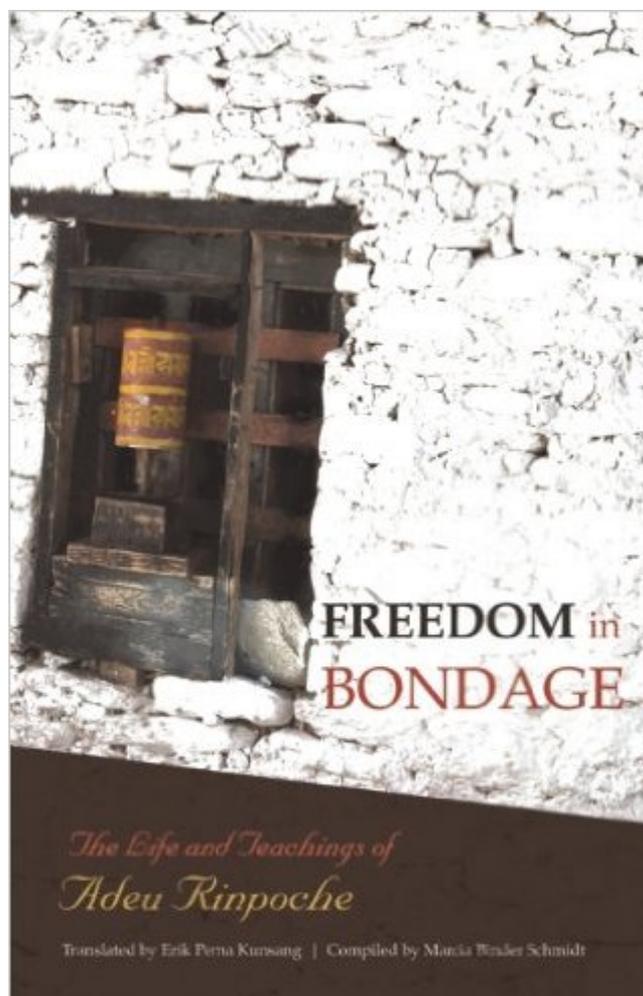


The book was found

Freedom In Bondage



Synopsis

Adeu Rinpoche's story is not about the horrors he endured under the Communist takeover of Tibet--he himself notes that many other people underwent much worse hardships, not to mention all those that died--but rather the way in which he told his tale. While describing what happened to him and many others, how he survived and finally his release from prison he spoke in a straightforward, dignified manner without any resentment, anger or sadness. He never added mental anguish on top of an already untenable experience. He viewed what happened to him as a ripening of his own individual karma, he accepted responsibility for the abuse he suffered; in fact, he repeatedly stated that each person suffered according to their own karma, as he said, "I felt that whatever befalls you is a ripening of the specific karma that you created in the past." Adeu Rinpoche took the trauma and suffering as an opportunity not only to accept the vicissitudes of life without bitterness but also to transcend the unjust treatment by not harboring ill-will against the perpetrators, instead developing compassion for them. In the end he turned suffering into happiness, for even while imprisoned he was able to meet many great masters, receive teachings from them and even do some serious practice. It is truly inspiring that people exist in our world with such profound realization and accomplishment; they are examples to us all. This tale together with wonderful teachings presents a compassionate and wise face to the hardship Adeu Rinpoche and so many others endured and triumphed over. It is a banquet of realization, pith instructions and dignity.

Book Information

Paperback: 192 pages

Publisher: Rangjung Yeshe Publications (September 8, 2011)

Language: English

ISBN-10: 9627341665

ISBN-13: 978-9627341666

Product Dimensions: 5.5 x 0.5 x 8.5 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #730,727 in Books (See Top 100 in Books) #186 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > History](#) #857 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan](#) #4551 in [Books > Biographies & Memoirs > Leaders & Notable People > Religious](#)

Customer Reviews

An auspicious beginning: my new Kindle charging cord arrived yesterday, and this pre-ordered book arrived the moment I powered up. This book glows with a deep wisdom. Knowing little about the author at first, I ordered it expecting it to be more of a personal history of the Maoist Gulag. Boy, was I wrong. Rinpoche is a continuation of a long line of Tibetans who perfectly exemplify enlightened living: what he's lived and attained is the lesson here. Surrounded by 15 years of atrocities and blood, he many other lamas practice diligently and cultivate bodhichitta and understanding; in the midst of untold thousands of deaths, they still witness and celebrate rainbow bodies. The earlier part of the book is a series of connected lectures, with Q&A at the end of the chapters. The author's direct style and command of the material easily kept me focussed on the underlying simplicity and unity of Dzogchen and Mahamudra, without using any over-my-head philosophical concepts. And the way to make that as easy to experience as it is to say, he adds, is to practice, practice, practice. He offers several mental exercises for developing and stabilizing rigpa, as well as this promise: "This may sound like a distant dream to you, yet if you train diligently it is definitely possible." and we don't have to do it in a concentration camp. Adeu Rinpoche writes so effectively because, referring to Patrul Rinpoche, "when rigpa has been stabilized, then all activities will unfold as an expression of awareness ... even writing is brought out of the treasure mind of the dharmakaya." A treat for the reader.

This book is special. The oral instructions transcribed in this book are from the heart, in the best vajrayana sense. In the american idiom, "from the heart" indicates sincerity and honesty, qualities that are thankfully common in buddhist instruction. Adeu Rinpoche surpasses this with naked intimacy, as close family, and lays bare the path of training in awareness, holding nothing back. The opportunity to receive instruction like this is exceedingly rare. The practice instructions are followed by a brief memoir, focusing on his time in the hands of the chinese. The first-person account is both a clear record of what happened to the tibetans, and a demonstration of how a practitioner accomplished in this training relates to intense suffering and death.

Full disclosure: Years ago I received teachings from Adeu Rinpoche. His reply to my question during the Q and A after his lecture helped me to make a big decision in my life. The book itself describes his experiences as a prisoner of the Chinese Communists for many years and how he was able to maintain his dharma practice.

Wonderful, simple teachings on a profound subject, by a great master whose mind remained

compassionate and wise amidst great horror.

Very beautiful an moving...

[Download to continue reading...](#)

My Bondage and My Freedom (Penguin Classics) Frederick Douglass : Autobiographies : Narrative of the Life of Frederick Douglass, an American Slave / My Bondage and My Freedom / Life and Times of Frederick Douglass (Library of America) Freedom In Bondage Psycho Girls In Bondage: Classic Fetish Art And Fiction (Klaw Klassix) The Bondage Breaker™ Youth Edition The Bondage of the Will Rivers of Gold, Lives of Bondage: Governing through Slavery in Colonial Quito The Bondage Breaker™: Overcoming *Negative Thoughts *Irrational Feelings *Habitual Sins He Did Deliver Me From Bondage (20th Anniversary Edition) Journey to a New Beginning after Loss: Freedom from the Pain of Grief and Disappointment (Journey to Freedom) Freedom's Landing (Freedom Series) Freedom's Challenge (Freedom Series) Freedom's Choice (Freedom Series) Freedom's Ransom (Freedom Series) The Whole30: The 30-Day Guide to Total Health and Food Freedom The Four Agreements: A Practical Guide to Personal Freedom (A Toltec Wisdom Book) Stylish Dress Book: Wear with Freedom 25,000 Years of Erotic Freedom I'll Take You There: Mavis Staples, the Staple Singers, and the March up Freedom's Highway The Freedom Guide for Music Creators

[Dmca](#)