

THE SIX PERFECTIONS



Commentary by Geshe Sonam Rinchen
Translated and Edited by Ruth Sonam

Six Perfections An Oral Teaching By Geshe Sonam Rinchen

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Six Perfections An Oral Teaching By Geshe Sonam Rinchen:

The Six Perfections Geshe Sonam Rinchen, 1998-01-01 The Six Perfections of generosity ethical discipline patience enthusiastic effort concentration and wisdom are practiced by Bodhisattvas who have the supreme intention of attaining enlightenment for the sake of others These six are perfections because they give rise to complete enlightenment Practice of them also insures the attainment of an excellent body and mind in the future and even more favorable conditions for effective practice than those we enjoy at present Generosity leads to the enjoyment of ample resources ethical discipline gives a good rebirth patience leads to an attractive appearance and supportive companions enthusiastic effort endows the ability to complete what is undertaken fostering concentration makes the mind invulnerable to distraction and wisdom discriminates between what needs to be cultivated and what must be discarded and leads to greater wisdom in the future **The Six Perfections** Sonam Rinchen, 1998 These six incorporate all of the Buddha's advice on the Bodhisattva way of life and include every practice needed for our own fullest development and for accomplishing the ultimate good of others BOOK JACKET

The Thirty-Seven Practices of Bodhisattvas Geshe Sonam Rinchen, 2001-10-31 Recognizing their true potential and letting go of everything which could hinder them on their spiritual journey Bodhisattvas entrust themselves to the path taught by the Buddha Resisting disturbing emotions they learn to respond to difficult situations in a constructive way Fully understanding the nature of reality and the illusion like nature of pleasure and pain they overcome clinging attachment and aversion In these ways Bodhisattvas come to cherish living beings as the source of all happiness and are ultimately able to work solely for the good of all Gyelsay Togmay Sangpo wrote *The Thirty Seven Practices of Bodhisattvas* in the fourteenth century His succinct and simple verses of advice summarize the quintessence of the Mahayana path to perfection Geshe Sonam Rinchen's oral teachings elucidate these practices for the modern reader and show how we can transform our actions feelings and ways of thinking to become Bodhisattvas ourselves *The Three Principal Aspects of the Path* Geshe Sonam Rinchen, 2010-06-16 The wish for freedom the altruistic intention and the wisdom realizing emptiness constitute the essence of the Buddhist path In this teaching Geshe Sonam Rinchen explains in clear and readily accessible terms Je Tsongkhapa's 1357-1419 famed presentation of these three essential topics *American Book Publishing Record Cumulative 1998* R R Bowker Publishing, 1999-03 *How Karma Works* Geshe Sonam Rinchen, 2006-07-19 Explains the chain of causes and effects commonly called karma which is at the core of the heart of the Buddha's teachings *The Heart Sutra* Geshe Sonam Rinchen, 2003-09-26 The Heart Sutra offers an enlightening exploration of the Heart Sutra a cornerstone of Mahayana Buddhism This in depth commentary delves into the profound teachings of emptiness and interdependence guiding readers through the intricate landscape of Buddhist philosophy With insights from revered masters like Nagarjuna and Aryadeva the book emphasizes the critical role of understanding reality's true nature in achieving liberation from suffering Readers will gain a deeper appreciation for the transformative power of wisdom and compassion as Geshe Sonam Rinchen elucidates the

path toward enlightenment The book provides practical guidance on engaging with the teachings highlighting the importance of meditation and contemplation in realizing the profound truths of emptiness Through a rich tapestry of historical context and philosophical insights it encourages readers to reflect on their own spiritual journey and the potential for personal and collective awakening For those seeking a profound understanding of Buddhist teachings this book is an invaluable resource It not only presents the Heart Sutra as a living document but also serves as a guide for navigating the complexities of existence with wisdom and compassion

Books In Print 2004-2005 Ed Bowker Staff,Staff Bowker, Ed,2004 **Subject Guide to Books in Print** ,2001 **The Refined Gold of the Oral Teaching Concerning the Practice of the View, Meditation and Behavior** Kun dga' bstan 'din,Liz Granger,Mario Maglietti,1983

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