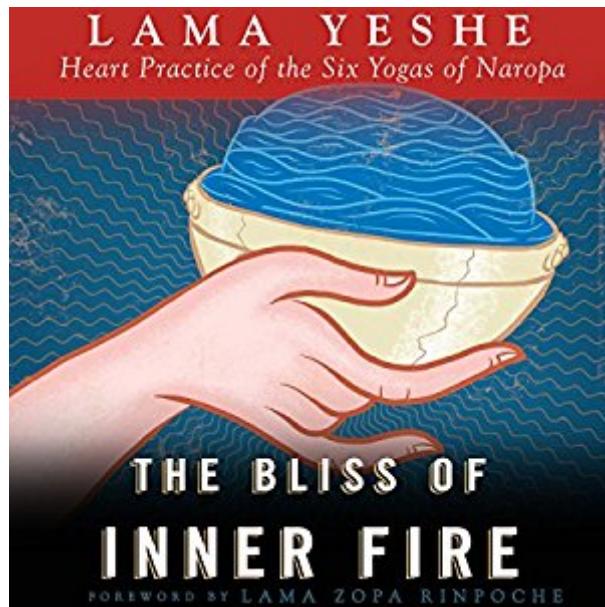


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# The Bliss Of Inner Fire: Heart Practice Of The Six Yogas Of Naropa



## **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**

i found this book 2 years ago in the bookstore and i am still in awe of it. lama yeshe was a wonderful teacher with a real gift for translating tibetan teachings to a western audience, making them relevant

and applicable, even fun with a very positive motif of "beginners mind" if u will. of the many other books in english on tummo yoga this is the most accessible and informative on a practice level that i know of.

This book is straight-forward, written from the heart, and includes enough of the essentials of the practices it promotes to enable a practitioner to start. Many authors and teachers of the tibetan buddhist lineages seem more concerned with parroting their scriptures or boosting their spot in hierarchy than communicating with those around them, and dealing with issues. The author of this book, however seems more concerned with communicating with those in his company or who are reading his books, to help them develop their own practice and fruits. Highly Recommended, also his other books as well. Virochana Khalsa - Author of "Tantra of the Beloved"

Covers the same material as another wonderful book - The Clear Light Of Bliss. That book is more text-like. This book is more chatty and less organized, it seems to me. But there a lot of hidden jewels in the chattiness. If you're serious about The subject, best read both books. Tibetan buddhism has its share of the dry, the dead intellectual, the superstitious. But unlike some other religions that just ask that you believe fairy-tales, it also has a rich kernel of profound truth and practice that makes books like this absolutely priceless.

Lama Thubten Yeshe's approach to teaching tummo practice is totally inspired and practical. This book is a treasure for those of us who have already been instructed in tummo practice by a genuine living teacher. It seems important for us to note that these talks from a practice seminar given by Lama Thubten Yeshe were made available to the general public only by his students and only after his death. I don't believe that Lama Thubten Yeshe would have encouraged anyone to dive into these practices after just reading a book, without preparation, transmission, and direct practice instructions from an authentic teacher. My living Tibetan teacher of these practices, and all of the other excellent Tibetan teachers I have known, would never make written tummo instructions available to the public. We students of these living teachers are required to finish several extensive courses of vajrayana practice and receive formal transmission in a personal teaching situation before we are considered ready to make proper use of these profound instructions that help us to realize the inseparability of bliss and emptiness. We are told that it is essential to always approach the practice with the motives of awakening and benefit for other sentient beings. We are warned that mistakes in applying tummo practice instructions can cause mental and physical harm. I do know of

people who have hurt themselves. So, please connect with a genuine teacher, fulfill prerequisites, get personal guidance and follow-up help in tummo practice, and then use this book as a precious resource to deepen your practice.

Contains little practical meditation information and many contradictory statements leading to more confusion than assistance. However, it did motivate me to purchase another book "The Six Yogas of Naropa" which I have not yet finished.

I have completed two retreats practicing Tummo. Lama Yeshe's book is excellent and of first rate quality. What he describes is true and can be experienced by those who wish to work. I do not practice with Lama Yeshe's tradition, but for those who want to understand the depths of Tummo...I totally recommend it. For those who do not wish to do the work of the practice, I'd suggest they not read it. It is a topic that cannot be accomplished by intellect alone. But for those of you who will do the work, then when the Fire blazes and the Kundalini flows...you will know and I know that this man has correctly described the events that unfold.

This book provides a rare and accessible source for material on the Six Yoga's of Naropa, fundamental to 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.

A great introduction for the Western reader, who may be starting to learning about Tantrayana. The book does have tummo practice as the main topic, however with this in mind, the author builds the ground work successively that leads up to tummo practice. This is very typical with Tibetan Buddhism, information is shared gradually in successive stages. Overall, the topics in the book include not only tummo mediation but also discussions on Heruka Chakrasamvara, Tilopa, Naropa, and Tsongkhap just to name a few. Each topic in itself warrant warrants a book on its own. The author explains how all these topics are dependent on gaining a basic understanding of tummo mediation.

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