

# Tantra In Tibet Wisdom Of Tibet Series

Tsongkhapa's A Lamp to Illuminate the Five Stages (1419) is a comprehensive presentation of the highest yoga class of Buddhist tantra, especially the key practices - the so-called five stages (pancakrama) - of the advanced phase of Guhyasamaja tantra. Beginning with a thorough examination of the Indian sources, Tsongkhapa draws particularly from the writings of Nagarjuna, Aryadeva, Candrakirti, and Naropa to develop a definitive understanding of the Vajrayana completion stage. Whereas in the generation stage, meditators visualize the Buddha in the form of the deity residing in a mandala palace, in the completion stage discussed in the present volume, meditators transcend ordinary consciousness and actualize the state of a buddha themselves. Among other things, Tsongkhapa's work covers the subtle human physiology of channels and winds along with the process of dying, the bardo, and rebirth. This definitive statement on Guhyasamaja tantra profoundly affected the course of Buddhist practice in Tibet.

criticism and assessment of the evidence. It combines a ruthless brevity

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. Tantric Buddhism is concerned with the direct experience of who we are and what we can become. Its sole aim is to help us realize our potential for profound wisdom and unbounded compassion by transforming the energy locked in by old habits, fears and narrow views. For the Tantra this experience is beyond words and thought. But it can be evoked with the help of symbols. Without the help of a reliable guide one could easily get lost or overwhelmed in this unfamiliar world of symbols. Sangharakshita is such a guide. The Great Exposition of Secret Mantra, Volume One

Secret of the Vajra World

The Tantric Buddhism of Tibet

Dharma Matters

Journey Without Goal

From the Heart of Chenrezig

The Great Exposition of Secret Mantra, Volume

### Three Highest Yoga Tantra

Osho is known around the world for his pioneering contribution to meditation — the science of inner transformation — with the unique approach of his "Osho A Meditations" acknowledging the accelerated pace of the contemporary world and bringing meditation into modern li Based on the Seven Points of Mind Training by the 11th-century Buddhist mystic Atisa, *The Book of Wisdom* removes the dust of tradition that has gathered around meditation, conveying the essential science and methodology of the practice with a freshness and spontaneity that is rarely fo in contemporary spiritual works. The book is a guide for in discipline and transformation that is also highly accessible, incorporating light, often humorous question-and-answer sessions between the author and his audience that help readers make the practical connection between spiritual theory and meditation as a lifestyle.

Devoting oneself to a spiritual teacher is a practice much misunderstood in the West, yet fundamental to the tantric Buddhism of Tibet.

*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 essence completion stage meditations that lead to full enlightenment. Publisher description.

Tantra in 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 Buddhist tantra systems as well as the difference between sutra and tantra.

An Introduction to the Esoteric Buddhism of Tibet

The Foundation of Buddhist Thought

The Book of Wisdom

As Long as Space Endures

In Action and Performance Tantra

Tantra

The Wisdom of Manjusri

The Tara Tantra

**Concise guide describes the art of spiritualizing one's sexuality and offers efficient methods for transmuting fear and attachment into love and universal power. Step-by-step instructions demonstrate how to perform traditional yoga exercises.**

**Teaches the meditative techniques of Action and Performance Tantras—the basis of all higher tantric practices.**

**The Yogini's Eye: Comprehensive Introduction to Buddhist Tantra, Volume I: Systemization and Interpretation introduces a new translation series, Classics of the Early Sakya, which will focus on the extensive literature of the Sakya Lamdre lineage of the Hevajra Tantra cycle of revelation. This first volume of introduction is the earliest book of its type and comprehensive treatment of the subject matter to have been**

**written, and initiated the scholarly study of Tibetan Buddhist Tantra. Subsequent studies in all lineages were built on the foundation established by this book. The Yogini's Eye has served as the introductory textbook for the study of Sakya Tantra continuously for over 800 years. Over the centuries, the textbook has been supplemented by a total of fifteen commentaries and study guides written by the most learned scholars of the Sakya tradition, including Lama Dampa Sonam Gyaltzen (1312 1375), Yeshe Gyaltzen (1300's 1406), Ngorchen Kunga Zangpo (1382 1450), Lowo Khenchen Sonam Lhundrup (1456 1532), Ngorchen Konchok Lhundrup (1497 1547), Amezhap Ngawang Kunga Sonam (1597 1659), and Dezhung Chopel Jamyang Kunga Namgyal (1880's mid-1950's). This first English edition contains the translation of thirteen of these study guides, excluding all repetitive sections, inserted into the original book in the appropriate context.**

