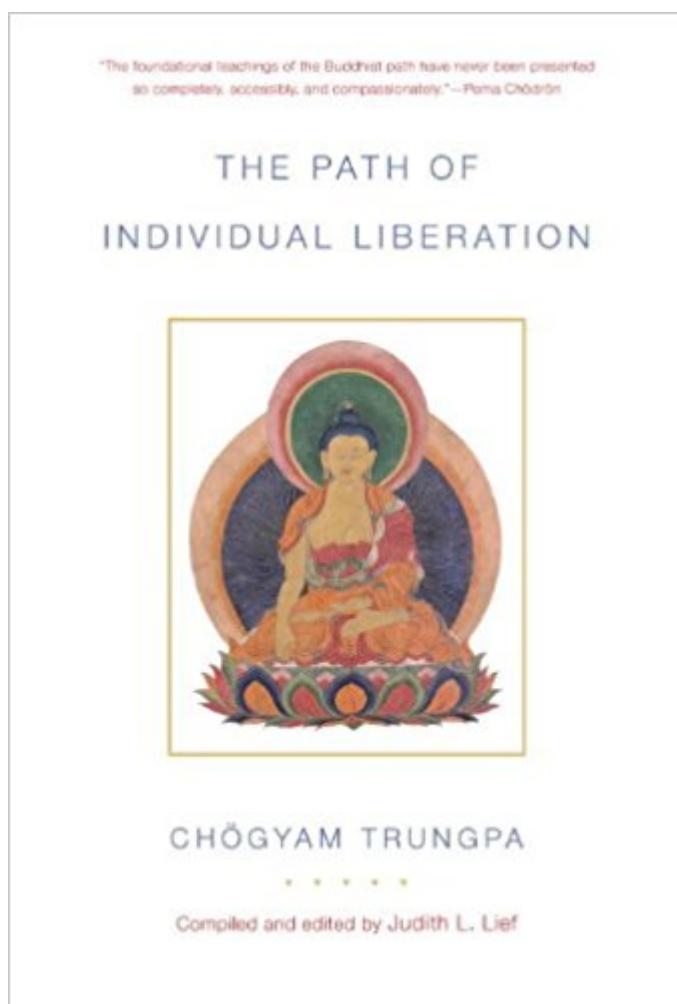


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# The Path Of Individual Liberation: The Profound Treasury Of The Ocean Of Dharma, Volume One



## 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

"The compassionate heart of my teacher, the Vidyadhara, Chögyam Trungpa Rinpoche, shines through in this, his articulation of the entire Buddhist path. He never lost sight of the fact that every aspect of the teaching is about nothing else than the freedom of awakening" • and his great gift is that he never lets any of us lose sight of that either." • Pema Chödrön "One of the most remarkable and brilliant teachers of modern times." • Jack Kornfield "Chögyam Trungpa Rinpoche had a particular genius in presenting the Dharma to Western audiences. . . . These volumes display the far-reaching goodness that can be created in the world when compassion and devotion come together." • H.H. the Karmapa, Ogyen Trinley Dorje "With the publication of The Profound Treasury of the Ocean of Dharma, these seminary transcripts have taken birth as three user-friendly volumes, beautifully arranged and elegantly edited without losing the author's intention or voice. The volumes offer a glimpse of the heart teachings of the Vidyadhara, given to his students over several years with his uniquely provocative and meticulous style, enhanced by his knowledge of Western epistemology and psychology." • Dzogchen Ponlop Rinpoche, Buddhadharma

Chögyam Trungpa (1940–1987) • meditation master, teacher, and artist • founded Naropa University in Boulder, Colorado, the first Buddhist-inspired university in North America; the Shambhala Training program; and an international association of meditation centers known as Shambhala International. He is the author of numerous books including Shambhala: The Sacred Path of the Warrior, Cutting Through Spiritual Materialism, and The Myth of Freedom. Judith L. Lief was a close student of Chögyam Trungpa, who authorized her as a teacher in the Buddhist and Shambhala traditions. She has served as one of his primary editors for over twenty-five years.

My mother and I are reading aloud together this wonderful series of collected teachings by Chogyam Trungpa. So far, we're still on the Path of Individual Liberation. The book is clear and yet profound; a single chapter has lots to ponder as well as immediately applicable advice on meditation and daily practice. We feel that we are receiving invaluable heart teachings from a master and look forward to reading the entire trilogy and deepening our practice accordingly.

These teachings have been captivating the Shambhala students for decades now. Chögyam Trungpa did his best during the VAJRADHATU SEMINARS, a retreat of three months dedicated to

the study of the three circles of the Buddhist teachings: Hinayana or the vehicle of discipline, mahayana or the vehicle of generosity and vajrayana, the vehicle of devotion. Now these teachings are offered to the open public for the first time after 25 years of the decease of his author. Really a wonderful material for beginners or seasoned meditators in any tradition.

Chogyam Trungpa is a profound teacher. While his life may have been paradoxical, there is no doubt that this man was a seeker of truth. And he teaches in such a direct and common sense way that it would be very hard to not get the lesson being taught. I find him amazing in his clarity and brilliance. And I'm also very thankful for his writings.

This is a wonderful instructive Buddhist text. For someone who was only familiar with Chan and Zen Mahayana Buddhism, this book provided what appeared to be a thorough description of Hinayana Buddhism. Very much appreciated was the encouragement to understand Hinayana Buddhism as an important part of Mahayana Buddhism. The first of three volumes was clear, illustrative, and accessible; perhaps Volumes II and III will be just as enjoyable to sit with. Kudos to Editor Judith Lief, Chogyam Trungpa was obviously a very special teacher.

This book represents a large effort by the students of Chogyam Trungpa Rinpoche to assemble a large body of his fundamental teachings. It is very enjoyable to read, even for a relative novice like myself. I was initially going to wait for the soft cover version to come out to save money but now I'm rather glad I purchase this in hardcover, it is indeed a "treasury" that I will relish for years.

Unequaled in the study of Buddha dharma. Clear, concise and thought provoking. If you don't know of Chogyam Trungpa Rinpoche you should!

Having experienced Choygaym Trungpa's teachings in person, it's now wonderful to have access to his compendium of hinayana teachings in one place. Judith Lief has done a great job of indexing each topic for easy referencing. Also, it's great to have this body of work in ebook format. May many people benefit from the entire collection.

Exactly what I wanted to read. Incredibly informative book.

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