In the classic bestseller, Introduction to Tantra, Lama Yeshe offered a profound glimpse into the authentic and sophisticated practices of Tibetan Buddhist Tantra. The Bliss of Inner Fire may be considered a perfect follow-up to that book. Lama Yeshe follows Tsongkhapa's (1357-1419 a.d.) text, Having the Three Convictions, and introduces the renowned Six Yogas of Naropa, focusing mainly on the first of these six, the practice of "inner fire" (tummo). Mastery of inner fire quickly brings the mind to its most refined and penetrating state -- the experience of clear light, an extra-ordinarily powerful state of mind that is unequaled in its ability to directly realize ultimate reality. Lama Yeshe felt that twentieth-century Westerners could easily grasp the often misunderstood ideas of this esoteric tradition: His aim was for his students to actually taste the experience of inner fire rather than merely gain an intellectual understanding. Lama’s own realization of the transformative power of these practices comes through, inspiring his students to discover for themselves their own capacity for inexhaustible bliss. Publisher: Wisdom Publications Illustration: N Language: ENG Title: The Bliss of Inner Fire: Heart Practice of the Six Yogas of Naropa
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Tibetan Flag

Tibetan Buddhism Side Building With Grey And Dark Red Painted Walls Sakya Monastery Tibet China

Theravada Buddhism, Golden Buddha Statue, Thailand's National Flag, Golden Mountain, Wat Saket Monastery, Bangkok, Thailand, Southeast Asia, Asia

Theravada Buddhism, Ancient Wall Painting, Standing Buddha Shakyamuni, Mudra, Varada, Gesture Of Wish-granting, Tham Pa Cave, At Nong Thang, Xieng Khouang Province, Laos, Southeast Asia, Asia

Colorful Tibetan Buddhist Prayer Flags Hanging In Rows, Dharamsala, India, Asia

Colorful Tibetan Buddhist Prayer Flags Hanging In Rows, Dharamsala, India, Asia

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