

# Keith Dowman Pdf

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**The Dzogchen View** Keith Dowman  
2020-08-09 The Dzogchen View encapsulates this essential Dzogchen revelation as the Dzogchen Nonview. The Nonview is the direct instruction on the immediate path of the here and now. This instruction is provided by the tradition under the rubric of recognition of mind's

nature, conviction and confidence in release. This instruction comprises the so-called 'three incisive precepts' given here by Dudjom, Mipham and Patrul Rinpoches. Here the heart of Dzogchen is laid bare for those who have the experience necessary to understand it. The Dzogchen View, or rather Dzogchen Nonview precepts induce the magic of Dzogchen nonmeditation. In

Dzogchen practice there is nothing but this view revealed here in Keith Dowman's magisterial style. The third in the Dzogchen Teaching Series.

*Original Perfection* 2013-07-22 These early, foundational Dzogchen texts--clear, lyrical, and rich in metaphor--were smuggled into Tibet in the eighth century on white silk, written in goat-milk ink that would become visible only when exposed to heat. These five texts are the root of Dzogchen practice, the main practice of the Nyingma school of Tibetan Buddhism. Vairotsana, a master among the first generation of Tibetan Buddhists, reveals here a truth that is at once simple and deeply profound: that all existence--life itself, everyone one of us--is originally perfect, just as is. Keith Dowman's sparkling translation and commentary provide insight and historical background, walking the reader through the truths encountered in this remarkable

book.

**A Buddhist Guide to the Power Places of the Kathmandu Valley** Keith Dowman 2007 With reference to Kathmandu Valley in Nepal; includes traveler information.

**Guru Pema Here and Now** Keith Dowman 2015-10-30 Guru Pema is Padmasambhava, the wandering tantric yogin from Orgyen who became Tibet's Great Guru. To his disciples he was the Lotus Born and, later, to his followers, he became Guru Rimpoche, the precious guru-buddha who resides in our heart center. Identical to the nature of mind, he emanates tulkus to demonstrate Dzogchen, the Great Perfection. In this ground-breaking work Keith Dowman brings the guru-myths and the means of invoking Guru Pema together with an analysis provides immediate contemporary meaning. Some readers will consider the mythic truths revealed in the lives of Guru Rimpoche described in the Zanglingma, a

treasure-text of Nyangrel Nyima Wozer, as the core of the book. Others will look at The Seven Line Prayer as the essence because Mipham Namgyel's commentary provides the secret means to personal attainment of union with Guru Rimpoche. In a similar way that Mipham elucidates the hidden meanings of The Seven Line Prayer, exposing the treasures that have lain hidden in a common prayer that everyone knows and hitherto has taken at face value, so the extensive introduction written in Keith Dowman's inimitable style and perspective, brings Padmasambhava into the twenty-first century and actually verbalizes what we have hitherto only surmized. The guru-myths are presented as code describing the manner in which Guru Pema's enlightenment works for us and how his activity works for the sake of others. The stories of the Guru's life are thus paradigmatic, exemplary models, to be

emulated by his yogin-followers and a source of inspiration and faith for his devotees. At the same time the narrative of the Zanglingma describes the events in Padmasambhava's life that comprise the early history of Buddhist Tibet but this is secondary to the main theme - an exposition of Dzogchen vision, meditation and action. The book is illustrated by reproductions of the Eighth Khamtrul Rinpoche's exceptional blockprints of the 'Eight Names of the Guru', extensive appendixes provide historical background, and glossaries and an annotated index serves instead of notes. Keith Dowman is now dedicated to the teaching and translation of Dzogchen. In the 'sixties, however, as a genyen practitioner training under his principle teachers, Dudjom Rinpoche and Kanjur Rinpoche. In that sadhana the mythology of Guru Pema provided the inspiration and The Seven Line Prayer a skilful means to

attainment of union with the Guru. This work is an acknowledgement of the importance of that early training. The original texts are unchanging; the interpretation changes according to the needs of the times and individuals. Keith Dowman's translations are true to the Tibetan while his commentary seems to fit the moment. Bhakha Tulku Pema Rigdzin. The Precious Guru, the Lotus Born, rests at the vital heart of Tibetan Buddhism. Renowned translator Keith Dowman, in his uniquely fluid style, has gathered here a superb collection of key texts presenting the legends and inner significance of the Great Guru. For beginners, an exceptional introduction, and for the old hands who realize that they are still and will always be beginners, a volume to savor. Matthew Kapstein, Directeur d'etudes, Ecole Pratique des Hautes Etudes; Numata Visiting Professor of Buddhist Studies, The

University of Chicago. "Keith Dowman, one of our treasured lotsawas, has prepared for us another feast of wisdom and delight with this beautiful version of the wondrous story of Guru Rinpoche, the buddha-emanation always ready to help us in our present age of degeneracy. I love this work, and heartily recommend it for everyone who loves life, loves Tibet, wants to share its culture to benefit all sensitive beings, and persists in the undying hope that things must work out well for all of us on this little planet lost in space among the stars. Bob Thurman, author, activist President of Tibet House US."