**What is tantra? Who is qualified to practice it? How should it be practiced? What are the results? According to Buddhism, every human being has the potential to achieve profound and lasting happiness. And according to the tantric teachings of Buddhism, this remarkable transformation can be realized very quickly if we utilize all aspects of our human energy -**

**especially the energy of our desires. Introduction to Tantra is the best available clarification of a subject that is often misunderstood. This new edition of this classic text includes a new foreword by Philip Glass and a new cover design, but leaves untouched Lama Yeshe's excellent original text, edited by Jonathan Landaw. Tantra recognizes that the powerful energy aroused by our desire is an indispensable resource for the spiritual path. It is precisely because our lives are so inseparably linked with desire that we must make use of desire's tremendous energy not just for pleasure, but to transform our lives. Lama Yeshe presents tantra as a practice leading to joy and self-discovery, with a vision of reality that is simple, clear, and extremely relevant to twenty-first century life.**

**The Making of a Mad Yogin in Fifteenth-Century Tibet**

**Tantra in Tibet (Revised Edition)**

**The Transformation of Desire**

**The Highest Yoga Tantra Practice of Buddha Vajrayogini**

**Teachings on Guhyasamaja Tantra**

**An Exposition of the Kalachakra Tantra**

**The Essence of Tibetan Buddhism**

**The Dalai Lamas on Tantra**

**Demonstrates how tantra opens up the world of**

sensory experiences, covering the foundations of Vajrayana, the role of the tantric mentor, and the practice of retreat.

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. 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 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.

Based on the author's talks at Naropa University, this volume introduces the reader to the principles of tantra, based on the practice of meditation, which leads to the discovery of egolessness. Trungpa Rinpoche provides a direct and experiential picture of the tantric world, explaining the importance of self-existing energy, the mandala principle, the difference between Buddhist and Hindu tantra—stressing the nontheistic foundation of Buddhism. The role of the teacher and the meaning of tantric transmission are also presented. Written for the student of Buddhism rather than the scholar, *Journey without Goal* demystifies the vajrayana and at the same time affirms the power and sacredness of its ancient teaching.

A powerful collection of essays on race and gender in contemporary Buddhist practice, a hot-button topic in the West right now, by one of the leading thinkers in the area. Jan Willis was among the first Westerners to encounter exiled Tibetan teachers abroad in the late sixties, instantly finding her

spiritual and academic home. TIME Magazine named her one of six “spiritual innovators for the new millennium,” both for her considerable academic accomplishments and for her cultural relevance. Her writing engages head-on with issues current to Buddhist practitioners in America, including dual-faith practitioners and those from marginalized groups. This collection of eighteen scholarly and popular essays spans a lifetime of reflection and teaching by Willis. Grouped in four sections—Women and Buddhism, Buddhism and Race, Tantric Buddhism and Saints’ Lives, and Buddhist-Christian Reflections—the essays provide timeless wisdom for all who are interested in contemporary Buddhism and its interface with ancient tradition. “This collection of essays by Jan Willis, penned over thirty years of study, teaching, and practice, is destined to become an authoritative resource in Buddhist scholarship and thought. Willis challenges many of our preconceptions, but asks no more and no less than what the Buddha asked: come, see, and experience for yourselves.”

—Sharon Salzberg, author of *Lovingkindness and Real Happiness* “From Birmingham to Bodhgaya, Jan bridges worlds like no other. Her essays are treasures of wisdom born from a remarkable life richly lived.”

