



Mp3 CD

**From Longchenpa's Cave**  
*30 Pieces of Advice from the Heart*

**Retreat led by Arnaud Maitland with Spanish Translation**  
**Recorded at Ratna Ling Retreat Center**

# Longchenpas Advice From The Heart

**Clifford Lane**



## **Longchenpas Advice From The Heart:**

**Longchenpa's Advice from the Heart** Longchenpa, Chogyal Namkhai Norbu, 2008 Longchenpa Trime Oser 1308 1363 was one of the most important Dzogchen masters of Tibet His scriptural learning and realization were equal to those of the famous saints who graced the land of India and true to his words of advice his was a disciplined life spent in forests and mountain hermitages Longchenpa's Thirty Words of Advice are like nuggets of gold offered to us in his open hand so that their inspiration can turn our mind to a sincere and uncorrupted spiritual practice With his clear introduction to the principles and practice of Dzogchen Chogyal Namkhai Norbu sets in context the thirty words of advice and then proceeds to explain each one as the basis of Longchenpa's spiritual experience in a way that is relevant to us as individuals in our time

**The Life of Longchenpa** Jampa Mackenzie Stewart, 2014-02-04 The first complete English language life story of Longchenpa 1308 1364 one of the greatest masters in the history of Tibetan Buddhism Compiled from numerous Tibetan and Bhutanese sources including Longchenpa's autobiography and stories of his previous lives and subsequent rebirths The Life of Longchenpa weaves an inspiring and captivating tale of wonder and magic of extraordinary visions and spiritual insight set in the kingdoms of fourteenth century Tibet and Bhutan It also reveals for the first time fascinating details of his ten years of self exile in Bhutan stories that were unknown to his Tibetan biographers Renowned as a peerless teacher dedicated practitioner and unparalleled scholar Longchenpa thoroughly studied and mastered every one of the many Buddhist vehicles and lineages of teachings existing in Tibet at his time Through his radiant intellect and meditative accomplishment in both his teachings and written works he was able to reconcile the seeming discrepancies and contradictions between the various presentations of the view and the path within the many lineages of transmission His written works are also famous for being able to transfer true blessings just by reading or hearing his enlightened words A lyrical introduction by Venerable Yangthang Tulku Rinpoche on the significance of Longchenpa and the importance of his birth and teachings an essay by the late Khenpo Shenga 1871 1927 In Praise of Longchenpa plentiful illustrations and a comprehensive glossary round out this compelling tale *The Lamp That Enlightens Narrow Minds* Chogyal Namkhai Norbu, 2012-10-16 The Lamp That Enlightens Narrow Minds The Life and Times of a Realized Tibetan Master Khyentse Chakye Wangchug presents an engaging account of the life of Khyentse Chakye Wangchug a realized Tibetan tulku reincarnated lama or teacher The book's historical references provide a detailed portrait of Tibet on the verge of invasion and occupation by Chinese forces in the decades leading up to 1959 when Chinese repression led the Dalai Lama to take refuge in India Narrated by Chakye Wangchug's nephew author and international Tibetan teacher Chogyal Namkhai Norbu this inspired biography describes the extraordinary events of Chakye Wangchug's life during this momentous period in Tibetan history Born in 1909 in a valley south of Derge an ancient center of Tibetan culture Chakye Wangchug was recognized at an early age as a reincarnation of a tulku and thus received Buddhist teachings from the greatest masters of the epoch A privileged observer of his uncle's life Namkhai Norbu reveals the

complexity of Tibetan Buddhist hierarchy and the conflicts caused not only by Chinese forces but also by people close to Ch kyi Wangchug who had become members of factions motivated by bigotry and personal greed Despite the difficulties he encountered he maintained a state of equanimity and dedicated himself to a life of peace and compassion for all sentient beings Ultimately tortured and imprisoned by the Chinese he and two other realized Tibetan teachers passed away at the same moment while meditating

*Rainbow Body* Chogyal Namkhai Norbu, 2012-12-04 *Rainbow Body* The Life and Realization of a Tibetan Yogin Togden Ugyen Tendzin presents the remarkable life story of Togden Ugyen Tendzin 1888 1962 a Tibetan yogin who in death achieved the rainbow body the release of the physical body in the essence of the five elements and one of the highest spiritual attainments of Dzogchen recognized as the supreme level of Tibetan Buddhism His nephew Ch gyal Namkhai Norbu one of the greatest living masters of Dzogchen composed the book from his own recollections of his uncle as well as direct quotes from talks with the great yogin himself and his disciple Sala Karma Samten The book traces the yogin s childhood struggles the circumstances that led him to his teacher the eminent Adzom Drugpa and his difficult path to self realization Finally Ch gyal Namkhai Norbu relates the story of Ugyen Tendzin s death during imprisonment by the Chinese when witnesses discovered that though his sheepskin robe still sat upright his body was gone a testament to its having dissolved into the rainbow body

