



# It's Up to You

*The Practice of  
Self-Reflection on  
the Buddhist Path*

DZIGAR KONGTRÜL

*Foreword by Pema Chödrön*

# Its Up To You The Practice Of Self Reflection On The Buddhist Path

**Pema Chodron**



## **Its Up To You The Practice Of Self Reflection On The Buddhist Path:**

**It's Up to You** Dzigar Kongtrul, Helen Berliner, 2006-10-10 On the spiritual path we speak of enlightenment But how do we reconcile the idea of enlightenment with what we see when we look in the mirror when insecurities doubts and self centered tendencies arise in our minds Dzigar Kongtrul suggests that we need not feel doomed when these experiences surface In fact such experiences are not a problem if we are able to simply let them arise without judging them or investing them with so much meaning This approach to experience is what Kongtrul calls self reflection Self reflection is a practice a path and an attitude It is the spirit of taking an interest in that which we usually try to push away When we practice self reflection we take liberation into our own hands and accept the challenge and personal empowerment in Kongtrul's title it's up to you

*Weaving the Paths of Buddhism and Psychotherapy* Helen Carter, 2023-08-29 Weaving the Paths of Buddhism and Psychotherapy is an empathic guide to integrating Eastern and Western wisdom traditions that share the common goal of easing distress Following the so called mindfulness revolution there has been a surge in interest as to how Buddhism's overarching view on suffering may enhance therapeutic practice This book is not just a clinical text it is a first person account of one Buddhist therapist educator's lived experience of bringing Buddhism into the very personal and relational experience of psychotherapy Western trained therapists will recognize key concepts the existential underpinnings of distress driver behaviour and scripts modifications to contact such as projection and introjection relational conditions for healing ethical considerations and working with complex presentations and trauma among others Through autobiographical vignettes and case study material the book offers an invitation to all therapists to consider their own practice of human being

**The Power of an Open Question** Elizabeth Mattis Namgyel, 2010-09-14 A bold playful and invigorating look at how asking challenging questions without expectations can lead Buddhist practitioners to powerful spiritual insights Pema Chodron How do we find a resting place in a world that is complex and always changing How do we practice spirituality beyond the limits of blind acceptance and doubt Elizabeth Mattis Namgyel proposes that when we ask challenging questions like these we access our deepest intelligence and most powerful insights When we ask a question Mattis Namgyel suggests our mind is engaged yet open The process of inquiry protects us from our tendency to reach static conclusions Instead we can respond to uncertainty and change with inquisitiveness and a sense of wonder By telling the story of the Buddha's awakening Mattis Namgyel shows us that by contemplating hard questions and by not simply rejecting seeming contradictions in his experience the Buddha became enlightened Her book guides us on a provocative playful and spiritually enriching journey of contemplation that could last a lifetime

[Chasing Belief](#) Wayne L. Krefting, 2021-09-16 Every day the sun rises and the sun sets The inconceivably immense cosmos goes on without stopping taking no notice of our life our death or our quest for meaningfulness Humans have always chased belief sought meaning in the world transcendent to the personal and particular amid the ambiguous mixture of beauty and horror all around us But the traditional symbols and concepts the narrative

roadmaps that once sustained and directed belief have changed and are increasingly seen as meaningless divorced from the reality of the physical world in which we live especially in the West and for many within Western Christianity It is time to create new transformed concepts for those moral and ethical religious teachings compatible with our modern self understanding We need new wineskins that remain faithful to important traditions but also find a basis beyond the personal and preferential a transcendent perspective that thinks and believes both scientifically and religiously as we chase belief Chasing Belief challenges traditional models and thought patterns of religious language and ideas to plant the seeds of a new transformative spirituality that gives meaning and hope to the life we share on this mote in the cosmic sea **Portraits of**

**Tibetan Buddhist Masters** Don Farber,2018-01-01 Renowned photographer Don Farber one of the most important chroniclers of Buddhism today brings the face and the spirit of contemporary Tibetan Buddhism alive with this remarkable book Portraits of Tibetan Buddhist Masters a collection of superb color photographs presented with brief biographies and teachings from each master is a vibrant work a testament to the compassion and wisdom that lies at the heart of the Tibetan Buddhist tradition Farber felt compelled to record the last of the living Buddhist masters who received their training in Tibet and then fled the country following the invasion by China as well as other masters who survived many years of imprisonment during the Cultural Revolution He has worked with a sense of urgency to photograph and interview these extraordinary beings who have been the custodians of this endangered Buddhist tradition His collection of portraits also includes some of the bright lights of Tibetan Buddhism the younger masters who will carry the tradition into the future As a photographic archive of Tibetan Buddhist masters this book plays an important role in preserving Tibetan culture in all its richness and complexity through the words and faces of its esteemed masters **Beginning Again** Deborah J. Haynes,2018-09-26 What

