



A Practice of Padmasambhava: Essential Instructions On The Path To Awakening

By Sechen Gyaltsap, Rinchen Dargye

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The Indian master Padmasambhava occupies a special place in the hearts of practitioners of Tibetan Buddhism. By bringing tantric Buddhism to Tibet from India, he inspired a movement of awakening that for centuries has brought countless practitioners to spiritual fulfillment.

A Practice of Padmasambhava presents two practical and compelling works related to a visualization and mantra practice of Padmasambhava. This practice is based on the most important revelation of the renowned nineteenth-century treasure revealer Chokgyur Lingpa, *Accomplishing the Guru's Mind: Dispeller of All Obstacles*. These two works give an introduction to the preliminary trainings, outline the primary elements of visualization practice and mantra recitation, and supply a detailed explanation of the practice of Padmasambhava's wisdom aspect, Guru Vadisimha. Through practical step-by-step instructions on this deity, the reader is guided into the general world of tantric practice common to all of Tibetan Buddhism.

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Editorial Review

Review

"These two works give an introduction to the preliminary trainings, outline the primary elements of visualization practice and mantra recitation, and supply a detailed explanation of the practice of Padmasambhava's wisdom aspect Guru Vadisimha. Through practical, step-by-step instructions on this deity, the reader is guided into the general world of tantric practice common to all of Tibetan Buddhism. These two authentic manuals give the reader practical understanding of Mahayoga, the foundation for the inner tantras, in all its incredible depth. They are a true treasury of powerful tools to transform the habitual ways of our human condition into the path of enlightenment."—Eric Pema Kunsang, compiler and translator of *Wellsprings of the Great Perfection: The Lives and Insights of the Early Masters*

"What does it mean to have a precious human life? How can we make use of it when we have no idea how long it will last? What is the use of trying to be good? What is the difference between the fleeting happiness that constantly slips through our fingers and true contentment? Whether one is a newcomer to Tibetan Buddhism, considering taking a step onto its path, or an old hand at meditation practice, the four reflections that Shechen Gyaltsap lays out on the preciousness of human life, impermanence, karma, and the ultimately dissatisfying quality of life are sure to inspire us to take hold of our lives."—from the Introduction

About the Author

Rinchen Dargye was a direct disciple of the great treasure revealer Chokgyur Lingpa and was a prolific writer on all aspects of tantric thought and practice.

Users Review

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John Lien:

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