Mantras and Mudras

By Lillian Too

Genre : Buddhism

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Mantras and Mudras by Lillian Too is a book that introduces beautiful Buddhist mantras and mudras, used by meditators to open doors within. This book shares beautiful Buddhist mantras and mudras, used by countless meditators to experience the matchless bliss of spiritual awakening. The book is dedicated to Lillian Too's teacher, Lama Zopa Rinpoche. Mantras and Mudras takes you through preparations such as purifying the space and ground, making dedications and generating motivation, to the mantras themselves – the six-syllable OM MANI PADME HUM mantra; mantras for purifying negative karma; mantras for healing; mantras for longevity, etc. Finally, Lillian explains the use of special mantras – such as “White Light” Meditation, how to chant mantras, hanging prayer flags and using prayer wheels. About the author Lillian Too is a longtime Buddhist practitioner and best-selling author of books on feng shui. She lives in Kuala Lumpur, where she devotes time to her Buddhist practice; her daughter, Jennifer; to writing her books; contributing to numerous magazines; and running her own publishing company, all of which she does with marked success. She is the author of The Illustrated Encyclopedia of Feng Shui and The Complete Illustrated Guide to Feng Shui, among others.

More Recommended Books

El gemelo de Jesús

By : James Heisig

El Evangelio de Tomás , cuyo texto ha permanecido perdido durante dieciséis siglos, ofrece una visión de las enseñanzas de Jesús distinta de cualquier otra. Después de un repaso general a la historia del análisis erudito del texto, dicho a dicho, Heisig atrae al lector a la tesis central del libro: ser discípulo de Jesús significa despertar al reino del “no nacido” en uno mismo y, al hacerlo, uno se convierte en su gemelo. El lector contemporáneo identifica con facilidad los vinculos del texto con algunas de las enseñanzas fundamentales de la tradición budista. Heisig sugiere que, como texto sagrado, El Evangelio de Tomás tiene la capacidad no sólo de alumbrar el camino hacia el budismo a los cristianos, sino también de potenciar la recuperación de la tradición mística cristiana como puente entre caminos religiosos.

Awakening to the Sacred

By : Lama Surya Das

Lama Surya Das, author of the bestselling Awakening the Buddha Within , is the most highly trained
American lama in the Tibetan tradition. In this elegant, inspiring book, he integrates essential Buddhist practices with a variety of other spiritual philosophies and wisdom traditions, to show you how to create a personalized spiritual practice based on your own individual beliefs, aspirations, and needs. Through reflections on his own life quest, thoughtful essays, and entertaining stories, Surya Das examines the common themes at the heart of any spiritual path, including faith, doubt, love, compassion, creativity, self-inquiry, and transformation. He then explores prayer, yoga, chanting, guided meditations, breathing exercises, and myriad other rituals, providing practical examples of each that we can use day-to-day to nurture our inner spirit. From the Trade Paperback edition.

El yoga de Avalokiteshvara de mil brazos

By : Gueshe Kelsang Gyatso

Avalokiteshvara de mil brazos es la personificación de la compasión de todos los Budas. Si realizamos la sadhana -ritual de oraciones para alcanzar realizaciones espirituales- de la práctica de autogeneración como Avalokiteshvara de mil brazos, recibiremos bendiciones especiales de este Buda de manera continua, con lo cual disfrutaremos de paz interior y tendremos una mente apacible en todo momento. Además, progresaremos en nuestra práctica de Dharma con rapidez y lograremos controlar nuestras mentes de odio, apego y aferramiento propio. A nivel último alcanzaremos la compasión universal de un Buda y la felicidad suprema de la iluminación.

Waking, Dreaming, Being

By : Evan Thompson

A renowned philosopher of the mind, also known for his groundbreaking work on Buddhism and cognitive science, Evan Thompson combines the latest neuroscience research on sleep, dreaming, and meditation with Indian and Western philosophy of mind, casting new light on the self and its relation to the brain. Thompson shows how the self is a changing process, not a static thing. When we are awake we identify with our body, but if we let our mind wander or daydream, we project a mentally imagined self into the remembered past or anticipated future. As we fall asleep, the impression of being a bounded self distinct from the world dissolves, but the self reappears in the dream state. If we have a lucid dream, we no longer identify only with the self within the dream. Our sense of self now includes our dreaming self, the "I" as dreamer. Finally, as we meditate—either in the waking state or in a lucid dream—we can observe whatever images or thoughts arise and how we tend to identify with them as "me." We can also experience sheer awareness itself, distinct from the changing contents that make up our image of the self. Contemplative traditions say that we can learn to let go of the self, so that when we die we can witness its dissolution with equanimity. Thompson weaves together neuroscience, philosophy, and personal narrative to depict these transformations, adding uncommon depth to life's profound questions. Contemplative experience comes to illuminate scientific findings, and scientific evidence enriches the vast knowledge acquired by contemplatives.

