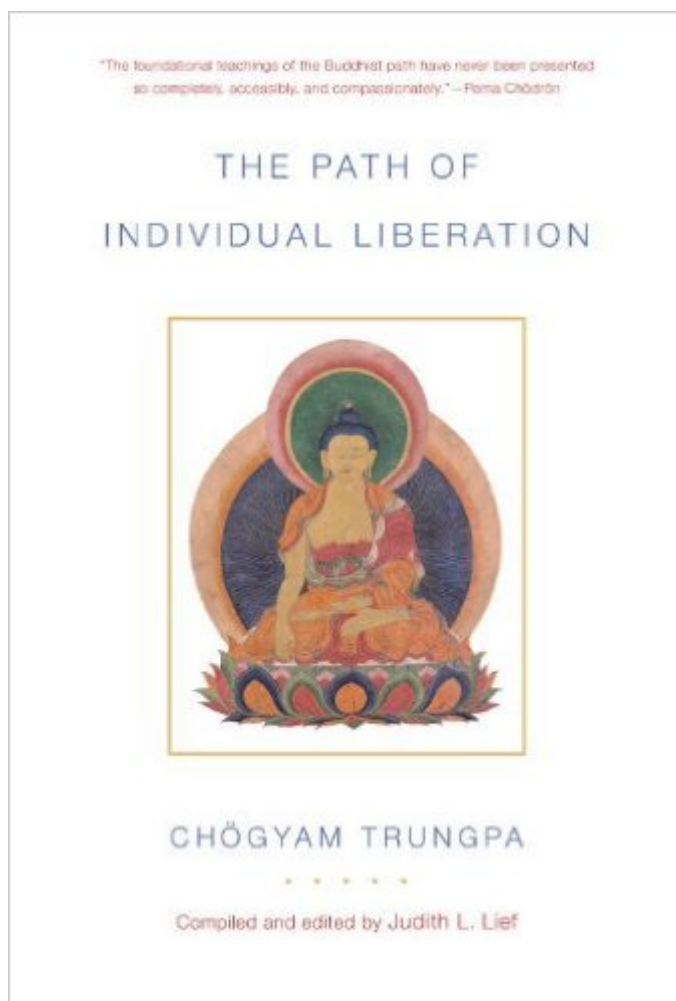


The book was found

# The Path Of Individual Liberation: The Profound Treasury Of The Ocean Of Dharma, Volume One



## Synopsis

The foundational teachings of Buddhism, presented here in volume one of ChÃ¶gyam Trungpa's magnum opus, which offers a systematic overview of the entire path of Tibetan Buddhism. The first volume of this landmark series presents the teachings of the hinayana. The hinayana introduces core Buddhist teachings on the nature of mind, the practice of meditation, the reality of suffering, and the possibility of liberation. It examines the nature of suffering, impermanence, and egolessness, with an emphasis on personal development through meditative discipline and study. The formal entry into the hinayana and the Buddhist path altogether is the refuge vow, in which a student goes for refuge to the Buddha, or the teacher; the dharma, or the teachings; and the sangha, or the community. The hinayana path is based on training in mindfulness and awareness, cultivating virtue, and cutting grasping. Topics covered in detail in this volume include the four noble truths, karma, the four foundations of mindfulness, meditation practice, the refuge vows, the three jewels, the five skandhas, the five precepts, twofold egolessness, and more. The Profound Treasury of the Ocean of Dharma represents meditation master ChÃ¶gyam Trungpa's greatest contribution to Western Buddhism. This three-volume collection presents in lively, relevant language the comprehensive teachings of the Tibetan Buddhist path of the hinayana, mahayana, and vajrayana. This work will resonate with new students of Buddhism as well as the most senior students.