—Matthew T. Kapstein, author of *Reason’s Traces: Identity and Interpretation in Indian and Tibetan Buddhist Thought* “This book is a

blessing for us all—across cultures, across genders,  
 across traditions.” –Larry Yang, author of

**Awakening Together: The Spiritual Practice of  
 Inclusivity and Community**

**An Introduction to the Spiritual, Mental, and Physical  
 Exercises of the Tibetan Religion [Illustrated Edition]**

**A Lamp to Illuminate the Five Stages**

**Teachings and Practice of Tibetan Tantra**

**Guide to Dakini Land**

**Ornament of Stainless Light**

**Women, Race, and Tantra**

**The Yoga of Tibet**

**Comprehensive Introduction to Buddhist Tantra**

The lineage of the reincarnated line of  
 Dalai Lamas has held primary spiritual  
 authority and, until recently, temporal  
 power in Tibet since the beginning of the  
 fifteenth century. The translations in  
 this book represent a curated set of their  
 writings specifically on tantra, the  
 advanced path of Tibetan Buddhism in which  
 practitioners use a variety of methods and  
 techniques to directly overcome delusion  
 and conflicting emotions. If one has the  
 proper training in sutra and tantra, it is  
 said that the path to enlightenment can be  
 traversed swiftly. Glenn H. Mullin, one of  
 the foremost translators of the Dalai  
 Lamas, has selected key texts from eight  
 of the Dalai Lamas that clearly elucidate

the proper understanding and context of the tantric system in this lineage. In the classic bestseller, *Introduction to Tantra*, Lama Yeshe offered a profound and wonderfully clear glimpse into the sophisticated practices of Tibetan Buddhist tantra. This present book, the last major teachings of this great lama, opens up the world of advanced practices for Highest Yoga Tantra initiates in much the same way his earlier work opened up the world of tantra in general. Following Je Tsongkhapa's (1357-1419 C.E.) text *Having the Three Convictions*, Lama Yeshe introduces the renowned Six Yogas of Naropa, focusing mainly on the first of these six, the practice of inner fire (tummo). Mastery of inner fire quickly brings the mind to its most refined and penetrating state--the experience of clear light, an extra-ordinarily powerful state of mind that is unequalled in its ability to directly realize ultimate reality. Lama Yeshe felt that twentieth-century Westerners could easily grasp the often misunderstood ideas of this esoteric tradition: "We really need tantra these days because there is a tremendous explosion of delusion and distraction, and we need the atomic energy of inner fire to blast us out of our delusion." Lama

Yeshe's aim was for his students to actually taste the experience of inner fire rather than merely gain an intellectual understanding. Lama's own realization of the transformative power of these practices comes through, inspiring his students to discover for themselves their own capacity for inexhaustible bliss.

This collection contains four of the most cherished Tibetan Buddhist commentaries on the practices of visualization, mantra recitation, and meditative absorption—elements that form the core of development stage meditation, one of the most important practices of Buddhist Tantra. The texts within this volume—*Ladder to Akani?ha*, *Clarifying the Difficult Points in the Development Stage*, *The Four Stakes That Bind the Life-Force*, and *Husks of Unity*—are among the most widely studied commentaries on this topic and have formed the basis for spiritual study and practice for centuries. In these eloquent and inspiring translations, Jigme Lingpa, Patrul Rinpoche, and Getse Mah?pa??ita explain the fundamental philosophy of the development stage, illuminating its profound insights into the nature of reality and how to utilize these insights through the practice of

meditation.

The first teaching, '¿¿The Three Principal Aspects of the Path,'¿¿ was given in France in 1982. The second teaching, an '¿¿Introduction to Tantra,'¿¿ also in two parts, was given at Grizzly Lodge, California, in 1980. It comprises the first two lectures of a commentary on the Chenrezig yoga.

The Great Exposition of Secret Mantra  
Tibetan Buddhism

Principles of Buddhist Tantra

Deity, Mantra, and Wisdom

Creative Symbols of Tantric Buddhism

Foundations of the Buddhist Path

The Tantric Wisdom of the Buddha

The Great Exposition of Secret Mantra 2  
and 3

Creation 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.

The mysteries of Tantra have engrossed countless meditators for centuries. Since the time of Buddha, these secrets have been passed down from accomplished master to disciple largely by word of mouth. Now drawing from his own experience and the works of Je Tsongkhapa and other great Tibetan Yogis, Geshe Kelsang clearly sets out all the stages of the four classes of Tantra, giving a full explanation of generation and completion stages. Tantra is revealed as the gateway to a blissful new world. The book represents a significant milestone in revealing these profound mysteries to the contemporary world.

