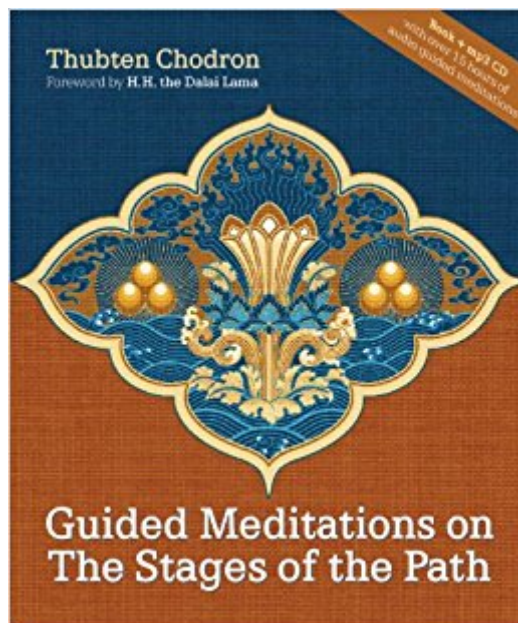




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Guided Meditations On The Stages Of The Path (with 15 Hour Mp3 Meditation CD)



Synopsis

The lamrim (stages of the path) presentation of Buddhist teachings has become a core topic of study at many Buddhist centers in the West. For busy practitioners, the lamrim gives a concise and easily graspable picture of the Buddhist path. Best-selling author Thubten Chodron has a unique ability to present these teachings. In this volume, she provides clear explanations of the stages of the path, while the audio tracks on the accompanying CD contain guided meditations on each of the topics covered in the text. The meditation teachings of lamrim, says Buddhist teacher Thubten Chodron, are like ready-made clothes that are easy to wear: they're systematized so that we can wear them right away, so we can learn and practice them in an organized fashion. Lamrim can be translated in various ways: "stages of the path," "steps on the path," or "gradual path." "Gradual path" reminds us that the process of transforming the mind, unlike so many other things in our hurry-up society, is a slow and thoughtful one. These systematic teachings are the subject of this book and the accompanying CD. The lamrim presents a step-by-step method to tame the mind, and each person will find meaning and insight according to his or her level of understanding. As readers practice these meditations repeatedly, their comprehension and experience will transform and deepen, even though the words used to spark the meditation sessions remain the same. The first section of Guided Meditations discusses how to establish a daily practice, how to set up an altar, and how to approach the two kinds of meditation—stabilizing and analytical. The second presents the meditations. The third supplies an overview, instructions for working with distractions, antidotes to mental afflictions, advice for newcomers, and suggestions on how to deepen Dharma practice. The accompanying CD contains over fourteen hours of guided meditations, led by Thubten Chodron. Individuals who live far from Buddhist teachers or Dharma centers will appreciate the personal guidance offered with these meditations, enabling them to begin and continue a daily meditation practice. This a new and expanded version of Guided Meditations on the Lam Rim, and the recording was previously published in a 14-CD format under that name.

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Customer Reviews

"I am very happy to learn that Bhikshuni Thubten Chodron has undertaken to record the analytical meditations on lamrim. As I often tell people, the analytical meditations on the points of the lamrim will transform our minds and enable us to become more compassionate and wise. I encourage people to do these meditations as part of their daily practice." — H.H. the Dalai Lama "Ven. Thubten Chodron is someone whose life embodies the virtues of kindness, simplicity, and a clarity of vision which lie at the heart of the Buddha's teachings. It is these perennial qualities that shine through her writings and touch the hearts of readers all over the world." — Thupten Jinpa, translator for H.H. the Dalai Lama "Prayer and aspiration are not enough for deep transformation; reasoning is necessary. Transformation comes from studying the lamrim, thinking about the topics, and doing analytical meditation on them. With a firm grounding in lamrim, we'll be able to work with our mind no matter what is going on in it or around us. When we do this, our Dharma practice becomes so tasty! We don't get bored practicing. It becomes very exciting and fascinating." — Ven. Chodron on the importance of lamrim "Ven. Chodron is well known for her many clear writings. As the CD shows, she also has a clear, gentle, and calm voice, which makes the selected meditations on the Stages of the Path a delight and also very positive to listen to. . . . If the graduated path, as the lamrim approach is also called, has proven helpful to countless generations of monastics, it is even more important to modern Western lay practitioners who are dealing with a good many more challenges and distractions. I can recommend without reservation both Ven. Chodron's book and the audiorecording which generously extends over 14 hours." — Georg Feuerstein, PhD "Listen and learn as the lighthearted, happy, kind voice of Bikshuni Thubten Chodron guides us along the gradual path to enlightenment. Yes, this wonderful 224-page book is accompanied by a fourteen-hour MP3 CD with no less than 46 meditations! How often have we heard a teacher describe the teachings of the lam-rim and gone away wondering how to put them into practice — and here is a way to actually experience them. No more excuses: Soon the rhythm of meditating becomes as habitual and essential as the morning cuppa. Are you

working with distractions? Dealing with mental afflictions? Distinctly possible under this gentle, kindly guidance." — •Mandala Magazine "I have found few guides through the sometimes-complex practices of Tibetan Buddhism that are this thorough, accessible, and practical. The questions Chodron presents throughout the book and MP3 CD are the types of questions you might want to tape to your bathroom mirror, and she provides enough of them that you could easily start your day contemplating a different question for months. This is not the sort of book that requires a sequential reading; it is superbly organized to provide quick and easy access to any of the concepts you are currently working with, and there is plenty for those at each stage of the path. Even if you are not strictly a student of Tibetan Buddhism, there are enough core spiritual and ethical concepts covered in this book as to make it a worthwhile read for anyone . . . whatever your primary spiritual practice." — •The Feminist Review

