

Mp3 Ken Mcleod - Wake Up To Your Life, Vol. 1

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Tibetan Buddhist meditation teaching for Western students that covers everything from basic meditation through mind-training to mahamudra and dzogchen 53 MP3 Songs in this album (341:23) ! Related styles: SPOKEN WORD: Audiobook, SPOKEN WORD: Instructional Details: Hundreds of books on Buddhism have been published in recent years, but Wake Up To Your Life is one of the first written by a traditionally trained Western teacher to offer a detailed and well explained curriculum of practice. With deep insight, clear instructions, and entertaining stories, McLeod provides a comprehensive manual for a lifetime of spiritual work. Read by the author himself, the book is even clearer in audio form a virtual course of private instruction by one of the senior teachers in America today. In Volume 1, McLeod begins with the context and motivation for spiritual practice and then moves to basic Buddhist topics such as the four noble truths, and the three disciplines of morality, meditation, and understanding. He provides comprehensive instruction and guidance in the cultivation of mindfulness and contemplations on death and impermanence. "...remains rooted securely in the practical immediacy of direct experience and hews closely to the time-tested methods and teaching of Tibetan masters through the centuries." (LA Times)

Ken McLeod is one of the more innovative teachers of Buddhism today. Known for his ability to explain difficult and subtle teachings, he distills the nature and purpose of Buddhism to make it accessible for any newcomer without dumbing it down. (Phil Catalfo, Yoga Journal, July 2001 in a review of Wake up to Your Life). Formerly a translator for Kalu Rinpoche and other lamas, Ken consistently goes beyond standard terminology to express the essence of Buddhas teachings in clear, precise, contemporary English. His private practice model of one-on-one consultations roiled the Buddhist world in the 90s, only to become an accepted way of working with students. He has pioneered new retreat formats, integrating daily individual interviews and practical application exercises with traditional meditation and teaching. And, recently, he set up a development program for teachers who are working outside established centers and institutions. Ken began his studies in 1970 under the tutelage of the late Kalu Rinpoche. After completing two three-year retreats, he was appointed to teach in Los Angeles. In 1990, he established Unfettered Mind, through which he teaches classes and retreats and sees people individually. In recent

years, he has worked as a corporate consultant, advising senior executives at the highest levels of corporate America. With degrees in mathematics, training in martial arts, and years of experience in traditional Tibetan Buddhism, Ken is uniquely able to bridge the gap between contemporary life and traditional approaches to spiritual practice. Books The Great Path of Awakening, by Jamgon Kongtrul, translation and footnotes by Ken McLeod, Shambhala 1987 Wake Up To Your Life, HarperSanFrancisco, 2001 An Arrow to the Heart, translation and commentary on The Heart Sutra, Trafford, 2007

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