*Journey to Certainty* Anyen Rinpoche, Anyen, 2012-05-15 Approachable yet sophisticated this book takes the reader on a gently guided tour of one of the most important texts Tibetan Buddhism has to offer Certainty in this context refers to the unshakeable trust that develops as meditators discover for themselves the true root of reality In this authoritative presentation master teacher Anyen Rinpoche opens wide the storehouse of this richly philosophical text in a way that lets readers of all backgrounds easily benefit

**Indestructible Truth** Reginald A. Ray, 2002-07-23 One of the most thorough yet accessible introductions to the Tibetan Buddhist worldview ever published The author presents complex and sophisticated teachings and practices in nontechnical language using engaging stories and personal anecdotes to illustrate his points *Indestructible Truth* presents Tibetan Buddhism in its traditional form but also shows how the Tibetan traditions are applicable to the problems and challenges of modern life in the West In *Indestructible Truth* Tibetan Buddhism is introduced not as an exotic religion but rather as an expression of human spirituality that is having a profound impact on the modern world In addition it presents the point of view of meditation and the practice of the spiritual life paying special attention to contemplative practice and meditation as taught in the Kagyu and Nyingma schools

**A Gathering of Brilliant Moons** Holly Gayley, Joshua Schapiro, 2017-10-31 Deepen your meditation with advice on Buddhist practice from celebrated masters of Tibet s nonsectarian rim tradition For generations Buddhist masters in Tibet have composed sheldam poignant instructions tailored to the needs of their disciples in the form of short works of advice Often difficult to find in publication these works cover topics ranging from practicing while ill to sitting in solitary retreat to recognizing the nature of mind This collection focuses on an influential and inspiring generation of Buddhist teachers the

nineteenth century ecumenical or rim tradition of eastern Tibet A Gathering of Brilliant Moons provides lively translations of nineteen pithy and profound works by these great masters along with essays by their translators which explore the aesthetic qualities of their chosen works highlight their ecumenical features and comment on the journey of translation Includes works from Jamgon Kongtrul Dza Patrul Rinpoche Ju Mipham Rinpoche Dudjom Lingpa The Third Dodrupchen Do Khyents Tokden Sakya Sri Jikm Lingpa Shardza Tashi Gyaltsen Gets Mahapandita Shangton Tenpa Gyatso and Bamda Thupten Gelek Gyatso This book arose from a unique conference on Tibetan translation where the fourteen translators shared their process with each other and received feedback from their peers with a special focus on the literary aspects of the source texts As a reflection of this genesis the accompanying essays in this volume by the translators explore the aesthetic qualities of their chosen works highlight ecumenical features in them and comment on the journey of translation This unique book will be welcomed by religious scholars Buddhist practitioners and meditators *The Fearless Lion's Roar* Nyoshul

Khenpo,2015-07-28 This volume is a heartfelt intimate presentation of the entire system of the Nyingma tradition from sutra to tantra to Dzogchen the Great Perfection and how through it modern day practitioners can succeed in attaining fully realized buddhahood Inspiring stories of the great masters Longchenpa and Jigme Lingpa kindle the prerequisites of faith and devotion that are the basis for the practices that follow The Tibetan Buddhist master Nyoshul Khenpo Jamyang Dorje gave these talks during a three year retreat in France from 1982 to 1985 The Heart of Tibetan Buddhism Khenpo Sherab Sangpo,2024-03-19 Authentic and practical teachings on what lies at the heart of Tibetan Buddhism including karma