does it mean to become and work as an artist today What unique challenges do artists face in the twenty first century and what skills are required to overcome them How might art become an expression of spiritual life In addressing these and other questions Deborah J Haynes offers reflections that range from the practical to the deeply philosophical She explores challenging ideas impermanence suffering and the inevitability of death the virtues of generosity kindness and compassion and more abstract concepts such as negative capability groundlessness and wisdom Individual chapters are framed by personal stories and images from the artist s work Beginning Again Reflections on Art as Spiritual Practice is a personal statement born from the author s experience as an artist writer teacher and Buddhist practitioner Haynes writes for artists and for all exploring the relationship of their creativity to the inner life For Haynes making and looking at art can be a form of meditation and prayer a space for solitude silence and living in the present **Recalling Chogyam Trungpa** Fabrice

Midal,2005-12-13 In wide ranging essays and interviews contributors from the fields of Buddhist practice and scholarship philosophy the arts and literature examine the work of a modern genius the Tibetan Buddhist meditation master Ch gyam Trungpa Rinpoche 1939 1987 A pioneer in introducing Buddhism to the West Trungpa Rinpoche had a distinct knack for

breaking down the cultural historical and ideological barriers that make any such transmission so difficult today His skill at communicating in a living language to Western students while remaining faithful to the traditional origins of Buddhism was paired with an understanding of the modern world of unusual relevance As a result his activities in a wide range of areas including psychology education theater poetry visual arts translation publishing interreligious dialogue the creation of a path of spiritual warriorship and the founding of the first Buddhist university in North America offer penetrating insights into the meaning of Buddhism for our world and our culture This anthology is a testimony to the continuing influence of his unique qualities and work as a revitalizing force in spheres both spiritual and secular *You Be The Light Bearer* Ronald Arle Chapman, 2025-06-18

Within us all is a current that nudges us forward in life Yet the essence of this flow remains generally unconsidered and unperceived *You Be the Light Bearer* explores questions about our inner spiritual journey and the interaction of energy between various states both spiritual and material It investigates how our past reflexes and habitual expressions are self protective strategies and shows how we can shift ourselves to make room for increasing new love energy and awareness This book offers many soul searching ideas and practical exercises to broaden perception enhance energy stimulate the chakras and help us grow It is possible to discover a more balanced perspective through increased awareness and consistent continued effort We can be part of lighting up inner perceptions As we develop within we become a conscious human frame for a deeper inner light and a being of help to others **Leading with Spirit, Presence, and Authenticity**

Kathryn Goldman Schuyler, John Eric Baugher, Karin Jironet, Lena Lid-Falkman, 2014-06-13 Developing inner wisdom as a leadership strength *Leading with Spirit Presence and Authenticity* presents the perspectives of leaders social scientists and educators from around the world on the topic of developing inner wisdom Structured around the notions of spirit presence and authenticity the book encourages readers to reflect on their own lives as they read about their colleagues diverse experiences all in an effort to address difficult global systems challenges with a foundation of various wisdom lineages and practices Each chapter is introduced by an editor with deep background experience in the topic at hand and the book includes an examination of research on the essential nature of authenticity among leaders Stories of leadership initiative from across nations illustrate the truly global nature of leadership inspiration and accounts of teaching mindfulness guiding leaders and leading in the arts and humanities integrate critical theory with authentic leadership development Topics include Subtle interdependencies involved in modern leadership The contribution of sociological mindfulness to leadership education Authentic leadership as communicated through technology The role of spirit and what the world needs from leaders A diverse mix of contributors including a Sufi teacher a social science journal editor and a CEO provide a truly inclusive examination of the ways a leader is defined by self and others *Leading with Spirit Presence and Authenticity* a volume in the International Leadership Series Building Leadership Bridges from the International Leadership Association helps connect ways of researching imagining and experiencing leadership across cultures over time and around the world **Therapeutic**

**Processes for Communication Disorders** Robert J. Fourie, 2010-11-25 Why do many people with disorders of communication experience a sense of demoralization Do these subjective experiences have any bearing on how such problems should be treated How can professionals dealing with speech language hearing and other communication disorders analyse and respond to the subjective and relational needs of clients with such problems In this book authors in the fields of communication disorders analyse the psychological social and linguistic processes and interactions that underpin clinical practice from both client and clinician perspectives The chapters demonstrate how it is possible to analyze and understand client clinician discourse using qualitative research and describe various challenges to establishing relationships such as cultural gender and age differences The authors go on to describe self care processes the therapeutic use of the self and various psychological factors that could be important for developing therapeutic relationships Also covered are the rarely considered topics of spirituality and transpersonal issues which may at times be relevant to clinicians working with clients who have debilitating degenerative and terminal illnesses associated with certain communication disorders While this book is geared toward the needs of practicing and training speech language and hearing clinicians other professionals such as teachers of the deaf psychotherapists nurses and occupational therapists will find the ideas relevant interesting and easily translatable for use in their own clinical practice

