

# [Dalai Lama Library Ithaca](#)

## **Delving into the Dalai Lama Library at Ithaca College: A Comprehensive Guide**

### Introduction:

Are you intrigued by the spiritual heart of Ithaca College? Have you heard whispers of a unique collection dedicated to the Dalai Lama's teachings and philosophy? This comprehensive guide delves into the fascinating world of the Dalai Lama Library at Ithaca College, exploring its history, holdings, significance, and the rich resources it offers to students, faculty, and the wider community. We'll uncover the library's unique position within the academic landscape, highlighting its contribution to interfaith dialogue and the study of Tibetan Buddhism. Prepare to embark on a journey of intellectual discovery and spiritual exploration.

### I. The Genesis of the Dalai Lama Library: A History Steeped in Compassion

The Dalai Lama Library at Ithaca College wasn't built overnight. Its story is a testament to the dedication of individuals who recognized the importance of making these invaluable resources accessible to a broader audience. This section will explore the key individuals and events that led to its creation, detailing the initial donations of books, manuscripts, and other materials related to Tibetan Buddhism and the Dalai Lama's teachings. We'll examine the crucial role of Ithaca College's commitment to interfaith understanding and global education in fostering this unique resource. The timeline of its development, from initial concept to its present form, will be meticulously charted, revealing the evolution of the collection and its physical space.

### II. Exploring the Collection: A Treasure Trove of Buddhist Wisdom

The heart of the Dalai Lama Library lies in its collection. This section will provide a detailed overview of the types of materials held within its walls. We'll delve into the specifics, categorizing the holdings by type: books (including rare and first editions), manuscripts, audio-visual materials (lectures, documentaries), and potentially even digital archives. We'll also discuss the languages represented in the collection, highlighting its multilingual nature and global reach. A particular focus will be placed on the unique and rare items, offering insight into their historical and scholarly significance. The accessibility of these resources to researchers and students will also be thoroughly examined, exploring the library's policies and procedures.

### III. The Library's Role in Academic and Community Engagement

The Dalai Lama Library is not simply a repository of books; it's a vibrant hub for learning and community engagement. This section will explore the library's role in supporting academic research, particularly within the fields of religious studies, philosophy, and peace studies. We'll showcase examples of research projects, dissertations, and publications that have utilized the library's resources. Furthermore, we will examine the library's outreach programs, events, and workshops, highlighting its contribution to the broader Ithaca community and beyond. This might include guest lectures, film screenings, meditation sessions, or interfaith dialogue events. The library's

partnerships with other institutions and organizations will also be discussed.

#### IV. The Library's Impact on Interfaith Dialogue and Global Understanding

The Dalai Lama Library plays a vital role in fostering interfaith dialogue and promoting global understanding. This section will explore how the library's resources and programs contribute to a more tolerant and peaceful world. We'll analyze how the study of Tibetan Buddhism, as facilitated by the library, can enrich perspectives on diverse religious traditions and promote cross-cultural understanding. Specific examples of initiatives that promote interfaith dialogue will be highlighted, and the library's contribution to peacebuilding efforts will be examined. The long-term vision of the library and its potential impact on future generations will be contemplated.

#### V. Visiting the Dalai Lama Library: Practical Information and Resources

This section will provide practical information for those wishing to visit or utilize the Dalai Lama Library. We'll detail the library's location on the Ithaca College campus, its opening hours, and any accessibility information. Instructions on how to access the collection, whether through in-person visits or online resources, will be clearly outlined. Contact information and relevant links to the library's official website will be provided. Finally, we'll offer advice for researchers and students planning to utilize the library's resources for their academic work.

### Article Outline: "Delving into the Dalai Lama Library at Ithaca College"

I. Introduction: Briefly introduces the Dalai Lama Library at Ithaca College and what the article will cover.

II. Historical Context: Explores the library's founding, key individuals involved, and the timeline of its development.

III. Collection Overview: Details the types of materials held, languages represented, and the significance of unique items.

IV. Academic and Community Engagement: Discusses the library's role in research, teaching, and community outreach programs.

V. Impact on Interfaith Dialogue: Analyzes the library's contribution to interfaith understanding and global peace.

VI. Visiting the Library: Provides practical information for visitors, including location, hours, and access procedures.

(Detailed explanation of each point in the outline would follow here, expanding on the information provided in the section headings above. This would constitute the majority of the 1500+ word article.)

#### FAQs:

1. Is the Dalai Lama Library open to the public? (Answer detailing access policies.)

2. What are the library's most valuable holdings? (Highlights specific rare items or significant collections.)
3. Are there any online resources available? (Details online catalogs, databases, or digital archives.)
4. How can I get involved with the library's programs? (Describes events, workshops, and outreach opportunities.)
5. Does the library offer guided tours? (Information on tour availability and scheduling.)
6. What research opportunities are available at the library? (Outlines research projects and dissertation support.)
7. How does the library support interfaith dialogue? (Specific examples of programs and initiatives.)
8. What are the library's hours of operation? (Provides clear and concise opening hours.)
9. Can I borrow materials from the library? (Explains borrowing policies and procedures.)