renunciation bodhichitta kindness preparing for death and much more Perfect for practitioners meditators and anyone who wishes to better understand their own mind this is an important message from a fresh voice within the tradition Discover thoughtful advice and applicable practices for following a genuine Buddhist path and living a meaningful life in this succinct book This profoundly graspable introduction to the heart of Tibetan Buddhism comes from a fresh voice within the tradition who has a growing online teaching presence Khenpo Sherab Sangpo studied for decades with some of modern history s greatest teachers in the Dzogchen lineage of Tibetan Buddhism achieving impressive theoretical knowledge and experiential realization This wide ranging book offers easy to follow teachings and practices to cultivate a kind mind bodhichitta in order to enter and progress along the Buddhist path toward death rebirth and enlightenment Included are Guided meditations on love compassion forgiveness the three precepts of body speech and mind and more Guided practices of tonglen phowa vase breathing and more Advice to handle difficult emotions in relationships like jealousy loneliness and attachment Teachings to develop love kindness and compassion for yourself and others Instructions to prepare you for death rebirth and enlightenment This is a book you will want to always keep with you as a reminder that this wisdom can ground you in daily life and beyond whether you re Buddhist or not **Wisdom Nectar** Dudjom Rinpoche,2023-08-29 Dudjom Rinpoche was one of the seminal figures in Tibetan Buddhism in the twentieth century yet very few of his religious writings have been

translated into English This volume contains a generous selection of his inspiring teachings and writings the core of which is a lengthy discussion of the entire path of Dzogchen including key instructions on view meditation and conduct along with direct advice on how to bring one's experiences onto the path Also included in this book in their entirety are the oral instructions tantric songs and songs of realization from His Holiness's Collected Works along with a generous selection of the aspiration and supplication prayers

*Apparitions of the Self* Janet Gyatso, 2020-11-10 *Apparitions of the Self* is a groundbreaking investigation into what is known in Tibet as secret autobiography an exceptional rarely studied literary genre that presents a personal exploration of intimate religious experiences In this volume Janet Gyatso translates and studies the outstanding pair of secret autobiographies by the famed Tibetan Buddhist visionary Jigme Lingpa 1730-1798 whose poetic and self-conscious writings are as much about the nature of his own identity memory and the undecidabilities of autobiographical truth as they are narrations of the actual content of his experiences Their translation in this book marks the first time that works of this sort have been translated in a Western language Gyatso is among the first to consider Tibetan literature from a comparative perspective examining the surprising fit as well as the misfit of Western literary theory with Tibetan autobiography She examines the intriguing questions of why Tibetan Buddhists produced so many autobiographies far more than other Asian Buddhists and how autobiographical self-assertion is possible even while Buddhists believe that the self is ultimately an illusion Also explored are Jigme Lingpa's historical milieu his revelatory visions of the ancient Tibetan dynasty and his meditative practices of personal cultivation The book concludes with a study of the subversive female figure of the Dakini in Jigme Lingpa's writings and the implications of her gender her sexuality and her unsettling discourse for the autobiographical subject in Tibet

*The Precious Treasury of Pith Instructions* Klong-chen-pa Dri-med-'od-zer, Richard Barron, 2006

*Being Human and a Buddha Too* Anne Klein, 2023-08-15 In writing that sparkles and inspires Anne Klein Lama Rigzin Drolma shows us how to liberate our buddha nature to be both human and a buddha too This first volume in the House of Adzom series centers on Longchenpa's seven trainings in bodhicitta our awakened mind the ultimate purpose of our practice and training Anne Klein's original composition masterfully weaves in Adzom Paylo Rinpoche's commentary and Jigme Lingpa's five pith practices and commentary on the trainings in keeping with Longchenpa's skillful integration of sutra tantra and Dzogchen to resolve our most challenging questions about what awakening involves and how it relates to the truth of our human situation right now As foundational teachings for Dzogchen practitioners the seven trainings are framed as contemplations on impermanence the adventitiousness of happiness and its short duration the multiple causes of death the meaninglessness of our worldly activities reliance on the Buddha's good qualities the teacher's pith instructions and ultimately nonconceptual meditation on bliss and emptiness clarity and emptiness and reality itself

**A Marvelous Garland of Rare Gems** Jam-dbyans-rdo-rje, 'Jam-dbyaṅs-rdo-rje (Smyo-śul Mkhan-po.), Richard Barron, 2005 Presents a comprehensive history of the Nyingtik lineage which forms the core of the teachings known as Dzogchen