**Sky Dancer** Stag-sam Nus-ldan-rdo-rje 1984 Describes the life of Yeshe Tsogyel, the consort of a distinguished Tibetan guru, and portrays her path to enlightenment *Buddhist Thought* Paul Williams 2002-01-04 *Buddhist Thought* guides the reader towards a richer understanding of the

central concepts of classical Indian Buddhist thought, from the time of Buddha, to the latest scholarly perspectives and controversies. Abstract and complex ideas are made understandable by the authors' lucid style. Of particular interest is the up-to-date survey of Buddhist Tantra in India, a branch of Buddhism where strictly controlled sexual activity can play a part in the religious path. Williams' discussion of this controversial practice as well as of many other subjects makes Buddhist Thought crucial reading for all interested in Buddhism.

**Yeshe Lama** 'Jigs-med-glin-pa Rañ-byuñ-rdo-rje 2007-11

[The Flight of the Garuda](#) 2012-08-19  
Dzogchen, a tradition of the Nyingma school of Tibetan Buddhism, is considered by many to be an extremely powerful path to enlightenment. This ground-breaking book offers translations of four sacred texts

of the Dzogchen tradition: Secret Instruction in a Garland of Vision, The Flight of the Garuda, Emptying the Depths of Hell, and the Wish-Granting Prayer of Kuntu Zangpo. With an informative introduction by the translator, Flight of the Garuda is an invaluable resource for both practice and scholarship. Flight of the Garuda conveys the heart advice of one of the most beloved nonsectarian masters of Tibet. Ordained as a Gelug monk, the itinerant yogi Shabkar was renowned for his teachings on Dzogchen, the heart practice of the Nyingma lineage. He wandered the countryside of Tibet and Nepal, turning many minds toward the Dharma through his ability to communicate the essence of the teachings in a poetic and crystal-clear way. Buddhists of all stripes, including practitioners of Zen and Vipassana, will find ample sustenance within the pages of this book, and be

thrilled by the lyrical insights conveyed in Shabkar's words. Along with the song by Shabkar, translator Keith Dowman includes several other seminal Dzogchen texts. Dzogchen practice brings us into direct communion with the subtlest nature of our experience, the unity of samsara in nirvana as experienced within our own consciousness. Within the Nyingma school, it is held higher than even the practices of tantra for bringing the meditator face to face with the nature of reality.

### **Śikshā-samuccaya** 1922

*Natural Perfection* Klong-chen-pa Dri-med-'od-zer 2010-04-20 \* Dzogchen will be the next meditation tradition "boom", what mindfulness is now, Dzogchen will be soon\* This book is a translation of a work by the most significant figure in the history of this profound meditative tradition. Dzogchen or the Great Perfection is the apex of Tibetan Buddhism, and Longchen Rabjam is

recognized as the pre-eminent master of Dzogchen and one of Tibet's greatest writers and sages. His Treasury of Reality encompasses and optimizes the radical precepts of Dzogchen and is a shining example of why people continue to turn to the traditions of Tibet for spiritual and personal transformation. Transcending the Tibetan context, Longchen Rabjam's book is a manual of practical wisdom for all people of all times, cultures, and traditions. Dzogchen teaches the natural perfection of all experience, phenomena, and life, just as it is, with no need to alter or fabricate complex ideas or philosophical views. This discipline of spiritual transcendence provides the key not only to our inner enlightenment but to the health and survival of our planet.

### **Buddhist Masters of Enchantment**

1998-06-01 A beautifully illustrated collection of the stories of the Mahasiddhas,

the magicians and saints who founded the lineages of the Tantric tradition. A highly readable translation of legends from the Tibetan oral tradition. Recounts stories of the masters who embodied various paradigms for psychic and spiritual awakening. There is no better illustration of the nature of Tantric Buddhism than the lives of the masters who founded it. Extraordinary men and women who attained enlightenment and magical powers by disregarding convention and penetrating to the core of life, the Mahasiddhas show us a way through human suffering into a spontaneous and free state of oneness with the divine. Keith Dowman's highly readable translation of these legends from Tibetan oral tradition is enhanced by the beautifully realized illustrations of the Tantric saints by artist Robert Beer.