#### Related Articles:

1. Tibetan Buddhism and its Influence on Modern Thought: Explores the philosophical and spiritual impact of Tibetan Buddhism.
2. The Life and Teachings of the Dalai Lama: A biography focusing on the Dalai Lama's spiritual journey and key teachings.
3. Interfaith Dialogue: Building Bridges of Understanding: Discusses the importance of interfaith dialogue in a globalized world.
4. Peace Studies and Conflict Resolution: Examines the field of peace studies and its approaches to conflict resolution.
5. Ithaca College's Commitment to Global Education: Highlights Ithaca College's dedication to international perspectives.
6. Rare Books and Manuscripts: Preservation and Access: Focuses on the challenges and importance of preserving historical texts.
7. The Role of Libraries in Academic Research: Explores the critical role of libraries in supporting scholarly work.
8. Meditation and Mindfulness Techniques: Introduces various meditation practices and their benefits.
9. Exploring Tibetan Culture and Traditions: Provides an overview of Tibetan culture, history, and customs.

This expanded framework provides a solid foundation for a comprehensive and SEO-optimized blog post about the Dalai Lama Library at Ithaca College. Remember to fill in the detailed explanations for each section to reach the desired word count and provide in-depth information.

**dalai lama library ithaca:** *The Secret Lives Of The Dalai Lama* Alexander Norman, 2009-12-03 His Holiness the Dalai Lama is renowned the world over for his unswerving dedication to non-violence in his efforts to achieve justice for Tibet, yet the Chinese call him 'a wolf in monk's robes'. He is fourteenth in a lineage whose history is every bit as bloody and intrigue-laden as that of the Papacy. The sixth Dalai Lama was a notorious womaniser, four successive ones were almost certainly murdered and the present Dalai Lama has himself been the target of attacks that resulted in the brutal murder of a close colleague THE LIVES OF THE DALAI LAMA gives a fast-paced and absorbing insight into the real story of Tibetan culture, politics and spirituality, and shows the Dalai Lama as a man of courage, compassion and honesty.

**dalai lama library ithaca:** Why the Dalai Lama Matters Robert Thurman, 2008-06-03 His

Holiness the Dalai Lama is an extraordinary example of a life dedicated to peace, communication, and unity. What he represents, and what he has accomplished, heals and transcends the current tensions between Tibet and China. Why the Dalai Lama Matters explores just why he has earned the world's love and respect, and how restoring Tibet's autonomy within China is not only possible, but highly reasonable, and absolutely necessary for all of us together to have a peaceful future as a global community. In the few decades since the illegal Chinese invasion of Tibet, Tibetans have seen their ecosystem destroyed, their religion, language, and culture repressed, and systematic oppression and violence against anyone who dares acknowledge Tibetan sovereignty. Yet, above it all, the Dalai Lama has been a consistent voice for peace, sharing a Middle-Way approach that has gathered accolades from the Nobel Peace Prize to the U.S. Congressional Gold Medal. Modeling this peaceful resistance shows the world that nobody is free unless everybody is free -- and that a solution exists that can benefit all parties, not just one. And more than just his nation have taken notice. His inter-religious dialogues, honest, humble demeanor, and sense of compassionate justice sets him apart in a world at war with itself. When China changes policy and lets Tibetans be who they are, Tibet can, in turn, join with China in peaceful coexistence. Why the Dalai Lama Matters is not merely a book about Tibet or the Dalai Lama. It is a revealing, provocative solution for a world in conflict, dealing with the very fundamentals of human rights and freedoms. By showing the work that the Dalai Lama has done on behalf of his people, Thurman illuminates a worldwide call to action, showing that power gained by might means nothing in the face of a determined act of truth.

**dalai lama library ithaca:** *The Fourteen Dalai Lamas* Glenn H. Mullin, 2001 The 14th Dalai Lama, winner of the Nobel Peace Prize and spiritual leader of the Tibetans in exile, is well known in the West, but the 600-year tradition to which he is heir is less familiar. In this book, Glenn Mullin offers the life stories of all 14 Dalai Lamas in one volume for the first time. He has also included excerpts from their teachings, poetry, and other writings that illuminate the principles of Tibetan Buddhism. From the birth of the first Dalai Lama in 1391, each subsequent Dalai Lama has been the reincarnation of his predecessor, choosing to take up the burdens of a human life for the benefit of the Tibetan people. For almost six centuries, the Dalai Lamas have served as the Tibetans' spiritual leader and have held secular power for nearly half that time. The Dalai Lamas are revered as incarnations of Avalokiteshvara, the Buddhist embodiment of compassion, but each has been a unique individual with different abilities and temperament.

**dalai lama library ithaca:** **Don't Believe Everything You Think** Thubten Chodron, 2013-01-08 It can be hard for those of us living in the twenty-first century to see how fourteenth-century Buddhist teachings still apply. When you're trying to figure out which cell phone plan to buy or brooding about something someone wrote about you on Facebook, lines like "While the enemy of your own anger is unsubdued, though you conquer external foes, they will only increase" can seem a little obscure. Thubten Chodron's illuminating explication of Togmay Zangpo's revered text, *The Thirty-seven Practices of Bodhisattvas*, doesn't just explain its profound meaning; in dozens of passages she lets her students and colleagues share first-person stories of the ways that its teachings have changed their lives. Some bear witness to dramatic transformations—making friends with an enemy prisoner-of-war, finding peace after the murder of a loved one—while others tell of smaller lessons, like waiting for something to happen or coping with a minor injury.

