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Sublime Path To Kechara Paradise: Vajrayogini's Eleven Yogas Of Generation Stage Practice As Revealed By Glorious Naropa



Book Information

Hardcover: 356 pages

Publisher: Mahayana Sutra & Tantra Pr; illustrated edition edition (June 1997)

Language: English

ISBN-10: 0918753139

ISBN-13: 978-0918753137

Product Dimensions: 1.2 x 6.2 x 9.5 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.7 out of 5 stars 7 customer reviews

Best Sellers Rank: #1,547,602 in Books (See Top 100 in Books) #106 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Mahayana](#) #273 in [Books > Textbooks > Humanities > Religious Studies > Buddhism](#) #292062 in [Books > Religion & Spirituality](#)

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Text: English, Tibetan (translation) Original Language: Tibetan

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I love it. It's not ordinary reading, but it is very readable a little at a time. It follows the sadhana in a detailed way with the Tibetan.

This is an excellent review of Naropa's traditional buddhist practice. Even if you take attend a week or two of formal teachings about this practice, it can never equal the depth and detail of a book. So this book is a precious resource for practitioners.

The book gives an excellent account on the 11 generation stage practices of the Yidam Vajrayogini, as transmitted by Naropa, a famous Buddhist saint and disciple of Tilopa. Although the book was written by a monk of the Gelugpa order it is of great interest to all followers of Buddhism and especially to the followers of the KagyÃfÃ lineage, as this Buddha form belongs to the most central practices of the linaege. It is rich in basic and advanced explanations, from taking refuge to

secret offerings and vivid explanations on the energy system of the body. "Sublime Path to Kechara Paradise" establishes the link between Yidam practice and the Six Yogas of Naropa. Advanced, very worthwhile reading!

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A good step-by-step guide. If you're trying to understand this practice better, this book will help you providing many insights to this profound practice.

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