**The Life of Shabkar** 2001-02-06 The Life of Shabkar has long been recognized by

Tibetans as one of the masterworks of their religious heritage. Shabkar Tsogdruk Rangdrol devoted himself to many years of meditation in solitary retreat after his inspired youth and early training in the province of Amdo under the guidance of several extraordinary Buddhist masters. With determination and courage, he mastered the highest and most esoteric practices of the Tibetan tradition of the Great Perfection. He then wandered far and wide over the Himalayan region expressing his realization. Shabkar's autobiography vividly reflects the values and visionary imagery of Tibetan Buddhism, as well as the social and cultural life of early nineteenth-century Tibet.

*The Divine Madman* Brag-phug Dge-bśes Dge-'dun-rin-chen 2000 The secret biography of one of the Tibet's foremost saints, The Buddha Drukpa Kunley who is recognised as an incarnation of the great

Mahasiddha, Saraha

*Masters of Mahamudra* Keith Dowman

2010-03-31 In Tibetan Buddhism, Mahamudra represents a perfected level of meditative realization: it is the inseparable union of wisdom and compassion, of emptiness and skillful means. These eighty-four masters, some historical, some archetypal, accomplished this practice in India where they lived between the eighth and twelfth centuries. Leading unconventional lives, the siddhas include some of the greatest Buddhist teachers; Tilopa, Naropa, and Marpa among them. Through many years of study, Keith Dowman has collected and translated their songs of realization and the legends about them. In consultation with contemporary teachers, he gives a commentary on each of the Great Adepts and culls from available resources what we can know of their history. Dowman's extensive Introduction

traces the development of tantra and discusses the key concepts of the Mahamudra. In a lively and illuminating style, he unfolds the deeper understandings of mind that the texts encode. His treatment of the many parallels to contemporary psychology and experience makes a valuable contribution to our understanding of human nature. Keith Dowman's many publications include: *Sky Dancer: The Secret Life and Songs of the Lady Yeshe Sogyel* (Routledge & Kegan Paul) and *The Legend of the Great Stupa* (Dharma Publishing). He lives and practices in Kathmandu, Nepal.

**Spaciousness: the Radical Dzogchen of the Vajra-Heart** Keith Dowman

2014-07-04 This famous seminal text of radical Dzogchen provides a profound yet simple poetic statement of how it is to immerse oneself in the matrix of the now and recognize buddha. It is the personal



statement of a peerless yogin-adept. Certainly the magic of his poetry impresses us that way and surely this Treasury of the Dharmadhatu, the Choyingdzo, reveals the consummation of Dzogchen. In it we are assured that over and above all the yogas and dhyanas of Hindustan, all the ritual and magic of Tibet and all the quasi religious new-age therapies of the West there exists a simple, timeless manner of being, easy of access, requiring no onerous technique or renunciate lifestyle, that can give us some constant satisfaction in this vale of laughter and tears between birth and dying. With Longchenpa, Dzogchen Ati reaches its most complete revelation; the Choyingdzo is Longchenpa's most revealing statement about the vajra-heart, and Keith Dowman has made a fine translation. The pathless path of Dzogchen comes alive in this poetic exposition of the apex of Tibetan mysticism. The form of language, the translation, the

use of poetic invention creates an atmosphere of understanding, as if a mahasiddha were writing in Oxford English with a touch of American slang. This is radical Dzogchen not only in the actual teaching itself, but also in the translation that strikes the flint of idiom to create sparks of wisdom that reveal the whole hologram.

**The Sacred Life of Tibet** Keith Dowman 1997 Provides excellent insight into both ancient and modern Tibet.

*BEING A BUDDHIST NUN* Kim Gutschow 2009-06-30 They may shave their heads, don simple robes, and renounce materialism and worldly desires. But the women seeking enlightenment in a Buddhist nunnery high in the folds of Himalayan Kashmir invariably find themselves subject to the tyrannies of subsistence, subordination, and sexuality. Ultimately, Buddhist monasticism reflects

the very world it is supposed to renounce. Butter and barley prove to be as critical to monastic life as merit and meditation. Kim Gutschow lived for more than three years among these women, collecting their stories, observing their ways, studying their lives. Her book offers the first ethnography of Tibetan Buddhist society from the perspective of its nuns. Gutschow depicts a gender hierarchy where nuns serve and monks direct, where monks bless the fields and kitchens while nuns toil in them. Monasteries may retain historical endowments and significant political and social power, yet global flows of capitalism, tourism, and feminism have begun to erode the balance of power between monks and nuns. Despite the obstacles of being considered impure and inferior, nuns engage in everyday forms of resistance to pursue their ascetic and personal goals. A richly textured picture of the little known

culture of a Buddhist nunnery, the book offers moving narratives of nuns struggling with the Buddhist discipline of detachment. Its analysis of the way in which gender and sexuality construct ritual and social power provides valuable insight into the relationship between women and religion in South Asia today.