**dalai lama library ithaca:** **The Dalai Lamas** Ardy Verhaegen, 2002 Richly Annotated, This Work Is A Deep Study Of The Institution Of The Dalai Lama: Its Rise To Prominence, Its Working And Its Role Within The Socio-Political Structures Of Tibet And Asia. All This Is Set Against A Historical Narrative That Brings Out The Unique Religious Culture And Spiritual Legacy Of The Land.

**dalai lama library ithaca:** *The Great Exposition of Secret Mantra, Volume One* The Dalai Lama, Tsongkhapa, 2016-12-27 Tantra in Tibet is the first volume in The Great Exposition of Secret Mantra series in which the Dalai Lama offers illuminating commentary on Tsongkhapa's seminal text on Buddhist tantra. It is followed by Volume II: Deity Yoga and Volume III: Yoga Tantra. This revised work describes the differences between the Mahayana and Hinayana streams in the sutra tradition,

and between the sutra tradition and that of tantra generally. It includes highly practical and compassionate explanations from H.H. the Dalai Lama on tantra for spiritual development; the first part of the classic Great Exposition of Secret Mantra text; and a supplement by Jeffrey Hopkins on the meaning of emptiness, transformation, and the purpose of the four classes of tantra.

**dalai lama library ithaca: Guided Meditations on the Stages of the Path** Thubten Chodron, 2016-12-13 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 accompanying audio program contains 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. 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 audio program (available to eBook buyers as a free MP3 download) 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 is 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.

**dalai lama library ithaca: A Promise Kept** Marilyn Ekdahl Ravicz PhD, Germaine Krull, 2018-10-12 A Promise Kept: Memoir of Tibetans in India is a collaborative work between Germaine Krull and her friend Marilyn Ekdahl Ravicz. Although a great photographer, Germaine was European and wrote English poorly. For this reason, she entrusted her memoir manuscript to Marilyn. Germaine requested that Marilyn promise to edit and rewrite it for publication so others could share her experiences. As promised, Marilyn offers Germaine's A Promise Kept to you. Enjoy reading about his holiness Sakya Trizin, his family, and their lives in India. Share their trials, adaptations, and amazing social and religious rebirth as refugee Tibetans.

**dalai lama library ithaca: Engaged Buddhism** Christopher S. Queen, Sallie B. King, 1996-03-14 This is the first comprehensive coverage of socially and politically engaged Buddhism in Asia, presenting the historical development and institutional forms of engaged Buddhism in the light of traditional Buddhist conceptions of morality, interdependence, and liberation.

**dalai lama library ithaca: Introduction to Tantra** Thubten Yeshe, 2001-06-15 This introduction recognizes and explains how to channel the powerful energies aroused by human desires, and how to transform lives with them.

**dalai lama library ithaca: Sociology of Peace and Nonviolence** Rakesh Raman Jha, 2003 Mahatma Gandhi and Dalai Lama have been the two exponents of peace and nonviolence. The concepts and the methods of peace and nonviolence of both the thinkers and freedom fighters are quite relevant to the contemporary World in resolving the conflicts prevalent at social, national as well as international levels. The present study has been a humble attempt to understand and analyze the concepts and theories of peace and nonviolence and their application to resolve conflicts

peacefully and amicably. This study also examines the basic contention of the then Nobel Committee for Peace in 1989 to compare the Dalai Lama with his merntor, Mahatma Gandhi for his forward looking proposals to solve the problems between the Chinese state and the Tibetan people without resorting to violent means.

**dalai lama library ithaca:** *Tibetan Buddhist Essentials: A Study Guide for the 21st Century* Tenzin Tharpa, This text is best viewed in pdf format. Download this and other free original texts from my website: TenzinTharpa.com. Tibetan Buddhist Essentials is a complete guide to Tibetan Buddhism. A unique text series presenting an expansive modern view of Tibetan Buddhism for students of diverse backgrounds and sensibilities. It shares an authentic yet progressive presentation of Tibetan Buddhism in an easily accessible no-nonsense format.

**dalai lama library ithaca:** *Perfecting Patience* The Dalai Lama, 2018-11-27 Drawing on A Guide to the Bodhisattva Way of Life, the Dalai Lama reveals how learning patience and compassion practices is more essential than ever as we navigate an era of extremism and divisiveness All of the world's major religions emphasize the importance of love, compassion, and tolerance. This is particularly true in the Buddhist traditions, which unanimously state that compassion and love are the foundation of all paths of practice. To cultivate the potential for compassion and love inherent within us, it is crucial to counteract their opposing forces of anger and hatred. In *Perfecting Patience*, the Dalai Lama shows how, through the practice of patience and tolerance, we can overcome the obstacles of anger and hatred. He bases his discussion on A Guide to the Bodhisattva Way of Life, the classic work on the activities of bodhisattvas—those who aspire to attain full enlightenment in order to benefit all beings. This book was previously published under the title *Healing Anger*.

**dalai lama library ithaca:** *One Hundred Thousand Moons* Tsepon Wangchuk Deden Shakabpa, 2010 A sustained argument for Tibetan independence, this volume also serves as an introduction to many aspects of Tibetan culture, society, and especially religion with a compendium of biographies of the most significant religious and political figures.

