

Mp3 Chagdud Khadro - Red Tara: The Concise Practice And Commentary, 2cd Audiobook

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Tara meditation leads us to an experience of unsurpassable happiness, towards the recognition of our own pure buddha nature. Chagdud Khadro is one of the first American women to be ordained as a master teacher in Vajrayana Buddhism. 39 MP3 Songs SPOKEN WORD: Audiobook, NEW AGE: Meditation Details: Red Tara practices have been used to attain the recognition of our original, pure buddha nature through many perfect lineages of highly realized Tibetan Buddhist practitioners. Based on the treasure discovered by the great Nyingmapa lama, Apong Terton, this practice emphasizes the continual invocation of Tara's blessings to activate our innate buddha nature. This 2 CD set includes both the Concise Practice, with mantras sung by His Eminence Chagdud Tulku Rinpoche and students, and an audio book recording of Red Tara Commentary: Instructions for the Concise Practice Known as Red Tara: An Open Door to Bliss and Ultimate Awareness, compiled by his wife, Chagdud Khadro. HIS EMINENCE CHAGDUD TULKU RINPOCHE-meditation master, teacher and artist-held many great lineages of the Nyingma tradition of Vajrayana Buddhism from Tibet: the Dudjom, Khyentse, Apong Terton, Khenpo Ngaga, Padgyal Lingpa and Longchen Nyingt'hig. Founder of Chagdud Gonpa Foundation and Chagdud Gonpa Brasil, he constructed the first Tibetan traditional temple in Latin American. He also authored several books on Buddhism and the path of meditation including, Life in Relation to Death, Gates to Buddhist Practice and his autobiography, Lord of the Dance. CHAGDUD KHADRO, an ordained lama in the Nyingma school of Tibetan Vajrayana Buddhism, is one of the foremost students of the late Chagdud Tulku Rinpoche, a highly revered meditation master period. The author of Red Tara Commentary, Ngondro Commentary: Instructions for the Concise Preliminary Practices of the New Treasure of Dudjom and P'howa Commentary: Instructions for the Practice of Consciousness Transference as Revealed by Rigdzin Longsal Nyingpo, she is the spiritual director of Chagud Gonpa Brasil in Tres Coroas, Brazil, the first Tibetan Buddhist monastery serving laypeople in Latin America. Searches:red tara downloads

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