**Power Places of Kathmandu** 1995-09-01  
Award-winning photographer Kevin Bubriski captures in stunning detail the sacred places of Nepal's Kathmandu Valley. Noted scholar Keith Dowman provides history and commentary on the significance of the sites.

**The Flight of the Garuda** 2012-08-19  
Dzogchen, a tradition of the Nyingma school of Tibetan Buddhism, is considered by many to be an extremely powerful path to enlightenment. This ground-breaking book offers translations of four sacred texts of the Dzogchen tradition: Secret

Instruction in a Garland of Vision, The Flight of the Garuda, Emptying the Depths of Hell, and the Wish-Granting Prayer of Kuntu Zangpo. With an informative introduction by the translator, Flight of the Garuda is an invaluable resource for both practice and scholarship. Flight of the Garuda conveys the heart advice of one of the most beloved nonsectarian masters of Tibet. Ordained as a Gelug monk, the itinerant yogi Shabkar was renowned for his teachings on Dzogchen, the heart practice of the Nyingma lineage. He wandered the countryside of Tibet and Nepal, turning many minds toward the Dharma through his ability to communicate the essence of the teachings in a poetic and crystal-clear way. Buddhists of all stripes, including practitioners of Zen and Vipassana, will find ample sustenance within the pages of this book, and be thrilled by the lyrical insights conveyed in

Shabkar's words. Along with the song by Shabkar, translator Keith Dowman includes several other seminal Dzogchen texts. Dzogchen practice brings us into direct communion with the subtlest nature of our experience, the unity of samsara in nirvana as experienced within our own consciousness. Within the Nyingma school, it is held higher than even the practices of tantra for bringing the meditator face to face with the nature of reality.

**Dzogchen** Keith Dowman 2021-03-25  
Dzogchen: BuSuKu is part of the Dzogchen Teaching Series. It provides theory and practice, instruction and texts, relating to the Dzogchen BuSuKu meditation retreat.

**Cave In The Snow** Vicki Mackenzie 2008-12-26 This is the incredible story of Tenzin Palmo, a remarkable woman who spent 12 years alone in a cave 13,000 feet up in the Himalayas. At the age of 20, Diane Perry, looking to fill a void in her life,

entered a monastery in India--the only woman amongst hundreds of monks---and began her battle against the prejudice that had excluded women from enlightenment for thousands of years. Thirteen years later, Diane Perry a.k.a. Tenzin Palmo secluded herself in a remote cave 13,000 feet up in the Himalayas, where she stayed for twelve years. In her mountain retreat, she face unimaginable cold, wild animals, floods, snow and rockfalls, grew her own food and slept in a traditional wooden meditation box, three feet square. She never lay down. Tenzin emerged from the cave with a determination to build a convent in northern India to revive the Togdenma lineage, a long-forgotten female spiritual elite. She has traveled around the world to find support for her cause, meeting with spiritual leaders from the Pope to Desmond Tutu. She agreed to tell her story only to Vicky Mackenzie and a portion of the

royalties from this book will help towards the completion of her convent.

**Calm and Clear** Tibetan Nyingma Meditation Center (Berkeley, Calif.) 1973  
**Dzogchen Daily Practice** Keith Dowman 2020-11-03 'Dzogchen Daily Practice', 'Elements of Dzogchen Daily Ritual Practice' provides a description of the elements of Radical Dzogchen daily practice and a liturgy to accompany it. Placed within the context of the Dzogchen View in the introduction and commnetary, however, ritual practice becomes a secondary aspect of radical Dzogchen. The heart of the daily practice is 'simply sitting' identical in both the long and short practices. The long practice includes preliminary, supportive, lubricative, (ngondro), practices and also nontraditional supplementary practices introduced in the West. 'Daily Practice' describes the elements of the ritual meditation embedded

in the 24-hour-a-day Dzogchen praxis.  
*Yogacara Texts: Indo-Tibetan Sources of Dzogchen Mahamudra* Rodney Devenish  
2013-09-24 The Yogacara Doctrine teaches one fundamental truth, namely that all beings are Buddha-'sattva Buddha evam'-or, in other words, all beings are aspects of one all-embracing absolute awareness, were they but to know it. This book sets a context for the study and meditation on ten pivotal texts of Yogacara. The source texts, translated from a practice perspective, derive from the Indo-Tibetan mahasiddha tradition and are presented with an ecumenical approach. As this collection of pithy Yogacara works will readily prove to the reader, the ancient 'Practice Tradition of the Yogin' (rnal-bhyor-pa'i sgrub-brgyud) is based on a clearly active realization of the essential nature of mind and consciousness gained through years of intensive examination and reflection.