**dalai lama library ithaca:** *Spiritual Innovators* Ira Rifkin, 2002-01-01 Fascinating profiles of the most important spiritual leaders of the past one hundred years. An invaluable reference of twentieth-century religion and an inspiring resource for spiritual challenge today. The result of a nationwide survey of experts in leading universities and seminaries, as well as leading representatives of dozens of religious traditions and spiritual persuasions, this authoritative list of seventy-five includes martyrs and mystics, intellectuals and charismatics from East and West. Their lives and wisdom are now easily accessible in this inspiring volume. A celebration of the human spirit, ideal for both seekers and believers, the curious and the passionate, thinkers and doers, *Spiritual Innovators* is an authoritative guide to the most creative spiritual ideas and actions of the past century--a challenge for us today. An empowering guide to the most creative spiritual ideas of the past century, and a challenge for today, *Spiritual Innovators* profiles seventy-five remarkable people together in one accessible volume. Each profile includes: \* Synopsis of innovator's life and the evolution of their spiritual leadership and influence. \* Inspiring quotes--words of wisdom indicative of the innovator's life and teachings. \* A guide to further examination of their works, ideas, organizations, movements, legacy. \* Resources for more in-depth study. Spiritual innovators covered: Chögyam Trungpa Mary Daly Mary Baker Eddy Robert Funk G. I. Gurdjieff Aimee Semple McPherson Elijah Muhammad Bhaktivedanta Prabuphada Bertrand Russell Zalman Schachter-Shalomi William J. Seymour Shirdi Sai Baba Starhawk Desmond Tutu Abdu'l Bahá Daniel Berrigan Dietrich Bonhoeffer Abraham Isaac Kook C. S. Lewis Huston Smith D. T. Suzuki Simone Weil Dorothy Day Catherine de Hueck Doherty Maha Ghosananda Mawlana Muhammad Ilyas Mother Teresa Walter Rauschenbusch Albert Schweitzer Robert Holbrook Smith Thich Nhat Hanh Bawa Muhaiyadeen Black Elk Deepak Chopra Bede Griffiths Hazrat Inayat Khan J. Krishnamurti Meher Baba Seyyed Hossein Nasr Paramahansa Yogananda Andrew Weil Ajahn Chah Thomas Keating Maharishi Mahesh Yogi Thomas Merton Pema Chödrön Ramana Maharshi Seung Sahn Shunryu Suzuki --This text refers to an out of print or unavailable edition of this title.

**dalai lama library ithaca: Spiritual Leaders Who Changed the World** Ira Rifkin, 2012-12-20 Who Were the Most Innovative Spiritual Leaders of the Past Century? Fascinating profiles of the most important spiritual leaders of the past one hundred years. An invaluable reference of twentieth-century religion and an inspiring resource for spiritual challenge today. Black Elk, H. H. the Dalai Lama, Mary Baker Eddy, Abraham Joshua Heschel, J. Krishnamurti, C. S. Lewis, Thomas Merton, Elijah Muhammad, Meher Baba, Joseph Campbell, Simone Weil, Pope John XXIII, Shunryu Suzuki, Aimee Semple McPherson, Billy Graham, Dorothy Day, Thich Nhat Hanh, Martin Luther King, Jr. ... these are just some of the spiritual leaders who have changed our world. The result of a nationwide survey of experts in leading universities and seminaries, as well as leading representatives of dozens of religious traditions and spiritual persuasions, this authoritative list of seventy-five includes martyrs and mystics, intellectuals and charismatics from East and West. Their lives and wisdom are now easily accessible in this inspiring volume. A celebration of the human spirit, ideal for both seekers and believers, the curious and the passionate, thinkers and doers, this book is an authoritative guide to the most creative spiritual ideas and actions of the past century—a challenge for us today.

**dalai lama library ithaca: Meeting the Buddhas** Vessantara, 1993 An introduction the most well-known and important Buddhas, deities and other sacred figures of Buddhism. Each is imaginatively brought to life for the reader presenting their major characteristics along with illustrations, visualizations, symbols, mantras and myths.

**dalai lama library ithaca: Meditation on the Nature of Mind** Dalai Lama, Khonton Peljor Lhundrub, Jose Ignacio Cabezon, 2011-03-23 We all have the same human mind - each and every one of us has the same potential. Our surroundings and so forth are important, but the nature of mind itself is more important... To live a happy and joyful life, we must take care of our minds. - His Holiness the Dalai Lama At the heart of this book is The Wish-Fulfilling Jewel of the Oral Tradition, an accessible and nonsectarian treatise on penetrating the nature of mind by Khonton Peljor Lhundrub, a teacher of the Fifth Dalai Lama. His Holiness the Fourteenth Dalai Lama's broad-ranging overview of this work insightfully distills some of the most central themes of Buddhism: why the mind is so essential to the tradition, what distinguishes the levels of consciousness, and how different schools of Tibetan Buddhism elaborate those distinctions. Profound and erudite, it brings the reader closer to a fresh and direct experience of Buddhism's central truths. Along with his lucid translations, Jose Cabezon provides an introduction to the root text and presentations of the life and works of Khonton Rinpoche, all richly annotated.

**dalai lama library ithaca: The Six Yogas of Naropa** Glenn H. Mullin, 2014-05-13 Tsongkhapa's commentary entitled A Book of Three Inspirations: A Treatise on the Stages of Training in the Profound Path of Naro's Six Dharmas is commonly referred to as The Three Inspirations. Anyone who has read more than a few books on Tibetan Buddhism will have encountered references to the Six Yogas of Naropa, a preeminent yogic technology system. The six practices—inner heat, illusory body, clear light, consciousness transference, forceful projection, and bardo yoga—gradually came to pervade thousands of monasteries, nunneries, and hermitages throughout Central Asia over the past five and a half centuries.

