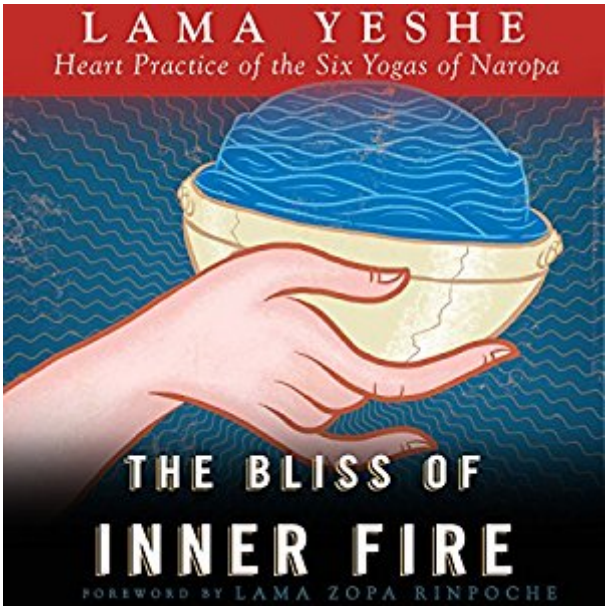
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The Bliss Of Inner Fire: Heart Practice Of The Six Yogas Of Naropa



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Synopsis

In the classic best seller, Introduction to Tantra, Lama Yeshe offered a profound and wonderfully clear glimpse into the sophisticated practices of Tibetan Buddhist tantra. This present book, the last major teachings of this great lama, opens up the world of advanced practices for Highest Yoga Tantra initiates in much the same way his earlier work opened up the world of tantra in general. Following Je Tsongkhapa’s (1357-1419 C.E.) text Having the Three Convictions, Lama Yeshe introduces the renowned Six Yogas of Naropa, focusing mainly on the first of these six, the practice of inner fire (tummo). Mastery of inner fire quickly brings the mind to its most refined and penetrating state - the experience of clear light, an extra-ordinarily powerful state of mind that is unequaled in its ability to directly realize ultimate reality. Lama Yeshe felt that 20th-century Westerners could easily grasp the often misunderstood ideas of this esoteric tradition: "We really need tantra these days because there is a tremendous explosion of delusion and distraction - and we need the atomic energy of inner fire to blast us out of our delusion." Lama Yeshe’s aim was for his students to actually taste the experience of inner fire rather than merely gain an intellectual understanding. Lama’s own realization of the transformative power of these practices comes through, inspiring his students to discover for themselves their own capacity for inexhaustible bliss.

Book Information

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Customer Reviews

What I expected to be a clear path to "inner fire" turned out to be a jargon riddled, esoteric trip through the world of Indian yoga/meditation. It’s probably a great book for someone familiar with the

jargon/language, but I don’t think its a good source for someone with no previous experience or knowledge.

Very detailed instruction on the Tummo meditation practice of Vajrayana Buddhism. Best to already have initiation and teaching a from a Vajrayana teacher prior to practicing Tummo, but Lama Yeshe does say in the book that a properly motivated practitioner can also do it some.

This is a excellent book for the inner alchemist. Several valuable techniques are explained in the texts. I would recommend it to many looking for a path clearing guidance.

I like it a lot. Has a nice philosophical approach to studying this topic even if we are not completely successful in this lifetime.

This book helped my meditation practice go to a whole new level. I am so grateful that this book was brought into my awareness.

This book provides a rare and accessible source for material on the Six Yoga’s of Naropa, fundamentalto some of the advanced stages of Tibetan Buddhism. Glen Mullin’s translation of Tsonghapa’s major treatise on this subject is one of the few other sources in English for this material, but is far less accessible to novice readers than Lama Yeshe’s account. Given the reticence of most native Tibetan sources about presenting this material, I’m very grateful for this book, which has been both inspiring to me, as well as technically informative, and presents a unique entree into this very important material.

When I bought this book I have a litle expirience of tibetian mood of yoga.Lack of theoretical background obstacles of my progress, but clearly Author’sexplanation concerning with energy channels., in particular of special imagine technics allowed me to improve, not only physical body but also mental statements.

Very good

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