

# ACHIEVING BODHICITTA



*Instructions of Five Great Lineages  
Combined into a Unified System  
of Eleven Practices*

COMMENTARY BY

SEYMOUR KENNEDY LOWLAND THAWSON

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# Achieving Bodhichitta

**C Cleary**



## **Achieving Bodhichitta:**

*Bodhichitta* Lama Zopa Rinpoche, 2019-05-21 An accessible inspiring book on one of the most important topics in Tibetan Buddhism written by one of its renowned masters who has an international following of thousands Bodhichitta is a Sanskrit word meaning the mind of enlightenment or the awakening mind the mind that wishes to achieve enlightenment in order to lead all other beings into that same state It is the attitude of the bodhisattva of the person who makes the compassionate vow to save others from suffering In this book the renowned teacher Lama Zopa Rinpoche shows us how to achieve it First Lama Zopa gives a clear and comprehensive explanation of bodhichitta its benefits and its importance to the path Then he walks us through the two main methods for achieving bodhichitta the seven points of cause and effect and equalizing and exchanging self and others Finally the book closes with meditation instructions to guide and strengthen our practice Readers will find Bodhichitta to be a comprehensive guide to this core Buddhist principle one rich in both accessible philosophical explanation and concrete advice for practitioners

*Achieving Bodhichitta* Lobsang Tharchin (Sermey Khensur Rinpoche), Sermey Geshe Lobsang Tharchin, 1999

*The Awakening Mind* Tashi Tsering, 2008-08-05 Bodhichitta often translated as great compassion is the gem at the heart of Buddhism From this altruistic desire to serve others all other Buddhist practices naturally flow therefore this state of mind is one Buddhists should understand and cultivate In *The Awakening Mind* Geshe Tashi Tsering leads us through the two main methods to develop bodhichitta that have been developed by the great Indian and Tibetan Buddhists over the centuries the seven points of cause and effect and equalizing and exchanging the self with others This is the fourth release from Geshe Tashi's Foundation of Buddhist Thought series which individually and collectively represent an excellent introduction to Tibetan Buddhism These unique and friendly books are based on the curriculum of a popular course of the same name developed by Geshe Tashi himself Geshe Tashi's presentations combine rigor and comprehensiveness with lucidity and accessibility never divorced from the basic humanity and warmth of his personality In *Geshe Tashi* we encounter the new generation of Tibetan monk scholars teaching in the West who are following in the footsteps of such revered and groundbreaking teachers as Geshe Wangyal and Geshe Sopa

**The Door to Satisfaction** Thubten Zopa, 2014-05-01 In *Door to Satisfaction* Lama Zopa Rinpoche reveals a text he discovered in a cave in the Himalayas that captures the essential point of Buddhist training Rinpoche says Only when I read this text did I come to know what the practice of Dharma really means Without proper motivation it does not matter what we do Whether reciting prayers meditating or enduring great hardships if our actions are devoid of good intention they will not become Dharma practice Proper motivation transcends our ordinary ephemeral desires and ultimately seeks the happiness of all living beings In your life says Rinpoche there is nothing to do other than to work for others to cherish others There is nothing more important in your life than this This powerful simple message applies to Buddhists and non Buddhists alike we all have the power to unlock our greatest potential Open this book and open the door to a timeless path leading to wisdom and joy

*A Guide to The Words of My Perfect Teacher*

Khenpo Ngawang Pelzang,2004-06-22 The definitive companion guide to Patrul Rinpoche s Words of My Perfect Teacher the classic text on Tibetan Buddhist practices and teachings This guide provides readers with essential background information for studying and practicing with Patrul Rinpoche s Words of My Perfect Teacher the text that has for more than a century served as the reliable sourcebook to the spiritual practices common to all the major schools of Tibetan Buddhism By offering chapter by chapter commentary on this renowned work Khenpo Pelzang provides a fresh perspective on the role of the teacher the stages of the path the view of the Three Jewels Madhyamika the basis of transcendent wisdom and much more