**dalai lama library ithaca: Mind Seeing Mind** Roger R. Jackson, 2019-10-29 A definitive study of one of the most important practices in Tibetan Buddhism, with translations of a number of its key texts. Mahamudra, the “great seal,” refers to the ultimate nature of mind and reality, to a meditative practice for realizing that ultimate reality, and to the final fruition of buddhahood. It is especially prominent in the Kagyü tradition of Tibetan Buddhism, so it sometimes comes as a surprise that mahamudra has played an important role in the Geluk school, where it is part of a special transmission received in a vision by the tradition’s founder, Tsongkhapa. Mahamudra is a significant component of Geluk ritual and meditative life, widely studied and taught by contemporary masters such as the Dalai Lama. Roger Jackson’s Mind Seeing Mind offers us both a definitive scholarly study of the history, texts, and doctrines of Geluk mahamudra and masterful translations of its seminal texts. It provides a skillful survey of the Indian sources of the teaching, illuminates the place

of mahamudra among Tibetan Buddhist schools, and details the history and major textual sources of Geluk mahamudra. Jackson also addresses critical questions, such as the relation between Geluk and Kagyü mahamudra, and places mahamudra in the context of contemporary religious studies. The translation portion of *Mind Seeing Mind* includes ten texts on mahamudra history, ritual, and practice. Among these are the First Panchen Lama's root verses and autocommentary on mahamudra meditation, his ritual masterpiece *Offering to the Guru*, and a selection of his songs of spiritual experience. *Mind Seeing Mind* adds considerably to our understanding of Tibetan Buddhist spirituality and shows how mahamudra came to be woven throughout the fabric of the Geluk tradition.

**dalai lama library ithaca: Reflections on Reality** Jeffrey Hopkins, 2007 This is the second volume in Jeffrey Hopkins' valuable series on the Mind-Only School of Buddhism and a focal description of it in Dzong-Ka-ba's *The Essence of Eloquence*. Dzong-Ka-ba (1357-1419) is generally regarded as one of the greatest Tibetan philosophers, and his Mind-Only discourse on emptiness is considered a landmark in Buddhist philosophy. In Volume I, *Emptiness in the Mind-Only School of Buddhism*, Hopkins provided a translation of the introduction and the section on the Mind-Only School in *The Essence of Eloquence*. The present volume places this enigmatic and influential exposition in its historical and philosophical contexts. *Reflections on Reality* conveys the intellectual vibrancy of the different cultural interpretations of this text and expands the key philosophical issues it addresses. Hopkins, one of the leading scholarly voices in Tibetan studies, begins this volume with two introductory chapters contextualizing Tibetan scholarship in general. He then goes on to discuss in detail the religious significance of the central topic of the three natures in the Mind-Only School. He also considers various views on the status of reality, including the doctrine of other-emptiness promulgated by the fourteenth century Jo-nang savant Shay-rap-gyel-tsen. Presenting accurate and insightful translations of a large amount of material that has never been available in English before, he shows how these topics have been debated among scholars in Tibet over six centuries. Comparing these with presentations in Europe, Japan, and the United States today, he created a lively conversation between normally disparate voices.

**dalai lama library ithaca: Buddhism for Beginners** Thubten Chodron, 2001-01-01 This easy-to-understand introduction to Buddhism is "written for people wanting to understand basic Buddhist principles and how to integrate them into their lives" (H.H. the Dalai Lama) This user's guide to Buddhist basics takes the most commonly asked questions—beginning with "What is the essence of the Buddha's teachings?"—and provides simple answers in plain English. Thubten Chodron's responses to the questions that always seem to arise among people approaching Buddhism make this an exceptionally complete and accessible introduction—as well as a manual for living a more peaceful, mindful, and satisfying life. *Buddhism for Beginners* is an ideal first book on the subject for anyone, but it's also a wonderful resource for seasoned students, since the question-and-answer format makes it easy to find just the topic you're looking for, such as: • What is the goal of the Buddhist path? • What is karma? • If all phenomena are empty, does that mean nothing exists? • How can we deal with fear? • How do I establish a regular meditation practice? • What are the qualities I should look for in a teacher? • What is Buddha-nature? • Why can't we remember our past lives?

**dalai lama library ithaca: Guided Buddhist Meditations** Thubten Chodron, 2019-07-30 A new edition of a Buddhist classic, an accessible introduction to the stages of the path (lamrim)—including 14 hours of downloadable audio meditations. *The Stages of the Path*, or lamrim, presentation of Buddhist teachings (a step-by-step method to tame the mind) is a core topic of Buddhist study. The lamrim meditations remind us that the process of transforming the mind, unlike so much of our frantic modern society, is a slow and thoughtful one. Best-selling author and Buddhist teacher Thubten Chodron here provides clear explanations of the stages of the path, as well as an accompanying downloadable audio program containing over fourteen hours of guided meditations on each of the topics covered in the text. Chodron discusses how to establish a daily practice and presents the meditations in detail, followed by advice for newcomers, instructions for



working with distractions, antidotes to mental afflictions, and suggestions on how to deepen Dharma practice. Each practitioner will find meaning and insight according to their own skill level.

**dalai lama library ithaca:** *Sustainable Happiness* Joe Loizzo, 2012 Sustainable Happiness is the first book to make Asia's most rigorous and complete system of contemplative living, hidden for centuries in Tibet, accessible to help mainstream readers on their life journey towards sustainable health, growth and well-being.

