworks, such as the so-called five aggregates, that Buddhist thinkers have used to examine the nature and scope of reality. Topics include sources of knowledge, the scope of reason, the nature and constituents of the material world, theories of the atom, the nature of time, the formation of the universe, and the evolution of life, including a detailed explanation of the early Buddhist theories on fetal development. The volume even contains a brief presentation on early theories about the structure and function of the brain and the role of microorganisms inside the human body. The book weaves together passages from the works of great Buddhist thinkers like Asanga, Vasubandhu, Nagarjuna, Dignaga, and Dharmakirti. Each of the major topics is introduced by Thupten Jinpa, the Dalai Lama's principal English-language translator and founder of the Institute of Tibetan Classics. In *The Garden Of Civilisation And Culture, Religion Is Generally Observed As A Fascinating Flower. Flower Is Viewed From Its Elegance And Fragrance. Efforescent In Eastern India, Sahajayana, From Seventh Century A.D.* The life of Siddhartha Buddha (which means 'Awakened One') is that of one who awakened from the sleep of ignorance and saw conditions as they really were. Through his example every one of us can do the same - awaken from the sleep of non-awareness and understand the experience or 'sufferings' of birth, sickness, ageing and death that ultimately Contributed articles presented during the International Symposium on Signification in Buddhist and French Traditions held at Indian Institute of Advanced Study in Sept. 2001. *Guide to Dakini Land* is a practical manual for those seeking a swift and blissful path to full enlightenment. It provides detailed instructions on the eleven yogas of generation stage, which are special methods for transforming all our daily activities into a blissful spiritual path, as well as the essential completion stage meditations that lead to full enlightenment. -- Publisher description. The first English translation of the Vajra Rosary Tantra, with extensive annotations from

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Alamkakashasha's Commentary, with a detailed introduction by the author. The Vajra Rosary Tantra (Sri Vajramala Tantra) is one of the most significant and detailed tantras attributed to the Buddha, in his emanation as Vajradhara. It instructs a practitioner how to overcome the 108 energies and their related instinctual conceptions that circulate in the subtle body and mind and drive continued rebirth in cyclic existence, in order to attain the freedom of enlightenment. One of the explanatory tantras of the Buddhist Esoteric Community (Guhyasamaja) Tantra, its unexcelled yoga tantric system is among the most advanced systems described in Tibetan Buddhist literature. It mainly focuses on the final stage of Buddhist tantric practice, the perfection stage by means of which a person is said actually to become a buddha. The Vajra Rosary Tantra is an encyclopedic description of the path to buddhahood and the key text on the first stage of the tantric perfection stage, where one draws the body's energy-winds into the central channel, overcoming the 108 energy-winds and instinctual conceptualities. Kittay's introductory study and Jamspal and Kittay's translation are further clarified with annotations and explanations from Alamkakashasha's commentary, a key text from the Tengyur. Readers will learn from this comprehensive text what practices to engage in to accomplish the goal of becoming a fully enlightened buddha.

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