Yogacara approach advocates a dynamic form of meditation that is neither suppressive nor lethargic. The guide to this attainment, the mechanism that sharpens the mind's penetrative and illuminative qualities, is metaphysical inquiry.  
Old Man Basking in the Sun Klong-chen-pa Dri-med-'od-zer 2006 Translation of Longchenpa's Gñas lugs mdzod (Treasury of natural perfection) with commentary.  
*The Great Secret of Mind* Tulku Pema Rigtsal 2013-04-08 Dzogchen (Great Perfection) goes to the heart of our experience by investigating the relationship between mind and world and uncovering the great secret of mind's luminous nature. Weaving in personal stories and everyday examples, Pema Rigtsal leads the reader to see that all phenomena are the spontaneous display of mind, a magical illusion, and yet there is something shining in the midst of experience that is naturally pure and

spacious. Not recognizing this natural great perfection is the root cause of suffering and self-centered clinging. After introducing us to this liberating view, Pema Rigtsal explains how it is stabilized and sustained in effortless meditation: without modifying anything, whatever thoughts of happiness or sorrow arise simply dissolve by themselves into the spaciousness of pure presence. The book is divided into chapters on the view, meditation as the path, conduct, the attainment, and the four bardos. Each chapter consists of mini-sections that can be read as stand-alone Dharma talks. Pema Rigtsal has studied and lived with several authentic Dzogchen masters and has surprising stories to tell about their unconventional methods to introduce students to the subtle view of Dzogchen.

**Eye of the Storm** Vairocana 2006 From the foreword by Bhakha Tulku Pema

Rigdzin: The five texts translated from Tibetan into English in this book are considered the first transmission of Dzogchen Ati to Tibet (Snga 'gyur lnga). They constitute the root and essence of Dzogchen in Tibet - basic, raw Dzogchen precepts, appropriately styled 'radical Dzogchen'. This is the special, extraordinary teaching of our Nyingma lineage. The great masters have all attained realization through Dzogchen, contemporary masters all owe their status to Dzogchen, and any attainment in the future will be based on the precepts of Dzogchen Ati. From the blurb of James Low, author of *Simply Being*: Precise and poetic, authentic and elusive, these sweet translations bring the warm breath of the tradition into our daily lives. This book is a major contribution to the exciting spread of Dzogchen in modern times, providing reliable versions of key texts in language

which creatively challenges our assumptions. This new work by Keith Dowman is thoughtful, ripe and poignant, rich in the fruit of years of learning, working, experiencing and letting go. *Nepāl Maṇḍal* Keith Dowman 2020-04-02

Nepal Mandal is an in-depth guide and survey of the principle Buddhist and Hindu monasteries, temples and pīṭhs of the Kathmandu Valley. In seven parts under the rubric of Buddha, Padmasambhava, Gorakhnāth, Śiva, Nārāyaṇ, Mātṛkās and Peaks and Rivers, over one hundred and twenty powerplace are described, many fully described under the heads Myth, Legend, In The Past, and On The Ground. Myth and Legend lay the background; In The Past provides the history; and On The Ground guides the pilgrim-visitor around the site indicating its main features. Many readers will find the sections on Myth and Legend to be the highlight of the book.

Retold with a jogi's insight these sections constitute a radical spiritual dimension to the powerplaces. The last and largest section includes description of the sacred Buddhist and Hindu art and architecture - sometimes in great detail - for the visitor focused on the religious art forms - the objects of veneration. In that way this large book is a guide to the principle cities of the Valley-Kathmandu, Patan and Bhaktapur - at the same time visiting the treasures in the villages between these cities. A practical iconography of the pantheon of the Kathmandu Valley is thereby built-in, with sections of the text dedicated to it. Over a hundred high quality black and white photographs document the stone and metal sculpture of Nepal Mandal. Since most of the work on this book was done in years before the 2015 earthquake it constitutes an historical record of the art 'gone missing' and the architectural

damage done. The author, a prominent exponent of Tantric Buddhism in both theory and practice, spent four decades of unending pilgrimage through the monasteries and temples of the Kathmandu Valley propitiating their numinous inhabitants and documenting their invaluable contents. An extensive Supplement provides rare pilgrim itineraries for the Kathmandu Valley, a full Glossary defines technical terms, and a detailed Table of Contents and an inclusive Index provide easy access.

