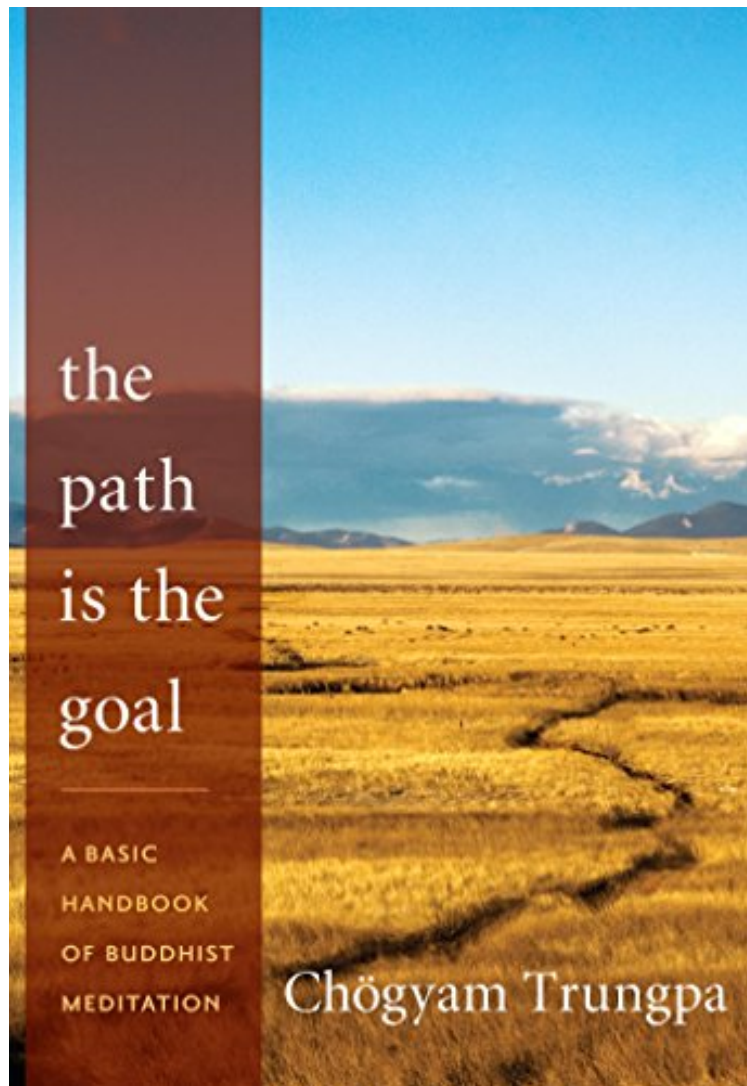


The Path Is the Goal: A Basic Handbook of Buddhist Meditation

Von Chogyam Trungpa

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Von Chogyam Trungpa : The Path Is the Goal: A Basic Handbook of Buddhist Meditation before purchasing it in order to gage whether or not it would be worth my time, and all praised The Path Is the Goal: A Basic Handbook of Buddhist Meditation:

KundenrezensionenHilfreichste Kundenrezensionen3 von 3 Kunden fanden die folgende Rezension hilfreich. Rinpoche does not engage in "idiot compassion."Von SwiftRainChogyam Trungpa Rinpoche does not engage in "idiot compassion." This book will not gratify any of the desires of your ego. Instead it has (as the foreward says) an "iron hook" of compassion, which will attempt to cut away your ego expose you to the hard lonely reality of practice. In his

first exposition of the nature of meditation Rinpoche tells us to sit without pretensions, "like a disused coffee cup." He describes the feeling of spaciousness that comes from abandoning the ego as a reference point as "boring" "suffocating." He does not give us any room to use meditation as an ego toy. I recommend this book highly to anyone who is seriously interested in the hard, confusing road of spirituality. After many years of meditation, feeling very confident special, reading "The Path is the Goal" and "Cutting Through Spiritual Materialism" was a kick to the gut. When you're done having fun pretending to meditate, come to "The Path is the Goal" be cut open by Chogyam Trungpa's absolute unwavering compassion.2 von 3 Kunden fanden die folgende Rezension hilfreich. Somewhat misnamed, and a little short on compassion Von Joe Harbin (harbinj@musc.edu) I don't consider this a beginner's ("Basic") guide to meditation. Many of the topics seem more appropriate for experienced meditators: boredom, loss of self, Vipashyana meditation, etc. The author does a fair job describing methods for beginning meditators, but explains almost nothing for those who feel they're ready for insight meditation, simply stating that the path is very lonely. Actually, I thought much of his advice was discouraging, given his emphasis on the negatives of meditating practice. This "book" is actually a transcription of two seminars, and I didn't find the student question answer segment at the end of each section to be very helpful. And, I was surprised at the lack of compassion Chogyam Trungpa showed to one student who felt threatened by his teachings on loss of self. He appeared to be mocking the student as he/she left the teaching. I'll give this book another chance after a few more months of meditation, but I don't recommend it for idealistic beginners.

Kurzbeschreibung According to the Buddha, no one can attain basic sanity or enlightenment without practicing meditation. The teachings given here on the outlook and technique of meditation provide the foundation that every practitioner needs to awaken as the Buddha did. Trungpa teaches us to let go of the urge to make meditation serve our ambition; thus we can relax into openness. We are shown how the deliberate practice of mindfulness develops into contrived awareness, and we discover the world of insight that awareness reveals. We learn of a subtle psychological stage set that we carry with us everywhere and unwittingly use to structure all our experience and we find that meditation gradually carries us beyond this and beyond ego altogether to the experience of unconditioned freedom. Kurzbeschreibung According to the Buddha, no one can attain basic sanity or enlightenment without practicing meditation. The teachings given here on the outlook and technique of meditation provide the foundation that every practitioner needs to awaken as the Buddha did. Trungpa teaches us to let go of the urge to make meditation serve our ambition; thus we can relax into openness. We are shown how the deliberate practice of mindfulness develops into contrived awareness, and we discover the world of insight that awareness reveals. We learn of a subtle psychological stage set that we carry with us everywhere and unwittingly use to structure all our experience and we find that meditation gradually carries us beyond this and beyond ego altogether to the experience of unconditioned freedom. ber den Autor und weitere Mitwirkende Chgyam Trungpa (1940-1987) meditation master, teacher, and artist founded Naropa University in Boulder, Colorado, the first Buddhist-inspired university in North America; the Shambhala Training program; and an international association of meditation centers known as Shambhala International. He is the author of numerous books including Shambhala: The Sacred Path of the Warrior, Cutting Through Spiritual Materialism, and The Myth of Freedom.