## Book Information

Series: Profound Treasury of the Ocean of Dharma (Book 1)

Paperback: 680 pages

Publisher: Shambhala (April 15, 2014)

Language: English

ISBN-10: 1611801044

ISBN-13: 978-1611801040

Product Dimensions: 6.1 x 1.7 x 9.1 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars See all reviews (37 customer reviews)

Best Sellers Rank: #93,460 in Books (See Top 100 in Books) #31 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Sacred Writings #111 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #132 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice

## Customer Reviews

I respectfully disagree with another reviewer who called this "tough reading". I had assumed since it was so thick, and compiled from Tibetan teachings, that it would be a bit difficult to absorb, but it's quite the opposite actually. I credit both Chogyam Trungpa and editor Judy Lief for this, him for his down to earth relaying of otherwise complex teachings, and her in her style of editing and formatting for this book: each section is broken into subsections and the result is only a page or two for each topic. One can easily view the Table of Contents, choose a topic of interest and easily and quickly read what he had to say on that topic. Chogyam Trungpa himself was rather controversial, but I'll leave that for anyone interested to google for specifics. I personally have only mild curiosities about his eccentricities and don't take offense by any of them because he offered SO much GOOD to this world through his teachings. So I opt to take what is useful and leave what isn't, and his teachings were very useful indeed. He had a very good understanding of western ways, of western mentality. He had a keen way of wording things, using simple metaphors and examples that everyone can understand, regardless of geographical origin. He has managed to take extensive historical teachings and make them completely digestible and relate-able for the modern practitioner. The three volumes are parts of a Tibetan Path of practice, the Yanas. Hinayana (path of the Arhat, "the worthy one"), Mahayana (way of the bodhisattva, "the awake being"), and Vajrayana (path of the siddha, "holder of spiritual power").

[Download to continue reading...](#)

The Path of Individual Liberation: The Profound Treasury of the Ocean of Dharma, Volume One  
The Tantric Path of Indestructible Wakefulness: The Profound Treasury of the Ocean of Dharma,  
Volume Three  
The Bodhisattva Path of Wisdom and Compassion: The Profound Treasury of the Ocean of Dharma, Volume Two  
Nautical: Ocean Coloring Books in all Departments; Adult Coloring Books  
Ocean Life in al; Coloring Books for Adults  
Ocean Animals in al; Coloring ... in al; Coloring Books for Adults  
Disney in al  
Springtime by the Seashore  
Lighthouses, Whales, Waves, Seagulls  
Colouring Book: Ocean Coloring Books in al; Coloring Books Ocean in al; Coloring Books ... in al;  
Coloring books Ocean for Kids in al; Treasury of the True Dharma Eye: Zen Master Dogen's Shobo  
Genzo Sit Down and Shut Up: Punk Rock Commentaries on Buddha, God, Truth, Sex, Death, and  
Dogen's Treasury of the Right Dharma Eye  
True Perception: The Path of Dharma Art Creative  
Oceans Coloring Book: Adult Coloring Book of Stress Relief  
Sea Animal Patterns and Designs (Ocean Coloring Book, Lost Ocean, Stress Relief Coloring Book, Anti Stress Coloring Book)  
(Volume 1)  
Sea Shell Coloring Book: An Adult Coloring Book of 40 Zentangle Sea Shell Designs for

Ocean, Nautical, Underwater and Seaside Enthusiasts (Ocean Coloring Books) (Volume 5) The Three Commitments: Walking the Path of Liberation Path to Buddhahood: Teachings on Gampopa's JEWEL ORNAMENT OF LIBERATION A More Profound Alleluia: Theology and Worship in Harmony (Calvin Institute of Christian Worship Liturgical Studies) New Heart of Wisdom: Profound teachings from Buddha's heart The Spiritual Exercises of Saint Ignatius: Saint Ignatius' Profound Precepts of Mystical Theology (Image Classics) Berkeley Breathed's Academia Waltz And Other Profound Transgressions The Kingfisher Treasury of Giant and Monster Stories (The Kingfisher Treasury of Stories) Reef Fishes of the Indian Ocean: A Pictorial Guide to the Common Reef Fishes of the Indian Ocean (Pacific Marine Fishes) The Ocean of Churn: How the Indian Ocean Shaped Human History One Wild Bird at a Time: Portraits of Individual Lives

[Dmca](#)