Tracing Back the Radiance Robert E. Buswell, Jr. 1991-11-01 Chinul (1158–1210) was the founder of the Korean tradition of Zen. He provides one of the most lucid and accessible accounts of Zen practice and meditation to be found anywhere in East Asian literature. Tracing Back the Radiance, an abridgment of Buswell's Korean Approach to Zen: The Collected

Works of Chinul, combines an extensive introduction to Chinul's life and thought with translations of three of his most representative works.

*Identity, Ritual and State in Tibetan Buddhism* Martin A. Mills 2013-11-05 This is a major anthropological study of contemporary Tibetan Buddhist monasticism and tantric ritual in the Ladakh region of North-West India and of the role of tantric ritual in the formation and maintenance of traditional forms of state structure and political consciousness in Tibet. Containing detailed descriptions and analyses of monastic ritual, the work builds up a picture of Tibetan tantric traditions as they interact with more localised understandings of bodily identity and territorial cosmology, to produce a substantial re-interpretation of the place of monks as ritual performers and peripheral householders in Ladakh. The work also



examines the central and indispensable role of incarnate lamas, such as the Dalai Lama, in the religious life of Tibetan Buddhists.

### **The Yeshe Lama** Keith Dowman

2014-11-22 Here is the great Yeshe Lama, the most renowned, comprehensive and the most efficacious of the Dzogchen manuals. It is a sourcebook for Dzogchen Breakthrough/Leapover precepts. Certainly, the Yeshe Lama lives up to its reputation. It is still the crown jewel of the latter-day Dzogchen lineages. It is at the apex of the Longchen Nyingtik corpus of literature, presenting the essential Dzogchen yogas in pith instruction. The Longchen Nyingtik is based firmly in Longchen Rabjampa's vision, a massive, vast and profound Dzogchen vision written down as the Seven Treasuries, which in turn were based intimately upon the tantras of the Nyingma Gyubum, the treasure house of Dzogchen. The translation was made for the benefit of

students who have received transmission and oral instructions from a teacher and need clarification and elucidation from an authoritative literary source. It is meant for yogins and yoginis, adepts and practitioners. It may not be finally authoritative, but grounded in the wisdom of the old Dzogchen lamas who were wise before they came out of Tibet, as the fruit of a lifetime's listening, studying and contemplation it may be of some use to people who are committed to the Dzogchen yogi ethos. The urban yogis who have no connection with the traditional teaching may also appreciate access to its precepts. Most significantly, in my mind, this translation stresses the nondual aspect of Dzogchen, the radical aspect that is overlooked by conventional Buddhist Vajrayanists. The translation attempts, wherever possible, to clarify instruction, resolve ambiguities, and turn abstruse

Tibetan nuance and allusion into comprehensible English prose. Sometimes that is not possible because of an absence of English equivalents of Tibetan terms or metaphors, sometimes because of the density or obscurity of the Tibetan meaning, sometimes because an arbitrary meaning has been lost in the recent attenuation of the tradition. Certainly, this translation does not purport to reproduce the high literary quality and form of Jigme Lingpa's Tibetan prose - which is inimitable. Nor is it a literal translation where every word is accounted for and every instance of a particular word translated by the same English equivalent. Rigzin Jigme Lingpa, the eighteenth century mystic-scholar who composed the Longchen Nyingthig was an incarnation of Longchenpa in the most significant sense of the expression and his Longchen Nyingtik became the seed, root and branch of a Dzogchen revival that

reverberates around the entire world at the beginning of the twenty-first century.

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**Dzogchen Semdzins** Keith Dowman  
2020-01-18 Nonmeditation is the essential unique method of Dzogchen meditation. But nonmeditation cannot be programmed or

devised. These twenty-one semdzins are open-sesame keys to nonmeditation, meditations that open up into nonmeditation or make space for nonmeditation. The natural flow of consciousness is dammed by the semdzin and mind is 'held' momentarily, during which time the window to the nature of mind is thrown open or enlarged and nonmeditation can proceed at a high level. Certainly, a powerful head of energy is built up behind the dam of semdzin discipline and particular mind-states may be engendered such as high awareness with varying degrees of bliss, radiance, thoughtlessness and emptiness. Longchen Rabjampa collected these twenty-one semdzins in the 14th century. They may be understood as separate but equal, all valid in their own right, or they may be categorized, as they are herein, according to three graduated functions. Those three

are pacifying the mind, releasing attachment and revealing the nature of mind. Many of these exercises may be found in mahayana and some even in hinayana sources, the difference is that in the lesser modes a temporal goal is anticipated, whereas in Dzogchen, in every case, a nondual refuge is the outcome. These exercises are not to be practiced in a period of temporal sadhana, but it is advisable perhaps to undertake a short retreat or period of intense engagement with each of them, several of them or one of them to gain familiarity. These practices are disseminated for the benefit of Dzogchen nonmeditators. For each Semdzin, Longchenpa's highly practical instruction in English and Tibetan is followed by comments from Namkhai Norbu and a commentary from Keith Dowman. 80 pages.