**dalai lama library ithaca:** *From the Heart of Chenrezig* Glenn H. Mullin, 2013-06-11 The lineage of the reincarnated line of Dalai Lamas has held primary spiritual authority and, until recently, temporal power in Tibet since the beginning of the fifteenth century. The translations in this book represent a curated set of their writings specifically on tantra, the advanced path of Tibetan Buddhism in which practitioners use a variety of methods and techniques to directly overcome delusion and conflicting emotions. If one has the proper training in sutra and tantra, it is said that the path to enlightenment can be traversed swiftly. Glenn H. Mullin, one of the foremost translators of the Dalai Lamas, has selected key texts from eight of the Dalai Lamas that clearly elucidate the proper understanding and context of the tantric system in this lineage.

**dalai lama library ithaca:** *Altruism and Reality* Paul Williams, 2013-12-16 Brings together Paul Williams' previously published papers on the Indian and Tibetan interpretations of selected verses from the eighth and ninth chapters of the Bodhicaryavatara.

**dalai lama library ithaca:** *Pointing Out the Great Way* Daniel P. Brown, 2006-09-28 This spiritual manual describes mahamudra meditation from the perspective of the gradual path, a progressive process of training that is often contrasted to sudden realization. The book contains a step-by-step description of the ways to practice, precise descriptions of the various stages and their intended realizations, and the typical problems that arise along with their remedies. Drawn from a variety of sources, *Pointing Out the Great Way* distills the experiences of many great masters who have traversed the path of meditation to the point of perfect mastery.

**dalai lama library ithaca:** *Stages of the Path and the Oral Transmission*, 2022-12-20 A major contribution to the literature on Buddhist practice according to the Geluk school of Tibetan Buddhism from its foremost interpreter. Although it was the last major school to emerge in the Tibetan Buddhist tradition, the Geluk school has left an indelible mark on Buddhist thought and practice. The intellectual and spiritual brilliance of its founder, the great Tsongkhapa (1357-1419), has inspired generations of scholars and tantric yogis to place him at the heart of their daily meditative practice. The Geluk tradition's close ties to the Dalai Lamas have also afforded it an outsized influence in all aspects of Tibetan life for centuries. At its peak its combined monasteries boasted a population in the tens of thousands, and its sway encompassed the religious landscape of Mongolia and much of Central Asia. This widespread religious activity fostered a rich literary tradition, and fifteen seminal works are featured here representing four genres of that tradition. They include works on the stages of the path, or lamrim, the genre for which the Geluk is most renowned; works on guru yoga, centered around the core Geluk ritual Offering to the Guru (Lama Chöpa); teachings from the unique oral transmission of Geluk mahamudra, meditation on the nature of mind; and instructions on the three essential points—what to practice in life, at death, and in the bardo. Your guide to these riches, Thupten Jinpa, maps out their historical context and spiritual significance in his extensive introduction.

**dalai lama library ithaca:** *Open Heart, Clear Mind* Thubten Chodron, 1990-01-01 Featuring a foreword by the Dalai Lama, this introduction to Tibetan Buddhism "will help many on the open path of meditation and in dealing with challenges of everyday life" (Thich Nhat Hanh) An open heart is the dwelling place of compassion that extends toward all beings; a clear mind is the source of the penetrating wisdom of deep insight. Their union leads to the enlightened way of life that is at the heart of the spiritual path as taught by the Buddha. This practical introduction to the Buddha's teachings focuses on the application of Buddhist psychology to modern life. Thubten Chodron, an American Buddhist nun, presents the basic points of this path for understanding ourselves and improving the quality of our lives. Writing with warmth, humor, and easy-to-understand language,

Chodron provides the fundamental points of the Buddha's teaching on transforming habitual attitudes and realizing our full human potential.

**dalai lama library ithaca:** The World's Greatest Religious Leaders [2 volumes] Scott E. Hendrix, Uchenna Okeja, 2018-03-01 This book provides reliable information about important world religious leaders, correcting the misinformation that can be on the internet. Religious leaders have shaped the course of history and deeply affected the lives of many individuals. This book offers alphabetically arranged profiles of roughly 160 religious leaders from around the world and across time, carefully chosen for their impact and importance and to maximize inclusiveness of faiths from around the world. Scholars from around the world, each one an expert in his or her field and all holding advanced degrees, came together to create an essential resource for students and for those with an interest in religion and its history. Every entry has been carefully edited in a two-stage review process, guaranteeing accuracy and readability throughout the work. Not strictly a biographical reference that recounts the facts of religious figures' lives, the book helps users understand how the selected figures changed history. The entries are accompanied by excerpts of primary source documents and suggestions for further reading, while the book closes with a bibliography of essential print and electronic resources for further research.

**dalai lama library ithaca:** Good Karma Thubten Chodron, 2016-08-09 Why do things happen the way they do in our lives? How do we create the causes for a happy life? The Buddhist practice of mind training gives us the answer to these questions: it involves overcoming our self-centered attitude and replacing it with an attitude that cherishes others. This, in turn, leads us to act in ways that naturally lead away from suffering and toward happiness—in short, to create good karma. Thubten Chodron offers a commentary on one of the great Tibetan Buddhist poems, *The Wheel of Sharp Weapons*, which shows, clearly and practically, how to eliminate the causes of anxiety, fear, and depression and to create the causes of joyful liberation for oneself and all others.

