

TIBETAN BUDDHISM

FROM THE GROUND UP

*A Practical Approach
for Modern Life*



B. ALAN WALLACE

Tibetan Buddhism From The Ground Up A Practical Approach For Modern Life

IM Harris



Tibetan Buddhism From The Ground Up A Practical Approach For Modern Life:

Tibetan Buddhism from the Ground Up B. Alan Wallace, Steven Wilhelm, 2016-04-26 As long as our minds are dominated by the conditions of the external world we are bound to remain in a state of dissatisfaction always vulnerable to grief and fear How then can we develop an inner sense of well being and redefine our relationship to a world that seems unavoidably painful and unkind Many have found a practical answer to that question in the teachings of Tibetan Buddhism Here at last is an organized overview of these teachings beginning with the basic themes of the sutras the general discourses of the Buddha and continuing through the esoteric concepts and advanced practices of Tantra Unlike other introductions to Tibetan Buddhism this accessible enjoyable work doesn't stop with theory and history but relates timeless spiritual principles to the pressing issues of modern life both in terms of our daily experience and our uniquely Western world view This fascinating highly readable book asks neither unquestioning faith nor blind obedience to abstract concepts or religious beliefs Rather it challenges us to question and investigate life's issues for ourselves in the light of an ancient and effective approach to the sufferings and joys of the human condition

The Attention Revolution B. Alan Wallace, 2006-04-10 Meditation offers in addition to its many other benefits a method for achieving previously inconceivable levels of concentration Author B Alan Wallace has nearly thirty years practice in attention enhancing meditation including a retreat he performed under the guidance of the Dalai Lama An active participant in the much publicized dialogues between Buddhists and scientists Alan is uniquely qualified to speak intelligently to both camps and *The Attention Revolution* is the definitive presentation of his knowledge Beginning by pointing out the ill effects that follow from our inability to focus Wallace moves on to explore a systematic path of meditation to deepen our capacity for deep concentration The result is an exciting rewarding expedition of the mind tracing everything from the confusion at the bottom of the trail to the extraordinary clarity and power that come with making it to the top Along the way the author also provides interludes and complementary practices for cultivating love compassion and clarity in our waking and dreaming lives Attention is the key that makes personal change possible and the good news is that it can be trained This book shows how

The Dialogical Spirit Amos Yong, 2014-10-22 Contemporary proposals for Christian theology from postliberalism to Radical Orthodoxy and beyond have espoused their own methodological paradigms Those who have ventured into this domain of theological method however have usually had to stake their claims vis a vis trends in what may be called the contemporary post al age whether of the postmodern post Christendom post Enlightenment post Western or postcolonial varieties This volume is unique among offerings in this arena in suggesting a way forward that engages on each of these fronts and does so from a particularistic Christian perspective without giving up on Christian theology's traditional claims to universality This is accomplished through the articulation of a distinctive dialogical methodology informed by both pentecostalism and evangelicalism one rooted in the Christian salvation history narrative of incarnation and Pentecost that is yet open to the world in its many and various cultural ethnic religious

and disciplinary discourses Amos Yong here engages with twelve different interlocutors representing different ecumenical religious and disciplinary perspectives The Dialogical Spirit thus not only proffers a model for Christian theological method suitable for the twenty first century global context but also exemplifies this methodological approach through its interactions across the contemporary scholarly academic and theological landscape *The Evangelical Dictionary of World Religions* H. Wayne House,2019-02-19 With all of the different religions sects denominations and belief systems out there it can be difficult to separate the facts from mere opinion especially if one is relying solely on online sources which may or may not be vetted and which often have an ideological or political slant to them How can we truly understand if we cannot even be sure we are getting the facts straight In this comprehensive resource more than 75 evangelical scholars offer a thoroughly researched guide to Christianity other world religions and alternative religious views including entries on movements theological terms and major historical figures Perfect for pastors students and anyone who wants ready access to information on today s religious landscape **Hollywood's Representations of the Sino-Tibetan Conflict** J. Daccache,B. Valeriano,2012-12-05 Using film as a lens through which we can witness the global transformations in politics economy culture and communication this book analyzes Hollywood s shift in its depictions of China and Tibet **Advice from a Spiritual Friend** Rabten,Dhargyey,Ngawang Dhargyey,2001-05 Like wise old friends two Tibetan masters offer down to earth advice for cultivating compassion wisdom and happiness in every situation Based on practical Buddhist verses on thought training Advice from a Spiritual Friend teaches how to develop the inner skills that lead to contentment by responding to everyday difficulties with patience and joy Shambhala Sun ,1993 **Wheel of Great Compassion** Lorne Ladner,2000-12 The Wheel of Great Compassion is the first book to provide Western readers with a complete understanding of the prayer wheel an ancient and mystical practice that has long been popular with Buddhists throughout Tibet and Mongolia for its ability to bless the environment promote healing increase compassion and assist practitioners on their journeys to enlightenment This book offers a clear description of prayer wheel practice its meaning and benefits and its role as an essential ritual and symbol of Tibetan Buddhism It contains a general introduction to the prayer wheel photographs and illustrations six commentaries by Tibetan lamas including Lama Zopa Rinpoche and instructions for both prayer wheel construction and proper use *Books In Print 2004-2005* Ed Bowker Staff,Staff Bowker, Ed,2004 **Yoga Psychology and the Transformation of Consciousness** Don Salmon,Jan Maslow,2007-09 From the perspective of yoga psychology the view from infinity even our basest instincts our most mundane acts and our greatest follies can be understood as the limited or distorted expressions of a purposeful compassionate and infinite intelligence Yoga Psychology is based on the writings of Sri Aurobindo the revolutionary poet and philosopher who founded the independence movement in India later led by Mahatma Ghandi The Publishers Weekly ,1993 **Subject Guide to Books in Print** ,2001 *Images of Enlightenment* Jonathan Landaw,Andy Weber,2006-09-18 This book is unique in its explanation of the relationship between the multifaceted

symbolism of Tibetan Buddhist deity images and meditative practice **Tibet** Pratapaditya Pal,1997 *The Pacific World*
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