**Legends of the Mahasiddhas** 2014-09-06

A richly illustrated collection of stories about the mahasiddhas, spiritual adventurers who attained enlightenment and magical powers by disregarding convention • A modern translation of ancient legends that reveals the human qualities of the rebellious saints known as siddhas and the vital elements of their philosophy • Recounts stories of enlightened masters from all walks of life, including a washerman, a thief, a conman, a gambler, and a whore, and the magical and “crazy” deeds of each, such as walking through walls, flying, talking with birds, and turning people to stone • Richly illustrated with paintings of the tantric saints by artist Robert Beer Offering a modern translation of “The Legends of the Eighty-four Mahasiddhas,” a 12th-century Tibetan text, translator Keith Dowman shares stories of the spiritual adventurers, rebellious saints, and enlightened tantric

masters of ancient India known as “siddhas.” He shows how the mahasiddhas arose from the grassroots of society and represented an entire spectrum of human experience. Counted among the greatest of the siddhas are a washerman, a cowboy, a thief, a conman, a gambler, and a whore, all extraordinary men and women who attained the goal of their meditations, as well as enlightenment and magical powers, by disregarding convention and penetrating to the core of life. Recounting the magical and “crazy” deeds of the mahasiddhas, such as walking through walls, flying, talking with birds, and turning people to stone, Dowman reveals the human qualities of the tantric masters and the vital elements of the siddhas’ philosophy of nonduality and emptiness. Richly illustrated with paintings of the tantric saints by artist Robert Beer, these stories of the mahasiddhas show us a way through human suffering into a

spontaneous and free state of oneness with the divine.

*Dzogchen* Keith Dowman 2020-05-30 The Khordé Rushen is a crucial element of Dzogchen praxis as both a preliminary and a stand alone supportive practice. The practice is described in three streams: formal, unstructured and social. It includes a psychological appraisal of the method, detailed instruction for practice, and relevant instruction from the Tibetan masters Jigme Lingpa and Jamgon Kongtrul excerpted from their meditation manuals. This book is manual for the Dzogchen retreatant and holds little other value. It belongs to Keith Dowman's Dzogchen Teaching Series.

The Nyingma Icons Keith Dowman 2015-10-06 The Nyingma Icons The sacred art of Tibet is best known through its painted scrolls, or tankas. Each tanka describes a contemplative vision arisen in

meditation containing images of lamas, buddha-deities, dakinis and protectors. The ninety-four line-drawings that comprise The Nyingma Icons delineate the graphic basis of these tankas, incorporating the principal images of the Nyingma pantheon. This collection of buddhas in The Nyingma Icons was chosen by His Holiness the late Dudjom Rinpoche to illustrate his encyclopedic work The History of the Nyingma Dharma (Dudjom Rinpoche, The Nyingma School of Tibetan Buddhism: Its Fundamentals and History, two volumes, translated by Gyurme Dorje and Matthew Kapstein, Boston, MA, Wisdom, 1991). Dudjom Rinpoche (see illustration no. 64) was a great yogin and master of Dzogchen and a scholar steeped in the theoretical learning of his school. As he writes in his brief introduction to The Nyingma Icons, the buddhas and deities belong primarily to the lineage of his Khandro Tuktik. The structure of the book

follows the metaphysical pattern employed in his History. After the first eight drawings, which represent the principals of Indian Mahayana Buddhism, the buddhas are divided into three classes, called the three roots, lamas, buddha-deities and dakinis, and ending with a fourth class - dharma protectors and guardians. Brief descriptions of these various classes are to be found at the beginning of each section below. The three roots are the lineal roots of the Dzogchen teaching that bestow blessings, the spiritual roots of yogins that bestow power, and the female roots of the mind that remove obstacles. The Nyingma Icons was first published in the interdisciplinary magazine Kailash in Kathmandu in February 1975. It has been available in various editions ever since, its line-drawings reproduced and published all over the world. During this period Dudjom Rinpoche's principle cycle of practice, the

Dudjom Tersar, has become widely practiced by Nyingma yogins and yoginis. For this presentation edition, Au Leshe's line-drawings have been digitally re-processed providing higher resolution, and the greater space on the page sets off this ancient art form. The prose has been cosmetically edited. For these reasons this edition qualifies as a unique Presentation Edition. Any noncommercial reproduction of individual icons is welcome.