**Buddhism in a Nutshell eBook** Lama Thubten Yeshe,Lama Zopa Rinpoche,Amy J. Miller,2019-05-20 This ebook combines well chosen essential teachings by the Tibetan masters Lama Thubten Yeshe and Lama Zopa Rinpoche supplemented with teachings by American nun Ven Amy Miller to provide a wonderful overview of many of the key points of the path to enlightenment lamrim This title covers the following topics What is Buddhism Who was the Buddha What is Dharma What is Buddhist Refuge The Fundamentals of Karma What are the Four Noble Truths What is Meditation Understanding the Mind Understanding the Teachings The Importance of a Qualified Teacher What is the Purpose of Life Death and Impermanence What is Renunciation How to Serve Others What is Emptiness Introducing Tantra Advice for Bringing These Teachings into Your Daily Life How to Dedicate Your Virtue Each of these sections in this title concludes with a meditation on the subject Included with this eBook is complimentary access to the online version of Buddhism in a Nutshell which is available on the FPMT Online Learning Center This FPMT introductory course consists of 11 hours of clear and accessible teachings and guided meditations by Ven Amy Miller These teachings are intended for people encountering Buddhism for the first time as well as for people who are already familiar with Buddha s teachings but would like a more structured approach to understanding the whole path to enlightenment They cover the life of Shakyamuni Buddha the four noble truths and the stages of the path to enlightenment lamrim based on an explanation of the short poem Foundation of All Good Qualities by Lama Tsongkhapa In addition the online course includes transcripts of Ven Amy Miller s teachings and meditations together with other online resources such as points for reflection to help course participants think about the teachings in relation to their own lives A discussion forum allows course participants to interact with each other and the course elder A Certificate of Achievement is available to participants who complete all the course requirements Together the book and the online course provide a comprehensive overview of Buddhism as taught and practiced in the Tibetan Mahayana tradition of Lama Tsongkhapa Gelug The teachings by Lama Thubten Yeshe and Lama Zopa Rinpoche are a must read for all of their disciples 243 pages 2010 edition

**Activating Bodhicitta: The Awakening Mind and Meditation on Compassion** His Holiness the 14th Dalai Lama,2014-01-01 ACTIVATING BODHICITTA There is no more powerful mind than bodhicitta There is no more joyous mind than bodhicitta For the accomplishment of one s own ultimate purpose the awakening mind is supreme and to accomplish the purpose of all other living beings there is nothing superior to bodhicitta

The awakening mind is the unsurpassable way to collect merit To purify obstacles bodhicitta is supreme For protection from interferences bodhicitta is supreme It is the unique all encompassing method Every kind of ordinary and supra mundane power can be accomplished through bodhicitta Thus it is absolutely precious Even though we personally may find difficulty in immediate and thorough generation of such a mind we should at least direct our thoughts towards it To train our mind in such an ultimately altruistic manner from the very beginning of our practice of Dharma is vitally important

**MEDITATION ON COMPASSION** The Inseparability of the Spiritual Master and Avalokiteshvara A Source of all Powerful Attainments All beings wish to be happy and free from misery Although scientific development modern weapons and abundant material progress may alleviate the temporary effects of dissatisfaction such external means can never totally eradicate its fundamental cause The true solution is to cultivate deep human compassion love and respect for others By cultivating such altruistic and beneficial attributes the cause of suffering self cherishing will gradually diminish This in turn will promote unity and harmony among human beings of all nations Although compassion is cultivated in one's own mind the embodiment of it is the deity known as Avalokiteshvara Tib Ch n r zig The various aspects that are visualized in meditation practices and represented in images and paintings are merely the interpretative forms of Avalokitebhvara whereas the actual definitive form is compassion itself

