



# Secret Teachings of Padmasambhava: Essential Instructions on Mastering the Energies of Life

By Padmasambhava

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These ancient texts, attributed to the great Tibetan meditation master Padmasambhava, offer traditional Vajrayana Buddhist teachings on the nature of the fundamental elements that make up our world. The translator's commentaries show us a practical view of how to use these life-energies for personal development.

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- Sales Rank: #1056399 in Books
- Brand: Brand: Shambhala
- Published on: 2010-10-12
- Released on: 2010-10-12
- Original language: English
- Number of items: 1
- Dimensions: 7.75" h x .40" w x 5.50" l, .39 pounds
- Binding: Paperback
- 160 pages



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#### Review

“This volume nicely presents translations and commentary on a text from the Dzogchen Quintessential (*nyingthig*) cycle of Padmasambhava, dealing with yogic energies. It explores three key questions: what is the natural energy of the cosmos, how is this energy present in our human embodiment, and what role does sexuality play in healing and liberation? The translator, Kennard Lipman, is a seasoned scholar of Tibetan Buddhist texts who is also trained in traditional Chinese medicine. I recommend this work to scholars and yogis alike.”—Steven Goodman, professor of Asian and Comparative Studies, California Institute of Integral Studies

“Here are Guru Rinpoche's precious words, sacred and secret, to be sealed in the heart, where, nourished by further commentary, they can become a basis for even greater understanding.”—Anne C. Klein, professor, Rice University, and translator of *Heart Essence of the Vast Expanse*

#### About the Author

Kennard Lipman, PhD, studied for more than twenty years with teachers from all four schools of Tibetan Buddhism. He received his PhD under Dr. Herbert Guenther in Far Eastern Studies in 1979. In 1988, he graduated from the American College of Traditional Chinese Medicine in San Francisco. Dr. Lipman has written about Tibetan yoga for *Yoga Journal* and the mind-body connection in *Advances: The Journal of Mind-Body Health*. His previous books, *Primordial Experience* and *You Are the Eyes of the World*, were translated together with Namkhai Norbu Rinpoche.

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