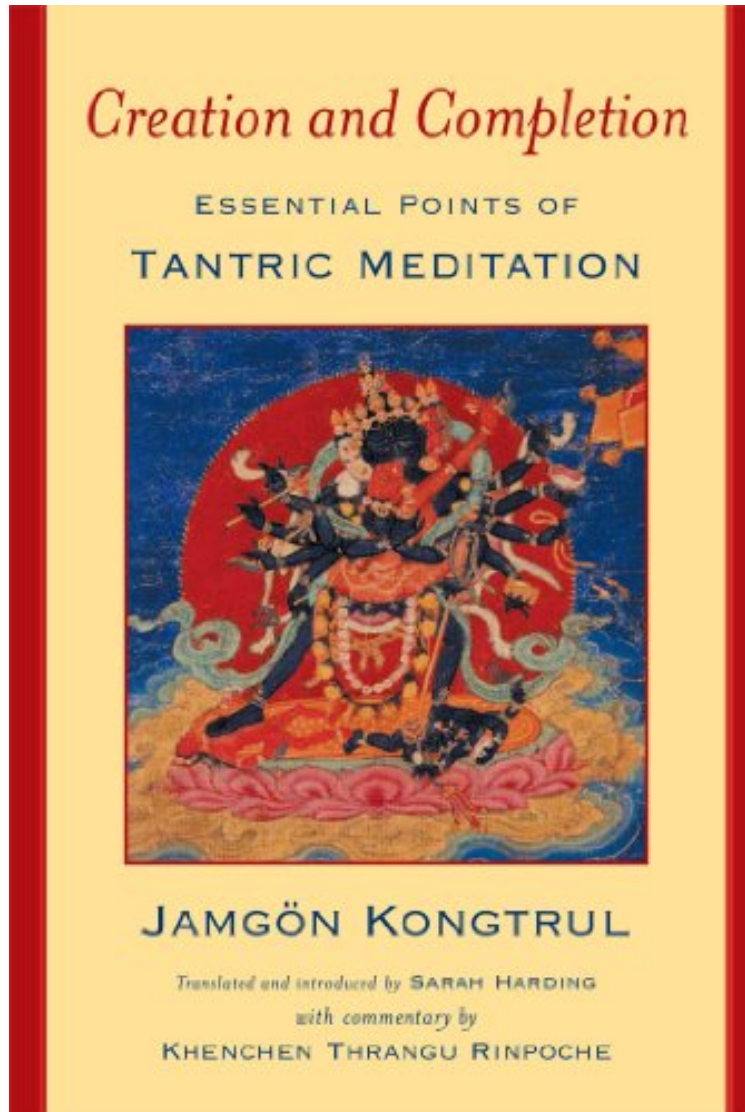


(Free read ebook) Creation and Completion: Essential Points of Tantric Meditation (English Edition)

Creation and Completion: Essential Points of Tantric Meditation (English Edition)

Von Jamgon Kongtrul

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before purchasing it in order to gage whether or not it would be worth my time, and all praised Creation and Completion: Essential Points of Tantric Meditation (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen6 von 6 Kunden fanden die folgende Rezension hilfreich. Wunderschnes Praxisbuch zu tantrischen VisualisationstechnikenVon Burn_BabylonEin ideales Praxis(!)buch fr alle,