The Inseparability of the Spiritual Master and Avalokiteshvara a Source of all Powerful Attainments s dhana was composed by the XIV Dalai Lama when he was nineteen years of age and was first printed in Tibet in the Wood Horse year 1954

**Transforming Adversity into Joy and Courage** Geshe Jampa Tegchok, 2005-09-02 A practical and inspiring guide for developing our ability to be happy and benefit others this commentary on The Thirty Seven Practices of Bodhisattvas by Gyalsay Togme Sangpo is studied by followers of all schools of Tibetan Buddhism The root text gives in thirty seven short verses the essential practices leading to enlightenment Gyalsay Togme Sangpo 1295 1369 was renowned as a bodhisattva in Tibet and revered for living according to the bodhisattva ideals and practices that he taught He inspired not only his direct disciples but also generations of practitioners up to the present day This extraordinary commentary by Geshe Jampa Tegchok clearly explains the popular practice of exchanging oneself with others for developing love and compassion for all living beings It lays open the methods for doing glance stabilizing and analytical meditations and offers an in depth discussion of the nature of emptiness All the essentials are here for transforming our attitudes and developing courage and joy

**The Essential Teachings of Buddhism** Kerry Brown, Joanne O'Brien, 1989 This anthology explains the history theology and spirituality of the ancient religion of Buddhism The volume contains daily readings from Buddhist texts and commentaries which explain to non Buddhist readers the fundamental ideas of the religion

**Bodhicharyavatara: Governing The Bodhisattvas-Way Of Life (vol.18)** Madan G. Chitkara, 1999 Liberation in the Palm of Your Hand Pha-boñ-kha-pa Byams-pa-bstan-'dzin-'phrin-las-rgya-mtsho, 1991 A classic guide for the study practice and realization of Buddhist teachings

*The Bodhisattva Vow* Kelsang Gyatso, 1991 *Transforming the Heart* Geshe Jampa Tegchok, 1999

This book is a practical and inspiring guide for developing our ability to be happy and benefit others     Taking the Kalachakra Initiation Alexander Berzin,1997 Fully prepares the aspirant for what is required before during and after the initiation     **The Nectar of Bodhicitta** Lama Zopa Rinpoche,2021-09-12 LYWA director Nick Ribush writes The story behind this book is that in the early Kopan Monastery courses Lama Zopa Rinpoche would start his day s teachings by quoting a verse from Shantideva s or Khunu Lama Rinpoche s seminal texts giving a short teaching on it and then suggesting that students use it to generate a bodhicitta motivation for the day s activities mainly teachings meditations and discussion groups but also ordinary activities such as eating talking walking around and so forth Since those days I ve always thought that a compilation of these short teachings would make a great book and finally here it is Editor Gordon McDougall has assembled Rinpoche s teachings into two parts sorted by author of the verses and arranged thematically In Part One Lama Zopa Rinpoche teaches on selected verses from Khunu Lama Rinpoche s Jewel Lamp now published as *Vast as the Heavens Deep as the Sea* Lama Zopa Rinpoche advises Understanding and constantly reminding ourselves of the skies of benefits that bodhicitta brings is unbelievably worthwhile This is the overall purpose of Khunu Lama Rinpoche s book to cause us to feel inspired and joyful that such a mind is possible In Part Two Rinpoche teaches on verses from the first chapter of Shantideva s *Guide to the Bodhisattva s Way of Life* These verses describe the amazing benefits of developing the precious mind of bodhicitta the supreme cause of happiness for all sentient beings     **Saṃvit** ,2004     *Universal Compassion* Kelsang Gyatso,1988     Encyclopaedia of Buddhism: A World Faith: Bodhisattva and Selflessness V. 14 Madan Gopal Chitkara,1999     The Tibet Journal ,1981     **Guide to Dakini Land** Kelsang Gyatso,1991

## The Enigmatic Realm of **Achieving Bodhichitta**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Achieving Bodhichitta** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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