**dalai lama library ithaca:** Dharma Matters Jan Willis, 2020-04-21 A powerful collection of essays on race and gender in contemporary Buddhist practice by one of the leading thinkers in the area. Jan Willis was among the first Westerners to encounter exiled Tibetan teachers abroad in the late sixties, instantly finding her spiritual and academic home. *TIME* Magazine named her one of six “spiritual innovators for the new millennium,” both for her considerable academic accomplishments and for her cultural relevance. Her writing engages head-on with issues current to Buddhist practitioners in America, including dual-faith practitioners and those from marginalized groups. This collection of eighteen scholarly and popular essays spans a lifetime of reflection and teaching by Willis. Grouped in four sections—Women and Buddhism, Buddhism and Race, Tantric Buddhism and Saints’ Lives, and Buddhist-Christian Reflections—the essays provide timeless wisdom for all who are interested in contemporary Buddhism and its interface with ancient tradition. “This collection of essays by Jan Willis, penned over thirty years of study, teaching, and practice, is destined to become an authoritative resource in Buddhist scholarship and thought. Willis challenges many of our preconceptions, but asks no more and no less than what the Buddha asked: come, see, and experience for yourselves.” —Sharon Salzberg, author of *Lovingkindness and Real Happiness* “From Birmingham to Bodhgaya, Jan bridges worlds like no other. Her essays are treasures of wisdom born from a remarkable life richly lived.” —Matthew T. Kapstein, author of *Reason’s Traces: Identity and Interpretation in Indian and Tibetan Buddhist Thought* “This book is a blessing for us all—across cultures, across genders, across traditions.” —Larry Yang, author of *Awakening Together: The Spiritual Practice of Inclusivity and Community*

**dalai lama library ithaca:** The Bodhisattva Vow Geshe Sonam Rinchen, 2000-10-10 Before the Dalai Lama bestows the Bodhisattva vow, he often teaches the short text known as the Twenty Verses on the Bodhisattva Vow by the Indian master Chandragomin. Chandragomin's text discusses some of the most important features regarding the vow, such as from whom it should be taken, how one should prepare for receiving it, what constitutes transgressions of the vow, and how they should be purified. In clear and accessible terms, Geshe Sonam Rinchen explains how to take and then safeguard the Bodhisattva vow.

**dalai lama library ithaca: Absorption in No External World** Jeffrey Hopkins, 2017-10-24

Dzong-ka-ba's *The Essence of Eloquence* is still considered so important to Tibetan Buddhists that the Dalai Lama keeps a copy with him wherever he goes. This book examines many fascinating points raised in six centuries of Tibetan and Mongolian commentary concerning the first two sections of this text: the Prologue, and the section on the Mind-Only School. By providing vivid detail, Jeffrey Hopkins reveals the liveliness of Tibetan scholastic controversies, showing the dynamism of thoughtful commentary and stimulating the reader's metaphysical imagination. In the process of examining 170 issues, this volume treats many engaging points on Great Vehicle presentations of the three natures and the three non-natures, including how to apply these to all phenomena, the selflessness of persons, and the emptiness of emptiness. It concludes with a delineation of the approaches through which the Mind-Only School interprets scriptures. This stand-alone book is the final volume of a trilogy on Mind-Only that Hopkins composed over a period of twenty-two years. His heavily annotated translation of the first two sections of Dzong-ka-ba's text is contained in the first volume, *Emptiness in the Mind-Only School of Buddhism*, along with a historical and doctrinal introduction, a detailed synopsis of the text, and a critical edition. The second volume, *Reflections on Reality: The Three Natures and Non-Natures in the Mind-Only School*, provides historical and social context, a basic presentation of the three natures, the two types of emptiness in the Mind-Only School, and the contrasting views of Dol-bo-ba Shay-rap-gyel-tsen of the Jo-nang-ba order of Tibetan Buddhism.

**dalai lama library ithaca: Pictures of the World** Scott Steinkerchner, Peter Hunter, 2018-07-26

What is real? What is the foundation of right and wrong? How can we know? There are many ways to answer these questions--Western religious views in which humanity is part of God's creation, Eastern religious views in which delusion traps humanity in a cycle of reincarnation, and secular views in which humanity evolved as part of the material universe driven by nothing other than the impersonal forces of evolution. Each of these views paints unique and comprehensive pictures of the world to convey their vision. These pictures are as different from each other as if they were of three different lands separated from each other by patrolled borders. The border between Eastern and Western religions is guarded by arguments over the nature of the divine and rational versus experiential approaches to salvation. Both of these territories are separated from the land of scientific atheists who deny the existence of any supernatural reality and see the scientific method as the sole valid arbiter of truth. This book presents all three views for non-specialists, enabling readers to enter them imaginatively. It then compares these approaches on different contemporary topics. This book is for anyone who wonders why people believe what they do.

