

The Essentials of Buddhist Meditation, 2009, 236 pages, Shramana Zhiyi, 1935413007, 9781935413004, Kalavinka Press, 2009

"The Essentials of Buddhist Meditation" is a classic Buddhist meditation instruction manual deeply rooted in the Indian Buddhist "calming-and-insight" meditation tradition. Within its tradition, it is the universally-acknowledged standard beginning-to-intermediate meditation manual, one which offers perhaps the most reliable, comprehensive, and practically-useful Buddhist meditation instruction currently available in English. The author of "The Essentials" is the sixth-century monk and meditation master, Shramana Zhiyi (Chih-i), one of the most illustrious figures in the history of Chinese Buddhism. Master Zhiyi is famous for his role in the founding of the Tiantai teachings lineage and for his authorship of a quartet of meditation manuals of which this is one. The translator of this volume is the American monk, Bhikshu Dharmamitra, a translator of numerous classic works from the Indian and Chinese Buddhist traditions.

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The Lotus Sutra , , 1993, Religion, 359 pages. Since its appearance in China in the third century, The Lotus Sutra has been regarded as one of the most illustrious scriptures in the Mahayana Buddhist canon. The object of.

Nagarjuna's Guide to the Bodhisattva Path , Arya Nagarjuna, 2009, Religion, 203 pages. This text is a translation of The Bodhisambhara Shastra ("Treatise on the Provisions for Enlightenment"), written by Arya Nagarjuna, the early Indian monk (ca 2nd c.) who is.

Zen Training: Methods and Philosophy , Kazuki Sekida, 2001, Meditation, 258 pages. .

«Бодхисаттвы: Глубокие учения о счастье, освобождении, и пути» — A Bodhisattva's Profound Teachings on Happiness, Liberation, and the Path, Arya Nagarjuna, Feb 1, 2009, Philosophy, 236 pages. This volume presents Bhikshu Dharmamitra's translation of Tripitaka Master Paramartha's earliest (ca 550 ce) complete edition of "The Ratnavali," one of Arya Nagarjuna's most.

The Six Dharma Gates to the Sublime A Classic Meditation Manual on Traditional Indian Buddhist Meditation, Shramana Zhiyi, Feb 1, 2009, Religion, 160 pages. "The Six Gates to the Sublime" is a classic Buddhist meditation instruction manual explaining the six practices crucial to success in traditional Indian Buddhist breath-focused.

Foundations of T'ien T'ai Philosophy The Flowering of the Two Truths Theory in Chinese Buddhism, Paul Loren Swanson, Jan 1, 1989, Philosophy, 399 pages. A chronological account of the development of the Two-Truth theory which forms the foundation of T'ien T'ai philosophy, the teaching of the Threefold Truth, and includes an.

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Vasubandhu's Treatise on the Bodhisattva Vow A Discourse on the Bodhisattva's Vow and the Practices Leading to Buddhahood : Treatise on the Generating the Bodhi Resolve Sutra, Vasubandhu, 2009, Religion, 155 pages. This volume presents Bhikshu Dharmamitra's translation of a treatise on the meaning of "The Sutra on Generating the Resolve to Become a Buddha." This work was written by the.

Stopping and Seeing A Comprehensive Course in Buddhist Meditation, Zhiyi, 1997, Body, Mind & Spirit, 207 pages. A study of the dynamics of Buddhist meditation explores the foundational principles of shamatha and vipashyana, or the process of stopping delusion and seeing truth, in a guide.

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