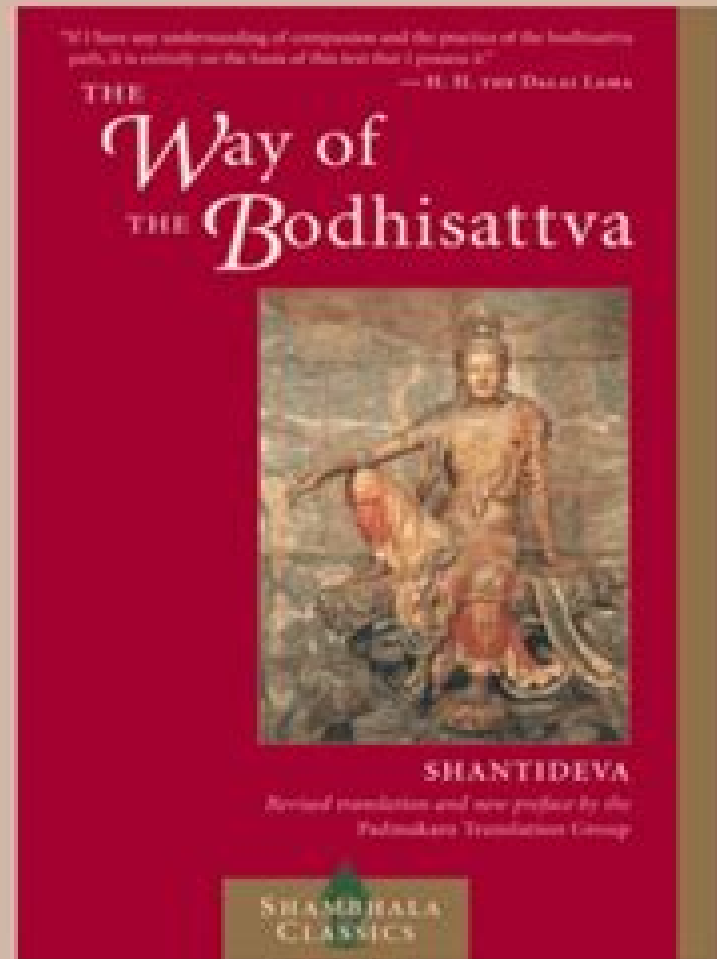


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Buddhist Path To Awakening

Stephen Snyder



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selflessness Put into practice diligently it is enough to lead you all the way to awakening In The Path to Awakening Shamar Rinpoche gives his own detailed commentary on Chekawa Yeshe Dorje's Seven Points of Mind Training a text that has been used for transformative practice in Tibetan Buddhism for close to a thousand years Clear accessible and yet profound this book is filled with practical wisdom philosophy and meditation instructions **Gradual Awakening** Miles Neale, PsyD, 2018-09-18 Rediscover the Promise of Enlightenment As Western culture has embraced practices like meditation and yoga has something been lost in translation What we see in America today in both the yoga boom and mindfulness fad writes Dr Miles Neale is a presentation of technique alone sanitized and purged of the dynamic teachings in wisdom and ethics that are essential for true liberation For anyone seeking a path dedicated to both authentic personal growth and the overthrow of the nihilism hedonism and materialism that are threatening our planet this compelling teacher presents a well conceived sustainable solution with Gradual Awakening The core of this book is Tibetan Buddhism's gradual path or Lam Rim interpreted with fresh insights from modern scientific research Offering an illuminating new presentation of Tibet's deep psychology meditative techniques and virtuous rituals Dr Neale presents a time honored path of enormous transformational potential Each chapter serves as a practical manual that will allow you to experiment with and actualize the benefits of role modeling visualization affirmations contemplative themes textual recitation prayers altars offerings and meditation Here you'll explore Uprooting the sickness of paradigm why a complete spiritual practice must directly confront the fundamental human suffering caused by the modern ethos of scientific reductionism The Lam Rim path the history heritage and power of this 30 step hero's journey of awakening Evolutionary self care understanding the Buddhist concept of renunciation as a form of self love and healing Radical altruism awakening Bodhicitta our innate aspiration to evolve fully in service to others Quantum vision how the teaching of emptiness allows us to pierce the illusion of materialism and accurately perceive the subtlest nature of reality Dr Neale's MAPS process Maturity Acceptance Possibility and Seeds to integrate and manifest key insights and skills in your everyday life The mass market dilutions of Eastern wisdom that focus on symptom relief and easy answers have left behind the ultimate promise of spiritual practice enlightenment Enlightenment is an unfolding process open to everyone writes Dr Neale For most of us this path to awakening must be realized through a gradual process building on incremental insights into who we truly are learning to care for ourselves and others and discovering creative ways to engage the problems we all face Gradual Awakening will serve as a lifelong companion for anyone willing to embrace a new paradigm that integrates science with spirit theory with practice and personal meditation with the desire to transform the world A portion of the proceeds from this book will benefit the Buddhist nuns of Kopan Nunnery in Nepal **Record of Awakening** David Smith, 1970-01 Practice and insight on the Buddhist path **Awakening the Mind of Enlightenment** Namgyal Wangchen, 1987

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