

Glimpses Along the Path: Songs of Mahamudra (Paperback)



*Glimpses Along
the Path*

Songs of Mahamudra

Preston McWhorter

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Reviews

*Absolutely essential go through ebook. It is actually rally intriguing throgh looking at time. I realized this ebook from my i and dad advised this publication to understand.
(Prof. Demetris Rau III)*

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Createspace, United States, 2013. Paperback. Book Condition: New. 234 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Description of Glimpses along the Path This work is about a series of experiences gained through mahamudra investigations. Mahamudra, Tibetan for the Great Seal Mahamudra investigations are undertaken to understand the nature of the mind which must be understood to experience reality which is the world without illusion. Most of the poems in this volume are my recollections of experiences achieved while meditating. Meditation strips the world of its illusions and allows it to be seen as it is. After each poem title there is a short statement about the content of the poem. Mahamudra Experiences The works that attempt descriptions of mahamudra experiences are as follow: Basic GoodnessComment: Attaining the experience of basic goodness is the beginning and the end of the path (which does not exist) to enlightenment. Mahamudra Mind Contemplation p. 17 Comment: Thoughts are the empty play of the mind. Ordinary Mind Practice Ordinary mind is the mind without thought or conceptuality. Intensity. 21A feeling experienced in meditation with no specific meaning Mahamudra Morning 24Comment: An experience of ground mahamudra; reality as it is. Mahamudra Sensations 25Comment: Sensations are empty thoughts that vanish when the cause is removed. Mahamudra Teachings p. 27In my opinion the rhetoric describing mahamudra experiences is overblown and exaggerated. Mahamudra s Answer p. 28 Comment: Experiences must be examined over and over again to attain a realization. Song of Mahamudra p. 30 Metaphors that give an idea (perhaps a feeling) of the mahamudra experience The Portrait 32Comment: Meditating on the picture one pointedly duality vanishes. The Three Poisons p. 33Comment: Strong negative emotions experienced and dealt with in meditation The View p. 34Comment: Buddha nature is at the center of all sentient beings....

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