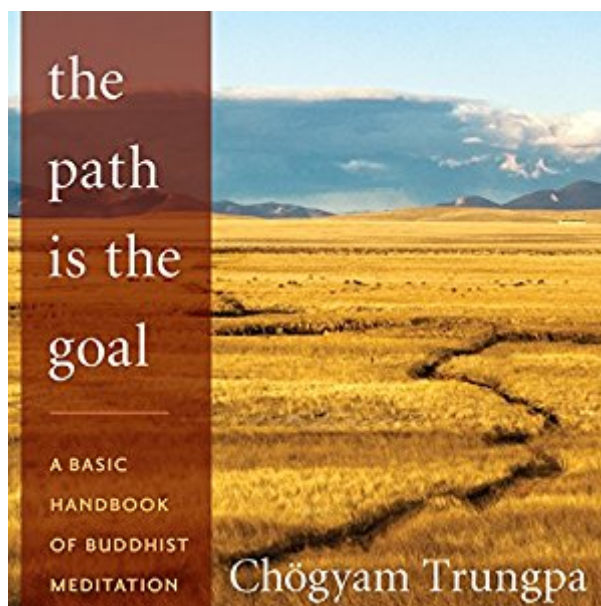


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# The Path Is The Goal: A Basic Handbook Of Buddhist Meditation



## Synopsis

According to the Buddha, no one can attain basic sanity or enlightenment without practicing meditation. The teachings given here on the outlook and technique of meditation provide the foundation that every practitioner needs to awaken as the Buddha did. Trungpa teaches us to let go of the urge to make meditation serve our ambition; thus we can relax into openness. We are shown how the deliberate practice of mindfulness develops into contrived awareness, and we discover the world of insight that awareness reveals. We learn of a subtle psychological stage set that we carry with us everywhere and unwittingly use to structure all our experience - and we find that meditation gradually carries us beyond this and beyond ego altogether to the experience of unconditioned freedom.

## Book Information

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## Customer Reviews

Naropa obtained enlightenment after his teacher, Tilopa, asked him to perform countless grueling tasks, many at the risk of death. One day, Tilopa smacked Naropa on the head with his sandal and that was it, enlightenment. Milarepa, after killing 12 people, was asked by his teacher, Marpa, to build a temple before he would receive the teachings. When he finished the temple, Marpa found it unsatisfactory and had him rebuild it. It went on and on and on, with Milarepa nearly dying and Marpa treating him brutally. But all along, Marpa loved him like a son. Because of the negativities Milarepa accumulated, this was his ngāṅdro, his pāṅrification. Milarepa then went into 12 years of

solitary retreat, eating barely nothing. The 84 mahasiddhas displayed outrageous behaviour in order to benefit beings. The Buddha himself, in a previous life, killed the captain of a boat. Compassion? You may not think so, unless you knew the captain was going to kill his entire crew. Buddhism will not make your life easier. It is not about having a safe place, but about being homeless. It is not about gathering about you the clothes of bliss, but about going naked. It is not a peaceful journey (until the later stages) but an arduous task. If you feel lonely, discouraged, depressed because of the teachings, it is not the teachings that have depressed you, but your ego which has chosen to respond to them. THAT is what you can work with. Remember, the working basis is this defiled mind. If we were already enlightened, we wouldn't feel depressed, or discouraged. Everything is workable. Please keep these things in mind.

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