Uma oferta do Dhamma

By : Ajahn Chah

"Uma Oferta de Dhamma" é uma selecção de palestras de Ajahn Chah que vão ao encontro de todos aqueles com interesse na meditação e em alcançar um modo de vida mais calmo, bem como, maior entendimento das condições que nos governam, almejando assim a redução do sofrimento e a aquisição de paz permanente.

The Little Book of Buddhist Virtue

By : Eric Van Horn
In the Buddha’s system of teaching, the foundation for his entire path is the practice of virtue. This includes his instructions on ethics and morality, as well as the often misunderstood teachings on karma. The Little Book of Buddhist Virtue shows the many contexts in which the Buddha described the practice of virtue. These include an endearing discourse to his 7-year-old son Rahula on proper behavior. There is also a discussion of generosity and the five moral precepts, his explanation of virtue as a “gift that we give to the world”, and the virtue division of the Four Noble Truths. The final section describes each of the Ten Perfections – the paramis (Pāli), or paramitas (Sanskrit) - using stories from the Buddhist folk tales, the Jātaka stories. Most importantly this Little Book shows that ethics and morality is not a burden, but the path to a noble and happy life.

The Buddha In Daily Life

By: Richard Causton Causton
Nichiren Daishonin Buddhism encourages the belief that, through its faith and practices, spiritual and material blessings and benefits can be available to everyone in this life. Needs can be met, and success achieved, not merely for oneself but for others (and the world) through dedication to the Lotus Sutra, a central teaching of Buddhism. It combines these personal objectives with the commitment to world peace, ecology and the easing of suffering, especially, AIDS. Attracting such well known followers as Jeff Banks, Sandie Shaw, Tina Turner and Roberto Baggio, Nichiren Daishonin Buddhism is rooted in a Buddhist tradition going back to the teachings of Nichiren in the 13th century, and is part of an international movement based in Japan.

Por-Mae-Poo-Sadaeng-Lok พ่อแม่แสดงโลก

By: Ajahn Jayasaro
พ่อแม่คือผู้แสดงโลกให้ลูกเห็น พุทธพจน์นี้มีความหมายอย่างไร? พระธรรมเทศนาโดยพระอาจารย์ชยสาโร

Mania de sofrer

By: Bel Cesar
Em "Mania de sofrer", Bel Cesar, psicóloga clínica e praticante do Budismo Tibetano, apresenta ao leitor suas considerações acerca da Roda da Vida. A Roda da Vida foi uma imagem criada por Buddha Shakyamuni como presente para um amigo, que era rei. Ela explica com clareza os principais aspectos da psicologia budista, como origem do sofrimento, suas causas e a maneira de desenvolver gradualmente a concentração e a sabedoria, para transcendermos nossos sofrimentos psicológicos e encontrarmos a paz interior. Além da leitura que Bel Cesar faz sobre a Roda da Vida, ela discorre sobre os Doze Elos da Existência Interdependente e os Seis Reinos da Existência Cíclica: ensinamentos do Budismo Tibetano que mostram a cadeia de eventos mentais que sustentam no homem a Mania de Sofrer. De maneira clara e objetiva, a autora compartilha com o leitor as práticas e os ensinamentos que recebeu de seu mestre Lama Gangchen Rinpoche e suas experiências pessoais na psicologia ocidental. Não são textos acadêmicos, mas reflexões sobre como podemos transformar a habitual "mania de sofrer" em sabedoria intuitiva, para não tornar crônico o sofrimento em nossas vidas.

The Eight Gates of Zen

By: John Daido Loori
This accessible introduction to the philosophy and practice of Zen Buddhism includes a program of study that encompasses practically every aspect of life. The American Zen teacher John Daido Loori shows us that Zen practice should include not only meditation, the study of Zen literature and liturgy, and moral and ethical action, but should also manifest in work, artistic, and everyday activities. The Eight Gates are: 1. Zazen, a type of meditation described as "sitting Zen" 2. Face-to-face meetings
Second Mantra and Mudra. Mantra - Hulu Deyata Baisay