



## The Meditator's Nest (2 Vols-Set)

By Khenpo Jamyang Tenzin

Vajra Books, 2016. Soft cover. Book Condition: New. 1st Edition. Contents: Preface. Introduction. Stage One. Taking a safe direction in life. 1. Confidence and trust: going for refuge. Stage Two. Setting priorities: turning towards the Dharma. 2. Appreciating what we have: the value of a precious human life. 3. Cultivating a sense of urgency: contemplating impermanence and death. 4. Taking responsibility: reflections on karma-actions and their results. 5. Longing for true freedom: contemplating the faults of samsara. Stage Three. A change of heart: for the benefit of all. 6. Opening the heart: cultivating loving-kindness. 7. Cultivating compassion. 8. Bodhicitta: generating the resolve to become a Buddha. 9. Applied bodhicitta in meditation: cultivating equality and exchanging oneself for others. 10. Applied bodhicitta in daily life: the practice of the paramitas. Stage Four. Learning to see. 11. Bringing the mind home: the practice of shamatha, calm abiding. 12. Seeing reality as it is: the practice of vipashyana, superior insight. Appendix: The seven-limb practice from The Aspiration of Samantabhadra. Glossary. Bibliography. Drawing from his scholastic and contemplative training, as well as his personal understanding of modern life, Khenpo Jamyang Tenzin offers excellent guidance to both beginners and experienced practitioners on the Buddhas way....



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