The Intelligent Heart Dzigar Kongtrul, Joseph Waxman, 2016-05-10 Tibetan Buddhist instructions for developing radical compassion through lojong mind training from a contemporary master with a gift for making the ancient teachings speak to modern hearts Dzigar Kongtrul's lively and accessible presentation of the Tibetan training method known as lojong mind training focuses on what he considers the heart of that practice tonglen the practice of exchanging self for other for taking in others pain and suffering and sending out kindness ease and consolation It's a powerful method for developing compassion of the most transformative kind and its supreme expression is found in the classic text *The Great Path of Awakening* by Jamgon Kongtrul This book is Dzigar Kongtrul's commentary on that beloved text based on a series of talks he gave on it It includes his fresh translation of the Great Path and it is full of his characteristic humor as well as his skill in translating esoteric concepts into terms that not only are easily understood but that speak directly to the heart

*Living Beautifully* Pema Chodron, 2019-05-21 Instant bestseller Buddhist teacher Pema Chodron shares life changing practices for living with wisdom confidence and integrity amidst confusing situations and uncertain times We live in difficult times Life so often seems like a turbulent river threatening to drown us and destroy our world Why then shouldn't we cling to the certainty of the comfortable to our deep seated habits and familiar ways Because Pema Chodron teaches that kind of fear based clinging keeps us from the infinitely more powerful experience of being fully alive The Buddhist teachings she presents here known as the Three Commitments provide a treasure trove of wisdom for learning to step right into the unknown to completely and fearlessly embrace the groundlessness of being human for people of all faiths When we do we begin to see not only how much better it feels to live an openhearted life but we find that we begin to

naturally and more effectively reach out to help and heal all those around us      *The Power and the Pain* Andrew Holecek,2010-03-16 We all encounter obstacles on a daily basis from small inconveniences and nuisances to the really big hardships wreaking havoc with our lives Sometimes just the small things are enough to set us reeling Andrew Holecek offers us a progressive path beginning with common easily understood hardships and moving on to more subtle and challenging ones that commonly arise on our spiritual journeys      **Bioethical and Evolutionary Approaches to Medicine and the Law** W. Noel Keyes,2007 Bioethics is a multidisciplinary field of law and one that can not be ignored Bioethical and Evolutionary Approaches to Medicine and the Law is a comprehensive scholarly analysis of bioethics and the development of its standards The book is broken up into the following four parts Part I deals with scientific religious ethical and legal aspects of bioethics Part II evaluates 100 current bioethical issues and sets forth specific approaches for their resolution Part III focuses on medical legal and other problems from beginning of life overpopulation birth control in vitro fertilization etc through end of life physician assisted suicide advance directives euthanasia etc Part IV discusses the major bioethical issues in genetics and genetic engineering      **Taking the Leap** Pema Chodron,2009-09-08 Ever feel trapped in the same old habits and painful emotions time and time again These are patterns we all face and sometimes they feel impossible to shake So how can we get unstuck Drawing on time honored Buddhist teachings on shenpa all the attachments and compulsions that cause us suffering Pema Chodron shows how certain habits of mind tend to hook us and get us stuck in states of anger blame self hatred addiction and so much more and most of all how we can liberate ourselves from them This path entails uncovering three basic human qualities explains Pema They are natural intelligence natural warmth and natural openness Everyone everywhere all over the globe has these qualities and can call on them to help themselves and others Pema shares insights and exercises from her lifetime of practice that we can immediately put to use in our lives to awaken these essential qualities and help us to take a bold leap toward a new way of living one that will bring about positive transformation for ourselves and for our troubled world      Meditation Now Elizabeth Reninger,2014-12-23 Ten minutes to a calmer more peaceful you From the creators of the Wall Street Journal bestseller Mindfulness Made Simple comes a new book to help busy meditators release tension relieve stress and reconnect with peace and tranquility Meditation Now A Beginner s Guide provides friendly advice step by step guidance and a range of ten minute meditations that fit easily into tight schedules Filled with time honored practices and insightful discussions Meditation Now A Beginner s Guide makes it easy to learn meditation with Step by step instructions for 18 meditation techniques that can be practiced anytime anywhere 14 Take Ten meditations to promote mindfulness in everyday situations like traffic jams and work presentations Essential advice and guidelines for overcoming common obstacles like boredom and relating skillfully to thoughts and emotions 3 focused 28 day meditation plans for those months when you need extra emotional support happiness or relaxation Inspirational quotations and practical tips that motivate you to deepen your practice With Meditation Now A Beginner s Guide peace clarity and wisdom can be

