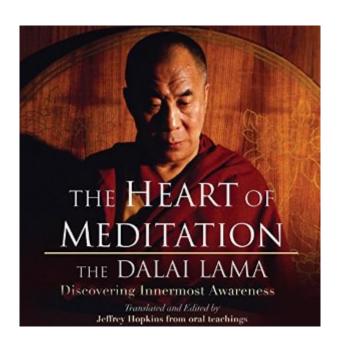
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The Heart Of Meditation: Discovering Innermost Awareness





Synopsis

His Holiness the Dalai Lama provides intimate details on an advanced meditation practice called Dzogchen using a visionary poem by the 19th-century saint Patrul Rinpoche, author of the Buddhist classic Words of My Perfect Teacher. The Dalai Lama deftly connects how training the mind in compassion for other beings is directly related to - and in fact a prerequisite for - the very pinnacle of Buddhist meditation. He presents his understanding, confirmed again and again over millennia, that the cultivation of both compassion and wisdom is absolutely critical to progress in meditation and goes into great depth on how this can be accomplished. While accessible to a beginner, he leads the listener in very fine detail on how to identify innermost awareness - who we really are - how to maintain contact with this awareness, and how to release oneself from the endless stream of our thoughts to let this awareness, always present, become consistently apparent.

Book Information

Audible Audio Edition

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Eastern Religions #152 in Books > Politics & Social Sciences > Philosophy > Eastern >

Buddhism > Tibetan

Customer Reviews

All meditation practices must come to this: Innermost Awareness. The Dalai lama clarifies a short and profound poem written in the $1800\tilde{A}\phi\hat{A}$ \hat{A}^{TM} s by Dza Patrul Jingme Chokyi Wangpo that strikes to the heart of the matter. All other meditation practices lead to this; direct perception of innermost awareness that maintains itself during meditation and afterwards in the non-meditation. $\tilde{A}\phi\hat{A}$ $\hat{A}ce$ When you are able to stay within the experience of the already identified basic nature $\tilde{A}\phi\hat{A}$ \hat{A} the true foundation and mode of release $\tilde{A}\phi\hat{A}$ \hat{A} without losing it, by not

This is an incredible book. Whether you are just interested in the Dalai Lama, or are a practicing Buddhist, this book has a lot to offer across this spectrum. His Holiness' warmth, compassion, and kindness of course come our, but it is his incredible intellect and sharpness that was so powerful for me.

A clear guide to deep meditation practice. Worthwhile for long term practitioners.

A very current and excellent teaching on Dzochen meditation practice. While anyone can get a lot from this book, it is an advanced teaching and practice.

The teachings of the Dalai Lama is based upon the works of Nagarjuna, which have a limited perspective.

Perfect! Just as described

Not to demean the importance of His Holiness, but I find his teachings difficult to read. He attempts to write to the Collective Consciousness and the Individual at once. I far more prefer Rowan Williams on Buddhist thought. If you want traditional Buddhism, seek out the strange, but effective, writings of the former Archbishop of Canterbury.

A truly excellent book.

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