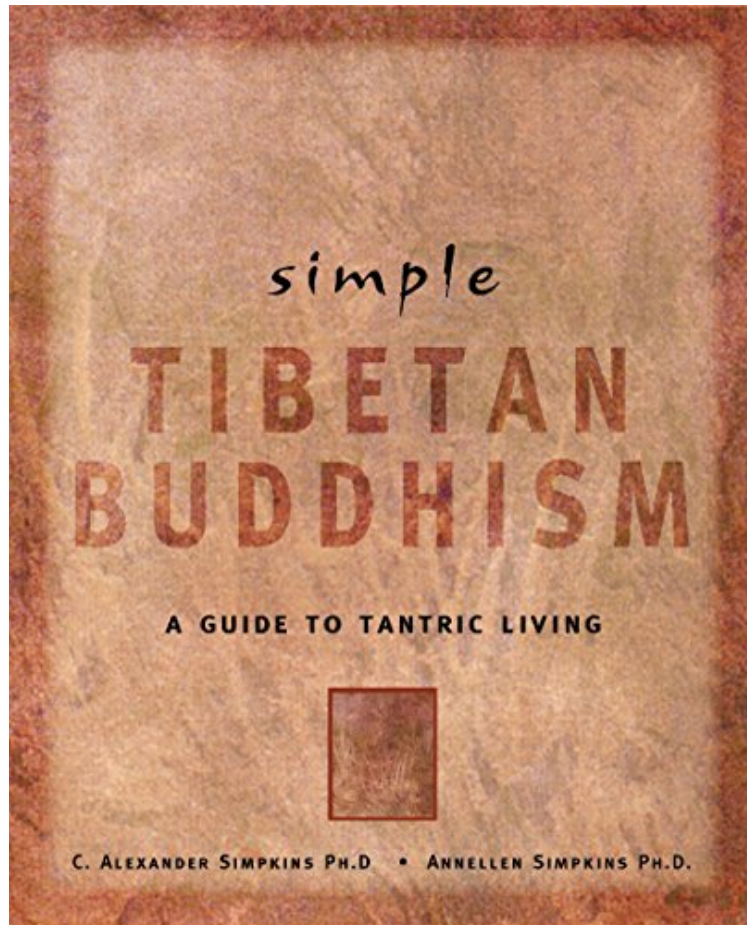


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Simple Tibetan Buddhism: A Guide to Tantric Living (Simple Series)

C. Alexander Simpkins, Annellen M. Simpkins
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C. Alexander Simpkins, Annellen M. Simpkins : Simple Tibetan Buddhism: A Guide to Tantric Living (Simple Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised Simple Tibetan Buddhism: A Guide to Tantric Living (Simple Series):

0 of 0 people found the following review helpful. Four StarsBy SCSimple Buddhism is an oxymoron.12 of 12 people found the following review helpful. An insightful introduction to Tibetan Buddhism!By A CustomerThis is a beautiful little book that would make a great gift. This book communicates the deeply spiritual tradition of Tibetan Buddhism and shows you how to bring some of its wisdom into your own life. It describes the history of Tibetan Buddhism, the key themes such as the use of mandalas, mantras, yoga, and trantras to enhance your inner development. It also shows how women have a special place in this tradition. This book gives simple exercises drawn from Tibetan Buddhist practice to guide you on a compassionate path to enlightenment. I found this book very informative and inspiring.

What is Tantra? Tantra techniques are very ancient and some form is found in many ancient cultures. The Sanskrit word tantra implies continuation, weaving together, but there is no real single definition. Tantra includes many sets of techniques, usually action-oriented, to weave together mind and body. *Simple Tibetan Buddhism: A Guide to Tantric Living* offers: a concise introduction to the unique history and traditions of Tibetan Buddhism a clear explanation of how Tibetan Buddhism differs from Zen and other forms of Buddhism and why it's so popular today simple exercises incorporating Tibetan Buddhist practices including visualizations, deity yoga, mandalas, mantras, and the esoteric yet effective tantric methods

From Publishers Weekly Tuttle adds to its entry-level Simple series with *Simple Tibetan Buddhism: A Guide to Tantric Living*, an accessible and easy-to-use guide by Alexander and Annellen Simpkins. Particularly useful are its explanations of the different sects of Tibetan Buddhism and the role of lamas. Copyright 2001 Cahners Business Information, Inc. "A straightforward, readable introduction of the philosophies and methods of Tibetan Buddhism." -- NAPRA About the Author Drs. C. Alexander and Annellen Simpkins live in San Diego and are both psychologists who have specialized in studies of the mind. They have devoted many years to the study of hypnosis and have taught meditation skills to people of all ages. They have also spent the past 25 years involved in the martial arts as practitioners, instructors, and writers. Their work in meditation spans their two worlds of professional interest: martial arts and psychology, adding a unique and comprehensive perspective to this book. In addition to contributing regularly to martial arts publications, they are the authors of *Principles of Meditation*, *Living Meditation*, *Zen Around the World*, and *Meditation from Thought to Action* all published by Tuttle.