"This book clearly outlines and discusses the methods for transforming both body and mind through the highest forms of tantric practice. Highest Yoga Tantra is the pinnacle of tantric systems found in the Tibetan Buddhist tradition. Remarkable for its definitive clarity, this exposition of the stages of Highest Yoga Tantra is the first of its kind in the English language and a must for anyone interested in these highest tantras."--BOOK JACKET.

Vessantara explains the key characteristics of the Tantra, introduces its many Deities, and explores its symbolism. This guide provides the foundations for a gradual and thorough understanding of Tantric Buddhism, encouraging confidence in the exploration of its many themes and lavish forms. Mantra recitation and colourful visualizations of the Deities lie at the heart of the Tantric practice and Vessantara provides beautiful meditations on each of the key figures while also explaining the reasoning, theory and history behind each practice.

Creation and Completion

The Bliss of Inner Fire

Crazy for Wisdom

An Overview of Its Philosophy and Practice

Essential Points of Tantric Meditation

Tantra in Tibet

Tara's Fundamental Ritual Text (Tara-mula-kalpa)

The Life of Tantric Yogi Theos Bernard, Tibet's Lost Emissary to the New World

**An amazing, often overlooked story of the man who brought Yoga and Tibetan culture to America. Theos Bernard's colorful, enigmatic, and sometimes contradictory life captures an intersection of East and West that changed our world. After years of forcibly stopping foreigners at the borders, the leaders of Tibet opened the doors to their kingdom in 1937 for Theos Bernard. He was the third American to set foot in Tibet and the first American ever initiated into Tantric practices by the highest lama in Tibet. When Bernard left that sacred land, he was sent home with fifty mule loads of priceless, essential Buddhist scriptures from government and monastery vaults. Bernard brought these writings to America, where he achieved celebrity as a spiritual master. Appearing four times on the cover of the largest-circulation magazine of the day, befriending some of the most famous figures of his era, including Charles**

**Lindbergh, Lowell Thomas, Ganna Walska, and W. Y. Evans-Wentz, and working with legendary editor Maxwell Perkins, the charismatic and controversial “White Lama” introduced a new vision of life and spiritual path to American culture before mysteriously disappearing in the Himalayas in 1947. Biography, travel and adventure, a history of Tibet’s opening to the West, and the story of Buddhism and Yoga’s arrival in America, White Lama: The Life of Tantric Yogi Theos Bernard, Tibet’s Lost Emissary to the West is the first work to tell his groundbreaking story in full and is a narrative that thrills from beginning to end. Includes 15 photographs shot in Tibet in 1937 by Theos Bernard, part of a collection that has been described as the best photographic record of Tibet in existence.**

**Tantra in Tibet is the first volume in The Great Exposition of Secret Mantra series in which the Dalai Lama offers illuminating commentary on Tsongkhapa’s seminal text on Buddhist tantra. It is followed by Volume II: Deity Yoga and Volume III: Yoga Tantra. This**

**revised work describes the differences between the Mahayana and Hinayana streams in the sutra tradition, and between the sutra tradition and that of tantra generally. It includes highly practical and compassionate explanations from H.H. the Dalai Lama on tantra for spiritual development; the first part of the classic Great Exposition of Secret Mantra text; and a supplement by Jeffrey Hopkins on the meaning of emptiness, transformation, and the purpose of the four classes of tantra. Tantra, or Vajrayana, Buddhism is a set of esoteric practices that involve mantra recitation and complex visualizations. Tantra constitutes the fabric of a Tibetan Buddhist's daily practice, but no practice of tantra can be successful without adherence to the tantric precepts, the highest of three complementary sets of vows. Tsongkhapa is perhaps the greatest philosopher ever produced by Tibet's Buddhist culture, and this book is a translation of his explanation of the tantric precepts.**

**The author-translator of this book was born in China of aristocratic parentage some fifty years ago. In early youth he**