yours with just ten minutes of restful breathing a day      **Dragon Thunder** Carolyn Rose Gimian, Diana J. Mukpo, 2008-02-26  
It was not always easy to be the guru's wife writes Diana Mukpo But I must say it was rarely boring At the age of sixteen Diana Mukpo left school and broke with her upper class English family to marry Chogyam Trungpa a young Tibetan lama who would go on to become a major figure in the transmission of Buddhism to the West In a memoir that is at turns magical troubling humorous and totally out of the ordinary Diana takes us into her intimate life with one of the most influential and dynamic Buddhist teachers of our time Diana led an extraordinary and unusual life as the first lady of a burgeoning Buddhist community in the American 1970s and 80s She gave birth to four sons three of whom were recognized as reincarnations of high Tibetan lamas It is not a simple matter to be a modern Western woman married to a Tibetan Buddhist master let alone to a public figure who is sought out and adored by thousands of eager students Surprising events and colorful people fill the narrative as Diana seeks to understand the dynamic puzzling and larger than life man she married and to find a place for herself in his unusual world Rich in ambiguity *Dragon Thunder* is the story of an uncommon marriage and also a stirring evocation of the poignancy of life and of relationships from a woman who has lived boldly and with originality      *The Best Buddhist Writing 2006* Melvin McLeod, 2006 Presents an eclectic collection of Buddhist inspired writings on a wide range of issues      **Tricycle**, 2005      **Why Meditate?** Matthieu Ricard, 2010-09-01 Learn the Art of Meditation Wherever he goes Buddhist monk Matthieu Ricard is asked to explain what meditation is how it is done and what it can achieve In this elegant authoritative and entirely accessible book he sets out to answer these questions Although meditation is a lifelong process even for the wisest *Why Meditate* demonstrates that by practicing it on a daily basis we can change our understanding of ourselves and the world around us In this brilliant short book and the accompanying audio download Ricard talks us through the theory spirituality and practical aspects of meditation He illustrates each stage of his teaching with examples leading readers deeper into their own practice Through his experience as a monk his close reading of sacred texts and his deep knowledge of the Buddhist masters Ricard shows the significant benefits that meditation based on selfless love and compassion can bring to each of us



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## **Table of Contents Its Up To You The Practice Of Self Reflection On The Buddhist Path**

1. Understanding the eBook Its Up To You The Practice Of Self Reflection On The Buddhist Path
  - The Rise of Digital Reading Its Up To You The Practice Of Self Reflection On The Buddhist Path
  - Advantages of eBooks Over Traditional Books
2. Identifying Its Up To You The Practice Of Self Reflection On The Buddhist Path
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Its Up To You The Practice Of Self Reflection On The Buddhist Path
  - User-Friendly Interface

4. Exploring eBook Recommendations from Its Up To You The Practice Of Self Reflection On The Buddhist Path
  - Personalized Recommendations
  - Its Up To You The Practice Of Self Reflection On The Buddhist Path User Reviews and Ratings
  - Its Up To You The Practice Of Self Reflection On The Buddhist Path and Bestseller Lists
5. Accessing Its Up To You The Practice Of Self Reflection On The Buddhist Path Free and Paid eBooks
  - Its Up To You The Practice Of Self Reflection On The Buddhist Path Public Domain eBooks
  - Its Up To You The Practice Of Self Reflection On The Buddhist Path eBook Subscription Services
  - Its Up To You The Practice Of Self Reflection On The Buddhist Path Budget-Friendly Options
6. Navigating Its Up To You The Practice Of Self Reflection On The Buddhist Path eBook Formats
  - ePub, PDF, MOBI, and More
  - Its Up To You The Practice Of Self Reflection On The Buddhist Path Compatibility with Devices
  - Its Up To You The Practice Of Self Reflection On The Buddhist Path Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Its Up To You The Practice Of Self Reflection On The Buddhist Path
  - Highlighting and Note-Taking Its Up To You The Practice Of Self Reflection On The Buddhist Path
  - Interactive Elements Its Up To You The Practice Of Self Reflection On The Buddhist Path
8. Staying Engaged with Its Up To You The Practice Of Self Reflection On The Buddhist Path
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Its Up To You The Practice Of Self Reflection On The Buddhist Path
9. Balancing eBooks and Physical Books Its Up To You The Practice Of Self Reflection On The Buddhist Path
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Its Up To You The Practice Of Self Reflection On The Buddhist Path
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Its Up To You The Practice Of Self Reflection On The Buddhist Path
  - Setting Reading Goals Its Up To You The Practice Of Self Reflection On The Buddhist Path
  - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Its Up To You The Practice Of Self Reflection On The Buddhist Path
  - Fact-Checking eBook Content of Its Up To You The Practice Of Self Reflection On The Buddhist Path
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

### **Its Up To You The Practice Of Self Reflection On The Buddhist Path Introduction**

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