die die Essenz und tiefere Bedeutungen der Meditationstechniken der Erzeugungs- und Vollendungsstufe des buddhistischen Vajrayana erfassen wollen. Sowohl der Originaltext als auch die beiden Kommentare sprechen Leute an, die diese Visualisationstechniken praktizieren (wollen), und geben knapp, bersichtlich und usserst klar den Kern dieser Meditationen wieder - und zeigen auch den (zum Teil subtilen) Unterschied zu hnlichen Praktiken (Shamatha-Vipashyana, Mahamudra, Dzogchen)Fr jeden Praktizierenden, der nicht nur Mantras stundenlang rezitieren und irgendwelche Yidams visualisieren, sondern der genaue Hintergrnde und Tipps fr die Praxis erfahren will, ein Muss !Es ist eine Freude, dieses Buch zu lesen, und mit eigenen Erfahrungen in der Praxis zu vergleichen !0 von 0 Kunden fanden die folgende Rezension hilfreich. A great book for the tantric practitionerVon Mudita Books InternationalKhnenchen Thrangu Rinpoche presents a truly very good commentary to the Stages of Creation and completion of (Highest Yoga) Tantra. Written in a knowledgeable and warm-hearted style, this book is certainly to remain one of the pivotal commentaries in the library of any Tibetan Buddhist practitioner and has the quality of staying long in the mind of the reader. If you are serious about Tibetan Buddhist practices, this book is definitely amongst the best ones around.

KurzbeschreibungCreation and Completion represents some of the most profound teachings of Jamgon Kongtrul (1813-99), one of the true spiritual and literary giants of Tibetan history. Though brief, it offers a lifetime of advice for all who wish to engage in-and deepen-the practice of tantric Buddhist meditation. The original text, beautifully translated and introduced by Sara Harding, is further brought to life by an in-depth commentary by the contemporary master Thrangu Rinpoche. Key Tibetan Buddhist fundamentals are quickly made clear, so that the reader may confidently enter into tantra's oft-misunderstood "creation" and "completion" stages. In the creation stage, practitioners visualize themselves in the form of buddhas and other enlightened beings in order to break down their ordinary concepts of themselves and the world around them. This meditation practice prepares the mind for engaging in the completion stage, where one has a direct encounter with the ultimate nature of mind and reality.Pressestimmen"Creation and Completion contains both a clearly printed, very readable Tibetan text and a lucid, almost flawless English translation. An excellent book." (Religious Studies)"Creation and completion meditation is the cornerstone of tantric Buddhist practice, and draws upon a rich array of techniques and presumptions relating to moral culitvation. This book will be of great interest to both scholars and practitioners of Tibetan Buddhism." (Janet Gyatso, Hershey Chair of Buddhist Studies, Harvard University)"An exceptionally important text. It will answer all questions and resolve all doubts about Vajrayana practice." (Venerable Thrangu Rinpoche)"Mahamudra meditation is a 'completion stage' practice--completion because, like zazen, it represents fruition on the spot as opposed to a gradual buildup. Tantric techniques that develop gradually to that completion are called 'creation stage' practices. Sarah Harding's translation of Jamgon Kongtrul's Creation and Completion covers both bases but is especially useful for its detailed treatment of the visualization practices in the creation stage. It is, in fact, a point-by-point guide to this contemplative world of imagined mandalas and deities. This edition comes with a new commentary by Thrangu Rinpoche and a long, thoughtful introduction on visualization practice. Even though advanced practitioners will want to study this book, it's also designed to help beginners." (Buddhadharma)"Sarah Harding has rendered a great service." (Ken McLeod, translator of Great Path of Awakening)"A delightful introduction to the deepest understanding of visualization, a particular way of cultivating religious imagination and full-bodied practice." (Anne Klein, Professor of Religion, Rice University)"Includes much that is helpful to all meditators using imagery to focus the mind." (The Quest)KurzbeschreibungCreation and Completion represents some of the most profound teachings of Jamgon Kongtrul (1813-99), one of the true spiritual and literary giants of Tibetan history. Though brief, it offers a lifetime of advice for all who wish to engage in-and deepen-the practice of tantric Buddhist meditation. The original text, beautifully translated and introduced by Sara Harding, is further brought to life by an in-depth commentary by the contemporary master Thrangu Rinpoche. Key Tibetan Buddhist fundamentals are quickly made clear, so that the reader may confidently enter into tantra's oft-misunderstood "creation" and "completion" stages. In the creation stage, practitioners visualize themselves in the form of buddhas and other enlightened beings in order to break down their ordinary concepts of themselves and the world around them. This meditation practice prepares the mind for engaging in the completion stage, where one has a direct encounter with the ultimate nature of mind and reality.