**became the disciple of a Buddhist Guru in a part of China near Tibet. His Guru sent him to Tibet to further his training. After eight years in Tibetan monasteries, six of them under one Guru, he went to school in the West to study animal husbandry and bring his knowledge back to Tibet. The Communist victory in China and the Communist invasion of Tibet cut him off from returning. His devotion to Tibetan Buddhism is now expressed by translating into English its hitherto unknown teachings. This Book is an extremely concentrated introduction to the mental, physical, and spiritual exercises of Tibetan Buddhism, emphasizing the practice of Yoga exercises. The key to its understanding is the learning of Domo—the generating of internal heat in one's body. Domo's special meaning for Tibetan Yoga flows from the profoundly anti-ascetic and anti-pessimistic doctrine of Tantric Buddhism. The author means precisely what he says when he explains that opposites are also inseparable unities and that the best example of this is that the human body-mind can be made into the body of Buddha. Sexual bliss can**

**become divine bliss. This work will both introduce the reader to the tranquility of yoga and, at the same time, lead him to explorations in the field of erotic mysticism. Richly illustrated throughout.**

**Yoga Tantra**

**The Yogini's Eye**

**The Heart of Tibetan Buddhism.**

**Commentaries on Atisha's Seven Points of Mind Training**

**The Complete Nyingma Tradition from Sutra to Tantra, Books 1 to 10**

**Teachings of Tibetan Yoga**

**The Three Principal Aspects of the Path and An Introduction to Tantra**

**Deity Yoga**

**Kirti Tsenshap Rinpoche was a renowned teacher of Tibetan Buddhism with students worldwide. Revered as a teacher by even the Dalai Lama, he was known especially as a master of Buddhist tantra, the powerful esoteric methods for attaining enlightenment swiftly. The teachings in this book are a singular record of his deep learning in that field. Originally delivered in California to a group of Western students, the teachings comment on a**

classic introduction to tantra by the nineteenth-century Mongolian lama Choje Ngawang Palden. The work, *Illumination of the Tantric Tradition*, is a staple even today of the curriculum for training young monastics. Kirti Tsenshap Rinpoche explains the distinctive features of the four classes of tantra--action tantra, performance tantra, yoga tantra, and highest yoga tantra--by describing the way to progress through their paths and levels. He illuminates key issues in tantric practice that are still a matter for debate within the tradition. Finally, he gives a special treatment of the unique methods of Kalacakra tantra, which is regularly taught around the globe by His Holiness the Dalai Lama.

With characteristic humility, His Holiness the Dalai Lama begins this landmark survey of the entire Buddhist path by saying, "I think an overview of Tibetan Buddhism for the purpose of providing a comprehensive framework of the path may prove helpful in deepening your understanding and practice." In this book, the Dalai Lama delivers a

presentation that is both concise and profound, accessible and engaging. As readers explore Tibetan Buddhism more fully than ever before, they will find in His Holiness a great friend and authority.

The Kalacakra Tantra (Kalacakra means "wheel of time") is a tradition of Buddhist theory and practice whose root text treats a fantastic expanse of knowledge ranging from observations of the cosmos to investigations of meditative states and vital bodily energies. In the Tibetan-speaking world, a public Kalacakra initiation remains the most sought-after event in the life of a devout Buddhist. The Fourteenth Dalai Lama has long had a strong connection with the Kalacakra Tantra; he brought the initiation to the West in 1981, performing it in the United States, Switzerland, Spain, and Australia. This volume has been created to celebrate his long involvement with the Kalacakra teachings. The twenty-five contributors, scholars who have made tantric studies their specialty, have contributed translations of works by great Indian and Tibetan Kalacakra

masters, analyses of historical figures, methods of practice, essays on medicine ritual expertise, and ethical discipline. The collection also includes practical advice for Western students and practitioners from contemporary Tibetan Kalacakra masters. A groundbreaking English translation of a key tantric text in the history of Indo-Tibetan Buddhism. This volume contains an English translation of the "root text" of the Tara-mula-kalpa, a scripture-ritual compendium that captures an important Buddhist tantric tradition in mid-formation. In this regard it is utterly unique and unlike any other text in the Buddhist canon. Its contents document the emergence of the quintessential female Buddha Tara in seventh-century India. As her popularity grew, her cult spread throughout Southeast Asia, as well as Tibet, where she became revered as the "Mother" of the Tibetan people. Tara is worshiped for a variety of reasons, from health and long life, to wealth, protection from enemies, and ultimately, the mind of enlightenment. Her presence pervades the evolution of

**Buddhism in Tibet, including within royal circles, as well as mentor and guide to many important Buddhist scholars, practitioners, and lineage holders.**

