

Providing a rare glimpse of feminine Buddhist history, Niguma, Lady of Illusion brings to the forefront the life and teachings of a mysterious eleventh-century Kashmiri woman who became the source of a major Tibetan Buddhist practice lineage. The circumstances of her life and extraordinary qualities ascribed to her are analyzed in the greater context of spiritual biography and Buddhist doctrine. More than a historical presentation, Niguma's story raises the question of women as real spiritual leaders versus male images of the feminine principle and other related contemporary issues. This volume includes the thirteen works that have been attributed to Niguma in the Tibetan Buddhist canon. These collected works form the basis of an ancient lineage Shangpa, which continues to be actively studied and practiced today. These works include the source verses for such esoteric practices as the Six Yogas, the Great Seal, and the Chakrasamvara and Hevajra tantric practices that are widespread in Tibetan traditions. Also included is the only extant biography, which is enhanced by the few other sources of information on her life and work.

Isolation Tank: Understanding the Sensory Deprivation Tank and What You Need to Know (Flotation Tank, Meditation, Float Tank, Relaxation, Think Tank, Reduce Stress), Hello, Cupcake!: Irresistibly Playful Creations Anyone Can Make, The Children's Homer: The Adventures of Odysseus and the Tale of Troy, Etiquette Guide to Japan: Know the Rules that Make the Difference! (Third Edition), Any Job In A Storm, Parenting: Guide to Pregnancy and Childbirth, Three Graces, A Billionaire Brothers Christmas (BBW Romance - Billionaire Brothers 6): Holiday Short Story,

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Sarah Harding, in her excellent treatment of the subject matter, in her book Niguma, Lady of Illusion (Snow Lion), argues very. Niguma is considered one of the most important and influential yoginis and Vajrayana teachers. Dharmas of Naropa can be found in Niguma, Lady of Illusion by Sarah Harding, pp. . Resource Center · Tsadra Foundation · Extracts from Like an Illusion by Nicole Riggs · Sukhasiddhi Foundation · Dakini Yogini Central. Niguma, Lady Of Illusion has 12 ratings and 1 review. Cone said: Great translations of some lesser-known aspects of Niguma's life and practice, and her 1. Booktopia has Niguma, Lady Of Illusion, Tsadra Foundation Series by Sarah Harding. Buy a discounted Hardcover of Niguma, Lady Of Illusion online from.

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