*Always*

*Remembering Jigme Phuntsok*, 2019-05-28 The poems and teachings of a beloved Buddhist master vividly presented so that readers feel they are listening to the precious and renowned teachings of His Holiness directly and learning how to live with more joy and ease His Holiness Jigme Phuntsok was a prominent teacher in the Nyingma tradition of Tibetan Buddhism He was recognized as a tertön and renowned for his mastery of Dzogchen and his visionary activities including the establishment of the nonsectarian Buddhist community of Larung Gar one of the largest monastic settlements in the world and a vibrant Buddhist teaching center that has contributed enormously to the resurgence of Buddhism in Tibet and China In memory of the thirteenth anniversary of Rinpoche's passing this book was compiled of his precious and renowned teachings It includes stories of the lives of great masters as well as teachings on the principle of cause and effect keeping an open mind toward all religious traditions spreading the Dharma and benefiting sentient beings and mastering what to adopt and what to abandon Readers will also learn about Tibetan culture customs and the many kinds of Tibetan tulku His Holiness Jigme Phuntsok's heartfelt advice on how to improve interpersonal relationships enables us to live with more ease and joy Five poems by Jigme Phuntsok in both Tibetan and English translation enrich the teachings with His Holiness's poetic voice     **Natural**

**Perfection** Longchen Rabjam, 2012-06-25 Dzogchen or the Great Perfection is considered by many to be the apex of Tibetan Buddhism and Longchen Rabjam is the most celebrated of all the saints of this remarkable tradition Natural Perfection presents the radical precepts of Dzogchen pointing the way to absolute liberation from conceptual fetters and leading the practitioner to a state of pure natural integration into one's true being Transcending the Tibetan context or even the confines of Buddhist tradition Longchen Rabjam delivers a manual full of practical wisdom Natural Perfection is a shining example of why people have continued to turn to the traditions of Tibet for spiritual and personal transformation and realization Keith Dowman's illuminating translation of this remarkable work of wisdom provides clear accessibility to the profound path of Dzogchen in the here and now     *Enlightened Vagabond* Matthieu Ricard, 2017-07-18 Colorful stories about and profound

teachings of Patrul Rinpoche one of the most impactful teachers and thinkers in the Tibetan tradition from the nineteenth century The life and teachings of the wandering yogi Patrul Rinpoche a highly revered Buddhist master and scholar of nineteenth century Tibet come alive in true stories gathered and translated by the French Buddhist monk Matthieu Ricard over more than thirty years based on the oral accounts of great contemporary teachers as well as written sources Patrul's life story reveals the nature of a highly realized being as he transmits the Dharma in everything he does teaching both simple nomads and great lamas in ways that are often unconventional and even humorous but always with uncompromising authenticity     **Wisdom Nectar** Bdud-'joms 'Jigs-bral-ye-śes-rdo-rje, 2005-06-30 This volume contains a generous selection

of inspiring teachings and writings the core of which is a lengthy discussion of the entire path of Dzogchen     *A Dakini's Counsel* Sera Khandro, 2024-05-21 Translated here for the first time a collection of heartfelt and intimate advice for Buddhist practice from the modern female Buddhist teacher Sera Khandro Dewai Dorje 1892-1940 revealing her firsthand experiences

as a mother wife consort and spiritual teacher of the Dzogchen tradition of Tibetan Buddhism Sera Khandro Dewai Dorje was a rare example of a well known Tibetan woman renowned as a teacher in the modern era While there are many notable female figures in Tibetan Buddhist history very few left a collection of poetic autobiographical and devotional writings as extensive as Dewai Dorje Both biographical and instructional this is a collection of advice prayers dreams prophecies and treasures terma from within the Tibetan Buddhist tradition of Dzogchen a Buddhist practice on resting in the nature of mind Typically seen as high level practices these Dzogchen and other instructions are presented in Dewai Dorje s highly personal and accessible voice This collection of practice instructions is a window into the inner experience of a beautiful woman in love who single pointedly pursued a life of Dharma Born to a wealthy and powerful father in Lhasa she left home and became a dedicated Dharma practitioner living as an unaccompanied female in the wilds of eastern Tibet in the early 1900s She became a wife mother and then consort and wrote of both highly spiritual and highly personal experiences from spiritual realization to grief

**Dreaming Reality** Vladimir Miskovic, Steven Jay Lynn, 2025-02-04 Dreaming Reality looks to mystical traditions to challenge orthodoxies of brain science that model consciousness in purely physical terms Instead of privileging the experience of waking life the authors study visionary states ego death meditation prayer and other phenomena that bring us closer to understanding how the mind makes experience



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### **Longchenpas Advice From The Heart Introduction**

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web 1 contribute to the development of whs issue resolution processes 1 1 identify relevant standards whs laws and  
organisational policies procedures processes and systems that apply to the resolution of whs issues 1 2 review sufficiency of  
existing issue resolution processes and compliance with whs laws and related documentation

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