Dzogchen Nonmeditation Keith Dowman 2020-05 Dzogchen Nonmeditation introduces Dzogchen as a functional description of nonduality in the here-and-now. In Dzogchen parlance nonmeditation is the existential mode of identity with the nature of mind and thus it is central to the Dzogchen project. Nonmeditation is primarily identified as such, without any structure whatsoever; then in the traditional trekcho context as formal

nonmeditation; in the context of togal as directed nonmeditation; and finally as 'skygazing'. This work on nonmeditation acts as both a pointing-out, revealing the magic of Dzogchen vision, and as a practical manual and guide in nonmeditation. Part One of the book comprises descriptions of the various permutations of nonmeditation, while Part Two consists of translations of extracts of original traditional texts by Dzogchen masters - Garab Dorje, Jigme Lingpa, and Dudjom and Khyentse Rinpoches - illustrating the nature of nonmeditation. This small book on Dzogchen nonmeditation, presenting the core of Dzogchen as nonmeditation, is the first in the Dzogchen teaching series. Keith Dowman is a translator and teacher of the Tibetan tradition.

The Legend of the Great Stupa Padma Sambhava 1973

**Pith Instructions** Dilgo Khyentse Rinpoche 2015-10-06 This small collection of commentaries and verse by Dilgo Khyentse Rinpoche, one of the greatest spiritual leaders of the twentieth century, contains exposition on different stages of the Buddhist path from the perspective of meditative experience and actually putting the teachings into practice. Originally given orally to Western students, the texts afford a rare glimpse into the direct transmissions of a master teacher. The commentaries are on ? • The Wheel of Investigation and Meditation That Thoroughly Purifies Mental Activity by Jamgön Mipham • The Lamp That Dispels Darkness by Jamgön Mipham • A Wondrous Ocean of Advice for the Practice of Retreat in Solitude by Jigme Lingpa. These, along with the five selected poems in the final section, provide an introduction to the wisdom and compassion of Khyentse Rinpoche.

**The Flight of the Garuda** Keith Dowman  
1994 New translations of key texts from a tradition many consider the most direct path to enlightenment.

Boundless Vision Tulku Tsulo 2018-03-18  
BOUNDLESS VISION presents the Dzogchen practices of the Tibetan Northern Treasure tradition of the master Godemchan according to the 19th century master Tulku Tsulo. Tulku Thondrup Rinpoche's translation has been edited by Keith Dowman. Tulku Tsulo's lamrim text begins in Part One with the preliminary Dzogchen practices (ngondro) including the Five Nails, all treated at length. These elementary levels are evidently designed for newcomers to the Nyingma path. Part Two begins with the inner, Dzogchen, preliminaries (rushen) and then treats the trekcho and togal central meditations, providing clear and detailed instruction and metaphorical indication for both meditation

phases. The Breakthrough (togonal) section emphasizes direct introduction, while the Leap-over (togonal) section, thoroughly explicates the four lamps and the four visions. Bardo descriptions as meditation experience in this life conclude this section. Part Three summarizes the result and completes the text. The Northern Treasure (changter) tradition is founded in the termas that Rigzin Godemchan discovered in a treasure cache in Western Tibet in the 14th century, which is collectively known as All-Good Boundless Vision. This treasure cache is universally renowned for its clarity, lucidity and profundity. (The Northern Treasure is to be distinguished from the more prolific Southern Treasure - lhote - of which Jigmelingpa is a major exponent). Tulku Tsulo (Tsultrim Zangpo, 1884-1957?) of Do Dorje Trak gumpa in Kham composed this celebrated lamrim, based on Godemchan's terma, which Tulku Thondrup



entitles BOUNDLESS VISION . This textbook of Dzogchen training became a primer for latterday changter practitioners, amongst whom was Tertrul Chimme Rigzin Rinpoche (1922-2002), who received the instruction from Tulku Tsulo himself at the Khordong Gompa in Kham, bringing it to Shantiniketan University in Bengal, India. It has been authoritatively translated by Tulku Thondrup Rinpoche, a primary lineage holder of Chimme Rigzin at Shantiniketan, now teaching in Boston, USA. A vital community in Germany and Poland continues the tradition. Tulku Thondrup has contributed a practical introduction to his translation, along with useful notation

elucidating textural cruxes in footnotes and establishing the origin of Tulku Tsulo's quotations in endnotes. Keith Dowman's editing updates the terminology of Dzogchen, bringing it in line with rapidly changing contemporary usage. This seminal Dzogchen text is published here by Dzogchen Now! Books with an understanding of the karmic burden entailed. Our hope and anticipation is that it is treated with the respect that this core text demands, that positive outcome will greatly outweigh any negativity caused by inappropriate motivation, and in this respect we draw the prospective reader's attention to the protecting powers of the Dzogchen Dharma.