**An Introduction**

**The Great Exposition of Secret Mantra : Lati Rinpochay; Associate Ed. for Tsongka-pa's Text : Geshe Gedün Lodrö; Assistant Ed. for the Dalai Lama's Commentary : Barbara Frye**

**Guide to the Deities of the Tantra Teachings by Early Dzogchen Masters on the Tantra, Professing the Qualities of Manjusri**

**Tantric Grounds and Paths**

**Bla Ma Lnga Bcu Pa'i Rnam Bshad Slob Ma'i Re Ba Kun Skong**

**Essays on the Kalacakra Tantra in Honor of H.H. the Dalai Lama**

**How to Begin, Progress On, and Complete the Vajrayana Path**

Best known today as the author of the Life of Milarepa, Tsangnyön Heruka (1452–1507) was one of the most influential mad yogins of Tibet. Stefan Larsson's Crazy for Wisdom, describes Tsangnyön Heruka's life, based on narratives by his disciples, and examines an unexpected aspect of fifteenth-century Tibetan Buddhist practice.

The premiere volume of Thupten Jinpa's thirty-two-volume Library of Tibetan Classics series, inaugurated to coincide with the Dalai Lama's conferral of the initiation rite of Kalacakra in Toronto in April 2004. The Kalacakra, or "wheel of time," tantra likely entered Indian Mahayana Buddhism around the tenth century. In expounding the root tantra, the Indian master Pundarika, one of the legendary Kalki kings of the land of Shambhala, wrote his influential Stainless Light. Ornament of Stainless Light is an authoritative Tibetan exposition of this important text, composed in the fifteenth century by Khedrup Norsang Gyatso, tutor to the Second Dalai Lama. One of the central projects of Kalacakra literature is a detailed correlation between the human body and the external universe. In working out this complex correspondence, the Kalacakra texts present an amazingly detailed theory of cosmology and astronomy, especially about the movements of the various celestial bodies. The Kalacakra tantra is also a highly complex system of Buddhist theory and practice that employs vital bodily energies, deep meditative mental states, and a penetrative focus on subtle points within the body's key energy conduits known as channels. Ornament of Stainless Light addresses all these topics, elaborating on the external universe, the inner world of the individual, the Kalacakra initiation rites, and the tantric stages of generation and completion, all in

a highly readable English translation.

'Karma', 'Nirvana', 'Dalai Lama' ... Tibetan Buddhism is becoming increasingly common and fashionable in Western media - but this familiarity can cause its teachings and message to be misunderstood. If we are to truly learn from the rich and noble Tibetan tradition we must look beyond adverts and lifestyle magazines, exotic artifacts and spiritual sound-bites. Sangharakshita is ideally suited as our guide through the vast realm of Tibetan Buddhism, having spent many years in contact with Tibetan lamas of all schools, from whom he received several initiations. This down-to-earth account of the origin and history of Buddhism in Tibet explains the essentials of the tradition and can act as the starting point for our own noble journey.

His Holiness the Dalai Lama illuminates the highly practical and compassionate use of Tantra for spiritual development in this important classic work. Yoga Tantra is the third volume in The Great Exposition of Secret Mantra series in which the Dalai Lama offers illuminating commentary on Tsongkhapa's seminal text on Buddhist tantra. It is preceded by Volume I: Tantra in Tibet and Volume II: Deity Yoga. This work opens with His Holiness the Dalai Lama presenting the key features of Yoga Tantra then continues with Tsongkhapa's section of the main text focusing on this class of tantra. This is followed by an overview of the central practices of

the five manifest enlightenments and the four seals written by Khaydrub Je (Khaydrub Geleg Palsang), one of Tsongkhapa's main students and the first in the line of Panchen Lamas. Jeffrey Hopkins concludes the volume with an outline of the steps of Yoga Tantra practice, which is drawn from the Dalai Lama's, Tsongkhapa's, and Khaydrub Je's explanations.

White Lama

An Explanation of the Precepts for Buddhist  
Vajrayana Practice

Development Stage Meditation in Tibetan Buddhist  
Tantra

The Great Exposition of Secret Mantra, Vol. 1  
Tantric Ethics

The World of Tibetan Buddhism

Introduction to Tantra

Heart Practice of the Six Yogas of Naropa