



Cultivating a Daily Meditation

By H.H. The XIV Dalai Lama

Paljor Publications/Library of Tibetan Works & Archives, New Delhi, India, 2004. Softcover. Book Condition: New. The discourses and ensuing discussions were recorded at the time, and later prepared into an edited text of the encounter; the result of which is this book. In his discourses His Holiness touches upon all the essential points of the Buddhadharma, and provides A Clear and simple method to cultivate a daily practice of meditation. He also goes into depth on how we should proceed in the effort to generate both the heart of compassion and the expansive view of emptiness, the Great Void, in our daily life. In addition, the question and answer sessions that follow each talk make for both inspirational and informative reading; being open discussions, they often lead to issues that arise in the course of a layperson's practice. In a sense His Holiness' discourses are principally a commentary on how one should proceed in order to cultivate a daily tantric meditational practice. The visualization used as the basis of the contemplation is that of Buddha and the four great Bodhisattvas: Avalokiteshvara, Manjushri, Vajrapani, and the female bodhisattva Arya Tara, and explains the symbolic significance of these figures. The picture that emerges from the...



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be playful, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**