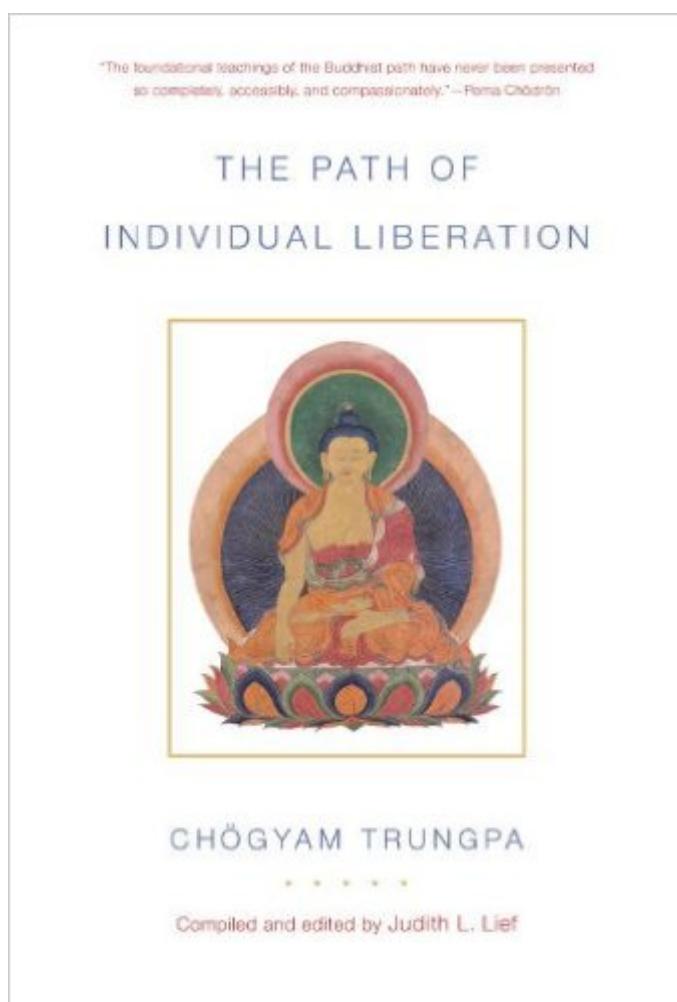


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# The Path Of Individual Liberation: The Profound Treasury Of The Ocean Of Dharma, Volume One



## Synopsis

The foundational teachings of Buddhism, presented here in volume one of Chögyam Trungpa's magnum opus, which offers a systematic overview of the entire path of Tibetan Buddhism. The first volume of this landmark series presents the teachings of the hinayana. The hinayana introduces core Buddhist teachings on the nature of mind, the practice of meditation, the reality of suffering, and the possibility of liberation. It examines the nature of suffering, impermanence, and egolessness, with an emphasis on personal development through meditative discipline and study. The formal entry into the hinayana and the Buddhist path altogether is the refuge vow, in which a student goes for refuge to the Buddha, or the teacher; the dharma, or the teachings; and the sangha, or the community. The hinayana path is based on training in mindfulness and awareness, cultivating virtue, and cutting grasping. Topics covered in detail in this volume include the four noble truths, karma, the four foundations of mindfulness, meditation practice, the refuge vows, the three jewels, the five skandhas, the five precepts, twofold egolessness, and more. The *Profound Treasury of the Ocean of Dharma* represents meditation master Chögyam Trungpa's greatest contribution to Western Buddhism. This three-volume collection presents in lively, relevant language the comprehensive teachings of the Tibetan Buddhist path of the hinayana, mahayana, and vajrayana. This work will resonate with new students of Buddhism as well as the most senior students.

## Book Information

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## Customer Reviews

I respectfully disagree with another reviewer who called this "tough reading". I had assumed since it was so thick, and compiled from Tibetan teachings, that it would be a bit difficult to absorb, but it's quite the opposite actually. I credit both Chogyam Tungpa and editor Judy Lief for this, him for his down to earth relaying of otherwise complex teachings, and her in her style of editing and formatting for this book: each section is broken into subsections and the result is only a page or two for each topic. One can easily view the Table of Contents, choose a topic of interest and easily and quickly read what he had to say on that topic. Chogyam Trungpa himself was rather controversial, but I'll leave that for anyone interested to google for specifics. I personally have only mild curiosities about his eccentricities and don't take offense by any of them because he offered SO much GOOD to this world through his teachings. So I opt to take what is useful and leave what isn't, and his teachings were very useful indeed. He had a very good understanding of western ways, of western mentality. He had a keen way of wording things, using simple metaphors and examples that everyone can understand, regardless of geographical origin. He has managed to take extensive historical teachings and make them completely digestible and relate-able for the modern practitioner. The three volumes are parts of a Tibetan Path of practice, the Yanas. Hinayana (path of the Arhat, "the worthy one"), Mahayana (way of the bodhisattva, "the awake being"), and Vajrayana (path of the siddha, "holder of spiritual power").

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