**dalai lama library ithaca: Preparing for Tantra** Rob Preece, 2011-09-16

The preliminary practices of Tantra aren't a hurdle to be gotten through in order to get somewhere else; they're an extraordinarily rich collection of practices which have much to offer as a means of cultivating and maturing the practitioner's psychological ground. They can enable experiences to unfold, and they can clear the way when there seem to be problems or hindrances practitioners are struggling with. In *Preparing for Tantra*, Preece draws on his experience as a Tantric Buddhist practitioner, meditation teacher, and psychotherapist to explain how to make the preliminary practices psychologically meaningful and spiritually transformative. He examines each of the practices with an eye to revealing how they may be used to heal and transform psychological trauma and offers practical suggestions for integrating them into daily life—as well as ensuring that practitioners are prepared psychologically, emotionally, and energetically to start out safely on the tantric path. *Preparing for Tantra* is an accessible guidebook for engaging in ngondro, the preliminary practices that are done before engaging in a long tantric retreat. These practices are also powerful tools for purifying negativities and alleviating guilt, healing difficult experiences, and enriching our minds with goodness so that we will be able to progress in our Dharma practice and gain realizations of the path.

**dalai lama library ithaca: Perseverance** Lama Zopa Rinpoche, 2024-01-23

This is Lama Zopa Rinpoche's commentary on perseverance (*virya* in Sanskrit; *tsöndrü* in Tibetan), the fourth of the six

bodhisattva perfections and the subject of the seventh chapter of Shantideva's Guide to the Bodhisattva's Way of Life (Bodhisattvacharyavatara), which was written about 1,300 years ago. Rinpoche would often use the text to emphasize how we need to overcome our attachment to the samsaric pleasures of this life-what are called the eight worldly dharmas or worldly concerns. These are our big addiction and the reason this realm we live in is called the desire realm. Our senses constantly reach out for pleasurable objects: sights, sounds, smells, tastes, and so forth. As long as chasing our desires dominates our life, we not only have no freedom to become a better person but we are also assuring ourselves (and our planet) great suffering in the future. Breaking this addiction is not easy. We need great determination, great perseverance. This is the subject of Shantideva's seventh chapter, where he explores in detail the effort we need to move from a selfish nonvirtuous attitude to one that serves others. Of A Guide to the Bodhisattva's Way of Life, Rinpoche says, The whole of Shantideva's wonderful text is like an elaborated commentary on the lamrim [the graduated path to enlightenment]. In the monasteries, A Guide to the Bodhisattva's Way of Life is not used much as a text for debating, but students constantly refer back to it, quoting from it often. Many great teachers, such as His Holiness the Dalai Lama, quote extensively from it for many different subjects. It is so practical that we can use whatever Shantideva says as everyday advice, showing us how to conduct our lives.--

**dalai lama library ithaca: The Passionate Buddha** Robert Sachs, 2002-07-01 Discusses the Buddhist meaning of true love and how to attain it in the modern world. • Interweaves Tantric Buddhist teachings with modern concerns such as monogamy and contraception. • Gives a holistic view of a healthy relationship, from physical pleasure to emotional connections and spiritual transformation. • Discusses love in the broader Buddhist concepts of karma and reincarnation. Beginning his book with the ringing question what are you waiting for? Robert Sachs goes on to interweave traditional Buddhist thought with the concerns of the modern couple. Using clear, playful language, Sachs describes the different aspects of healthy relationships within a Buddhist context. However, rather than just setting an ideal, he clarifies how Buddhist practices not only can be integrated into a modern lifestyle but also can be powerful tools for the many changes that occur in any loving relationship. Sachs also considers the role of each individual in a relationship, showing that a couple may develop or possess qualities of being an indivisible unit, but that where the real work lies is when two people are committed to grow and change with one another. He offers techniques for finding oneself both in and out of a relationship and ideas on how to deal with anger and other emotions that arise in the course of life, emotions that occur most intensely over the course of an intimate relationship. The Passionate Buddha acts as a guide for all of those fumbling toward ecstasy in today's confusing world of relationships.

**dalai lama library ithaca: Buddhism & Science** B. Alan Wallace, 2004 Reflecting its wide variety of topics, Buddhism and science is comprised of three sections. The first presents two historical overviews of the engagements between Buddhism and modern science or rather how Buddhism and modern science have definded, rivaled and complemented one another. The second describes the ways Buddhism and the cognitive sciences inform each other, the third address point of intersection between Buddhsim and the physical sciences. On the broadest level this work illuminates how different ways of exploring the nature of human identity the mind, and the universe at large can enrich and enlighten one another.

**dalai lama library ithaca: Tibetan Buddhism and Mystical Experience** Yaroslav Komarovski, 2015-07-01 In this book, Yaroslav Komarovski argues that the Tibetan Buddhist interpretations of the realization of ultimate reality both contribute to and challenge contemporary interpretations of unmediated mystical experience. The model used by the majority of Tibetan Buddhist thinkers states that the realization of ultimate reality, while unmediated during its actual occurrence, is necessarily filtered and mediated by the conditioning contemplative processes leading to it, and Komarovski argues that therefore, in order to understand this mystical experience, one must focus on these processes, rather than on the experience itself. Komarovski also provides an in-depth comparison of seminal Tibetan Geluk thinker Tsongkhapa and his major Sakya critic

Gorampa's accounts of the realization of ultimate reality, demonstrating that the differences between these two interpretations lie primarily in their conflicting descriptions of the compatible conditioning processes that lead to this realization. Komarovski maintains that Tsongkhapa and Gorampa's views are virtually irreconcilable, but demonstrates that the differing processes outlined by these two thinkers are equally effective in terms of actually attaining the realization of ultimate reality. Tibetan Buddhism and Mystical Experience speaks to the plurality of mystical experience, perhaps even suggesting that the diversity of mystical experience is one of its primary features.

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