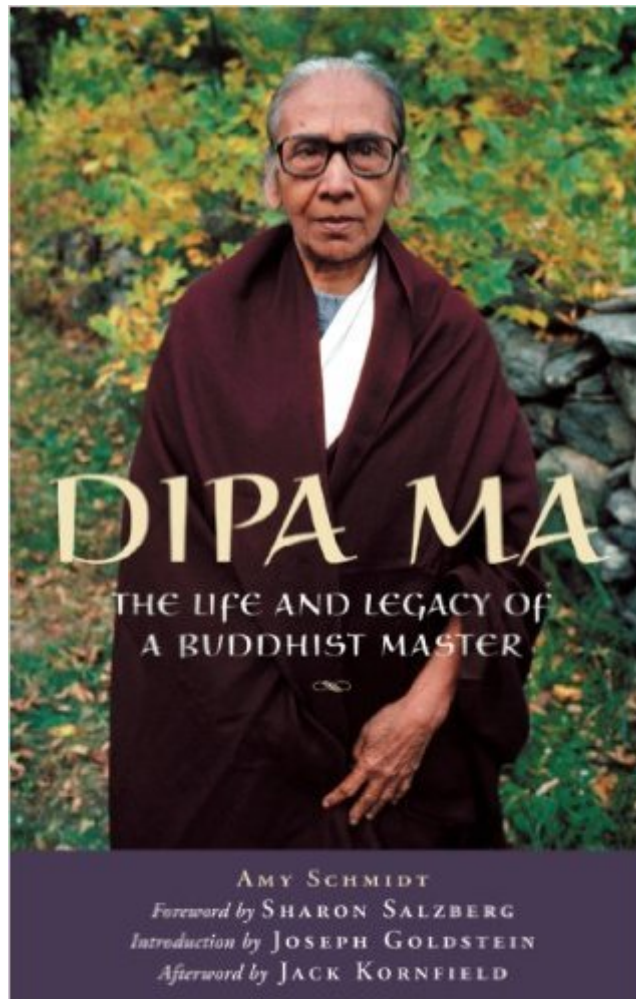


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# Dipa Ma: The Life And Legacy Of A Buddhist Master



## Synopsis

This biography of one of the few women in her generation to devote herself entirely to the pursuit of meditation also includes Dipa Ma's spiritual teachings, which have made her a major figure in contemporary Buddhism.

## Book Information

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## Customer Reviews

I'm a dharma book junkie, I admit. But this book stands alone in its ability to move me from talking and thinking about meditation practice, to actually doing the practice. It is my favorite dharma book ever, 3 years standing (I originally bought a previous edition, when it was called "Knee Deep in Grace", which had a bit less content). My favorite Dipa quote from the book: "Practice now. Don't think you will do more tomorrow". The accounts in this book of her are inspiring. Dipa Ma was a very gentle, but practical lay woman, all about persistence. She wanted everyone to benefit from Buddhist practice. The stories reflect all of this so nicely. Amy Schmidt did an amazing job collecting all these stories. Bravo!!!

This is an excellent read, very inspirational and well worth the price. I think some of the reviewers slightly missed the point - whilst Dipa Ma probably didn't eat meat, Theravadin Buddhists are not vegetarian because like the Buddha himself, they rely on alms donations for food. There is no prohibition on eating meat or fish in either the vinaya or the sutras, monks and nuns in Thailand and Burma are mostly meat eaters. As for the change in title, it's really just a reprint with colour photos

and a new publisher - its not done to rip anybody off, the newer version I think is a better tribute to Dipa Ma's spiritual legacy. Anyhow, for anybody wanting to read about a lay meditator who was highly accomplished and mastered the siddhis (spiritual para normal powers), the janas (absorbitions) and three of the four paths to nirvana, this is the book! Other highly recommended books to people who enjoy this one are "Life of a Siamese Monk" by Richard Randall and also Maha Bowas facinating biography of Ajan Mun, a Thai forest monk who attained nirvana and passed away in the late 1940's. Maha Bowas book is given away freely and a great read, I think its also on the internet.

Dipa Ma's life story was a journey of losing her mother at a young age, multiple child loss, late age childbearing, widowhood, single parenting, etc etc... Enough loss & suffering to incorporate all of our own and honor its shameless potential. Dipa Ma confirms how richly transformative such suffering can prove to be once one commits to vipassana practice. This is a very emotionally embodied female householder version of an enlightenment journey, far removed from the repressingly tidy versions of male monastic legends and the even tidier examples of virgin saints. All this, and - she was the teacher of pivotal and now famous American vipassana senior teachers: Joseph Goldstein, Jack Kornfield, Sharon Salzburg, to name a few. And nobody's heard of Dipa Ma, but everybody's heard of them! While that is the ultimate success of teaching (to be surpassed by one's students), Dipa Ma's role in the east-west vipassana lineage needs to be known about for a variety of reasons. This book tells the biography through factual research along with a collection of teaching quotes by Dipa Ma from a variety of interviews as well as student anecdotes. Very easy to read and hard to put down! The last part of the book shares Dipa Ma's Metta meditations, progressing from basic beginner to more extensive ones - very cool. Sometimes she would tell a beginner to just practice Metta for months until they were capable of other practices. Those with self-deprecation/self-acceptance karma benefit greatly from Dipa Ma's insightful guidance. She taught as far outside the box of the monastic-based tradition as from deep within it, because that's what a yogini does.

My heartfelt thanks to Ms. Schmidt for writing this book and collecting the very moving reflections of Dipa Ma's students. The teachings about the power of love embodied in this book and in the life of Dipa Ma can help us all to live a life that is truly joyful. There are many wonderful books available that provide guidance and inspiration on the spiritual path. I found this one to be particularly inspirational and instructive about how suffering can be transformed into love and how love can be shared and a source of healing and joy. What a blessing it would have been to meet Dipa Ma in

person. What a blessing it is to be able to meet her through the words of people who knew her and now know in their hearts the power of kindness.

Dipa Ma's life, practice and high level of attainment is truly inspirational. If you're looking for a book that will teach you the basic tenets of Theravadin Buddhism, this is not it. But, if you're looking for a powerfully inspirational story of a profoundly loving, compassionate master who transformed and inspired many Western practitioners this book is great. It really brought tears to my eyes and I keep rereading it and my wonder never ceases. It has good pictures and can easily be read in an evening. I've bought and sent copies to all the women in my life. Buy it, read it and enjoy!

In response to the reviewer who claimed false advertising because the content of this book is the same as "Knee Deep in Grace" - with some attentiveness he will note it is in fact the same book reprinted. No one is trying to pull the wool over his eyes, the original publisher is no longer in business. Another publisher, wishing to keep this important Dhamma work in existence has republished it under a different title. (However, there are unscrupulous used book store owners attempting to sell the original title at exorbitant prices, claiming the book is out of print, which is untrue.)

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