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I searched all around for a book to guide me through the LamRim meditations. I wanted one that would be very easy to follow and comprehend. I also wanted something that was in my language, American English, but thought that would be a lot to expect of a Tibetan Buddhist work. I never imagined finding everything I needed and more as I did in this amazing rendition. By more, I mean this book came with an accompanying CD of all the prayers and meditations in a guided audio

format. Even the basics instructions explaining the background and foundational information are in audio. I consider this text sacred and I rely on it every day. It so meaningful to me I bought a brocade cover for the first time ever for any of my books. Yes, you may note the digital version doesn't have the CD content included. Personally, I'm happier to have the hard cover copy and simply to have uploaded the CD to my pad and phone. If you're an android user like me, you need to know that you must not upload the table of contents as it is in windows format. Trying to do so will cause an error message and stop the upload. The contents pages aren't essential to practice anyway. I totally cherish this text, and yes it is in English except for a couple short one line mantras. It is a MUST HAVE!!!

I just discussed this book with another reader; we're both deepening our understanding of the Gradual Path, and this book is challenging. I wish the meditations were not in MP3 format, but the publisher was helpful in supplying them. I haven't "finished" this book, and I expect I'll be delving into it for a long time.

I have been working with this book and mp3 files for about one year. This is the first book I've found that teaches the lam-rim in a clear, step-by-step method. After working through the book, you are encouraged to start from the beginning again. On the second time around I am only using the book as a guideline. I now want to determine the length of the contemplative meditations for myself. But, when I need emphasis on a particular teaching, I listen to the mp3 files again for clarification. The pauses on the files give the listener plenty of time for contemplation. While I have had formal classes on most of these topics at a beginner's level, this book laid out everything so clearly to me. It helped me see the big picture regarding the Mahayana path. Venerable Thubten Chodron has a great way of communicating difficult concepts to beginners. I learned from previous teachers that one should never stop studying all these topics. The more you work with them, the more your mind will be transformed. While I'm not able to travel to listen to teachers any longer, I'm very happy to have found this book.

Venerable Chodron's book-and-mp3-disc set will likely be EXTREMELY appreciated by those who're wanting to take part in Buddhist meditation practice but really aren't sure where to turn to get started. The book not only serves as a meditation how-to, it's a good source of general Tibetan Buddhist information as well, giving it even more versatility for those just getting involved. The MP3 disc has something like 14 hours of guided meditation on it ranging from a series of meditations on

some basic Buddhist tenets ranging upward into the LamRim meditations. For the simplicity of my own usage, I build tracklists in iTunes centered around what meditation I want to do that morning. That way I can simply play the tracklist uninterrupted. For those without that capability you will have to switch tracks, but it's not all that more inconvenient, really. Considering the sheer mass of audio included on the MP3 disc, I feel that this book-and-disc-set are a tremendous value, and it's served me well as a jumping off point for meditation. It's been particularly helpful since there isn't a sangha near me, so if you're wanting to get involved in Buddhist meditation but have found yourself frustrated that it'd take a lot of travel to practice, *Guided Meditations On The Stages Of The Path* will most likely be a real boon for you.

This book came in the time frame promised and in the condition promised. The CD did not work, but the company immediately resolved my situation without hesitation. Very pleased and would order from them again. The book is fantastic, but I think prior understanding of *The Stages of the Path* and Buddhism would be helpful to anyone considering this book. It meets and exceeds all expectations. Venerable Thubten Chodron is a master teacher and explains concepts etc in an easy to understand manner. Well worth the purchase if you are considering enhancing your practice.

Guided Meditations on the Stages of the Path (with 15 hour mp3 meditation CD) is a wonderful resource for those interested in Mahayana Buddhist meditation. This book, and its accompanying CD, provide an introduction and clear roadmap for those interested in learning how to meditate. Both serenity and insight meditation are covered. The book and CD are presented in a logical progression, and Thubten Chodron writes and narrates clearly and concisely for easy understanding of the topic. The book is divided into three sections: *Learning to Meditate*, *The Meditations*, and *Keeping on Track*. The CD provides narration on meditations, including specific meditation instructions, visualizations, and prayer recitations. For those who travel, the MP3s are wonderful to have on an iPod or similar device, as the book is not necessary when using the recordings. This book/CD package is invaluable for those looking to go beyond studying Mahayana Buddhism and are interested in meditative practice, but may not have an available teacher.

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