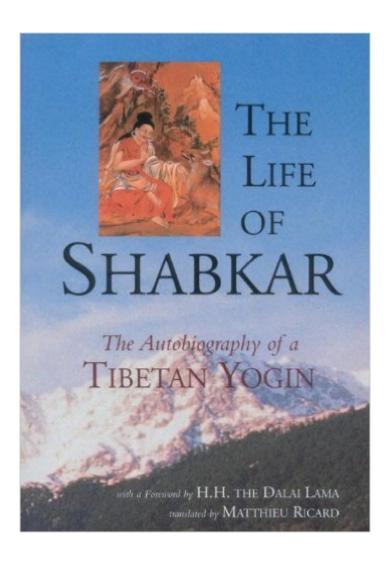
The book was found

The Life Of Shabkar: The Autobiography Of A Tibetan Yogin





Synopsis

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.

Book Information

Paperback: 712 pages

Publisher: Snow Lion (February 6, 2001)

Language: English

ISBN-10: 1559391545

ISBN-13: 978-1559391542

Product Dimensions: 7 x 1.8 x 9.8 inches

Shipping Weight: 3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â See all reviews (14 customer reviews)

Best Sellers Rank: #633,176 in Books (See Top 100 in Books) #103 in Books > Politics & Social

Sciences > Philosophy > Eastern > Buddhism > Dalai Lama #156 in Books > Politics & Social

Sciences > Philosophy > Eastern > Buddhism > History #215 in Books > History > World >

Religious > Buddhism

Customer Reviews

This is the splendid autobiography of Shabkar Tsogdruk Rangrol (1781-1851), a yogi who wandered far and wide expressing his realization, as a fully accomplished adept of the Great Completion (Dzogchen). From the Foreword by HH the Dalai Lama: "Regarded by many as the greatest yogi after Milarepa to gain enlightenment in one lifetime (...) as source of inspiration to Buddhist practitioners and general readers alike." HH Dilgo Kyentse Rinpoche: "As one reads it, one's mind cannot resist being turned toward the Dharma." This autobiography is full of humor, wit and playful joy, intense self-discipline as well as magnificant flights of imagination. An accessible book full of telling stories, a must-read, must-own for those interested. "Man -If you have any self-respect, A heart in your chest, Brains in your head, and Some sympathy for yourself, Regret your past actions

and Improve your whole behavior. It's time! It's very late! - Shabkar

Considered as one of the master works of Tibetan religious heritage. For people who have a connection with Tibetan Buddhism this book is a true treasure. And, dear vegetarians, you are right :-), many Tibetan Buddhists might prefer to ignore the fact, but Shabkar as a non sectarian Tibetan yogi gave up eating meat for the rest of his live when he was 27 years based on his sincere conviction that a Buddhist - at a certain stage - should gave up "the negative act of eating the flesh of beings" (p.232). See also his book Food of Bodhisattvas: Buddhist Teachings on Abstaining from Meat, ISBN 1590301161.

Matthieu Ricard has created a work of art. Remaining true to the poetic beauty of the Tibetan original he has for the first time presented this important work to the west. Also, his notes and appendixes on historical and buddhist backgrounds are invaluable. For the first time the reader is presented with the life of a Tibetan saint and his lineage formerly largely unknown among western students of Tibetan buddhism. A tuely inspiring page-turner!

This is an excellent volume for any lover of Buddhist, especially Tibetan Buddhist, wisdom. The translation appears to be excellent, and the notes at the end of each chapter are extremely complete. The book is a tome. Yet it is well bound. And it arrived in excellent condition. Very glad to have it.

Never have I come across such an inspiring piece of buddhist literature. Plan on having your life and your practice changed forever after reading the life story of this amazing yogin.

Full of wonderful gems. Perfect example of what a living Buddha would do. Shabkar embodies the Remi movement of Tibet.

An enjoyable read. His writing style is personable and clear. There's a sense of joyful adventure. His devotion comes through. He is also quite humorous at times. And there are a lot of footnotes, appendixes, etc that explain the more obscure terms. A good pick for anyone on the Buddhist path.

Download to continue reading...

The Life of Shabkar: The Autobiography of a Tibetan Yogin Translating Buddhism from Tibetan: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan

The Buddha From Dolpo: A Study Of The Life And Thought Of The Tibetan Master Dolpopa Sherab Gyaltsen (Tsadra) The True Source of Healing: How the Ancient Tibetan Practice of Soul Retrieval Can Transform and Enrich Your Life Himalayan Hermitess: The Life of a Tibetan Buddhist Nun Tibetan Peach Pie: A True Account of an Imaginative Life Images of Enlightenment: Tibetan Art In Practice Tibetan Art: Tracing the Development of Spiritual Ideals... Tibetan Calligraphy: How to Write the Alphabet and More Tibetan Mastiff Coloring Calendar Of Wool And Loom: Tradition Of Tibetan Rugs The Psychedelic Experience: A Manual Based on the Tibetan Book of the Dead (Citadel Underground) Awakening the Buddha Within: Tibetan Wisdom for the Western World The Tibetan Book of the Dead: First Complete Translation (Penguin Classics Deluxe Edition) The Tibetan Book of Living and Dying: The Spiritual Classic & International Bestseller: 20th Anniversary Edition Why Is the Dalai Lama Always Smiling?: A Westerner's Introduction and Guide to Tibetan Buddhist Practice The World of Tibetan Buddhism: An Overview of Its Philosophy and Practice Sorrow Mountain: The Journey of a Tibetan Warrior Nun Hidden Teachings of Tibet: An Explanation of the Terma Tradition of Tibetan Buddhism The Great Path of Awakening: The Classic Guide to Lojong, a Tibetan Buddhist Practice for Cultivating the Heart of Compassion (Shambhala Classics)

Dmca