

Contents

Introduction	1
1 The Basic Teachings of Buddhism	7
2 Buddhism in Tibet	26
3 The Four Immeasurables	36
4 Basic Meditation	53
5 The Aspiration to Enlightenment	66
6 Devotion and Offerings in Tibetan Buddhism	78
7 Tantric Basics	94
8 Tantric Initiations	110
Conclusion	122
Glossary	124
Useful Addresses	131
Further Reading	134
Index	137



Index

- Abhidharma 17–18
abhisheka 112
 absolute truth 20
 Achala 105, 107–9
 Amitabha 98
 anger 38, 71
ani 34
 Anuttara yoga 116
 Asanga 21, 70
 Atisha 28
 attachment 12, 37, 37, 39,
 43, 44, 72
 Avalokiteshvara 82, 105,
 106–7
 aversion 37, 38, 43, 44
 awareness being 101, 102,
 108, 115, 118, 119
 Awareness 42–3
- behavioural traits 57
Bodhicaryavatara 28
 bodhisattva 18, 66–8, 69,
 70, 76
 Bodhisattva Vow 68–9, 87
 books 30, 110
 breathing 58
 Buddha 10, 23, 43, 67, 80
 Buddha-nature 14, 22, 41,
 56, 57
 Buddhism, introduction into
 Tibet 26–7
 Buddhist logic 21
 Buddhist path, progress on 54
 butter lamps 84
- calming meditation 58–9,
 64–5, 72, 90
 Chandragomin 70
chang-chub sem-pa 67
 Charya Tantra 115
 chief jar 116
 clairvoyance 72, 103
 clarity 59, 60
 commitment being 100, 115,
 118
 compassion 37, 39–40,
 45–6, 50–1, 123
- dedication of merit 47, 65,
 77
 devotion 78, 80
 Dharma 11, 23, 24, 43
*dharma*s 19, 20
 divine pride 102
 dreams 74
- ego-self 37, 41, 54, 58, 59,
 62, 102
 Eighteen Schools 18
 eight-fold path 16
 emotions 37, 38, 43, 59, 60,
 72
 empowerment 111
 emptiness 18, 73, 99, 100,
 107, 109
 enemies 46
 energy 44, 54, 65, 76, 90
 enlightenment 10, 42–4, 54,
 55, 56, 97, 98
- equanimity 37, 40–1, 46,
 47–8
 evil 41, 54
 experience, four categories
 of 60
- faith 78, 79
 false beliefs 60
 Foundation Practices 113–14
 Four Immeasurables 36–52,
 64, 69, 76, 77, 87, 105–6
 Four Noble Truths 10,
 11–14, 15
 friends/friendship 31, 46
- Gandharva* city 74
 Gautama 7, 8, 9
 Geluk school 28–9
geshé 34
 gratitude 90
 Great Way 18
 greed 39, 40, 44
 guidance 111
 guru yoga 113, 114
- happiness 12, 39, 42, 72
 Hinayana 18, 19, 22, 68
 humour 32
- ignorance 16, 37, 40, 56
 impermanence 12, 57
 incense 84
 ingrained tendencies 59
 initiation 110–21



- insight 37, 56, 59–60, 91
Interdependent Arising 10,
15–17, 20, 60
- jealousy 37, 40, 43
jé-nang 112
jñāna-sattva 101, 115
- Kadampa 28
Kagyü school 29
Kamalahila 26
karma 13, 71
khenpo 34
Khön family 29
Khyentsé Rinpoché 35
killing 54, 55
kindness 123
King Shuddhodana 7, 8
Könchok Gyelpo 29
Kriya Tantra 115
kusho 34
- lama* 34
Lamdré 30
Lesser Way 18
Life of Milarepa 29
lineage tree 81
Long-chen-pa 76
lotus position 62
loving-kindness 37, 38–9,
45, 49–50, 71
Lumbini 7, 66
lung 31
- Madhyamikas 21
Mahayana 18, 19, 20, 21,
22, 68, 71
Maitreya 21
mandalas 96, 113, 114, 116
mantras 22, 82, 96, 98, 99,
102, 103, 104
Marpa 29
meditation 36, 53–65, 84–93
Middle Way 20–1
Milarepa 29, 33
mirages 74
misery 39
Mongolia/Mongols 29, 95
moral training 53
motivations 59
Mount Meru 88
- mudras* 88, 96, 98
- Nagarjuna 20
Naropa 29, 33
negative actions, the ten 55
negative strategies 37
Nyingma 27–8, 82, 115
- oral transmission 31, 54
overstimulation 63
- Padmasambhava 26, 28, 81
peace 72
personal god 78
pilgrimage 72
positive thought, power of
47
Prajña-paramita Sutras 20, 21
prayer 78, 91, 114
prejudice 46
Preliminary Practices 113
pride 33, 37, 40, 43, 44
prosperity 39
prostrations 24, 85–7, 114
puja 84, 87, 91
- Rahula 8
rebirth 14
refuge 23–5, 47, 64, 75, 113
Refuge Tree 24
relative truth 20
Rinchen Zangpo 28
rinpoché 34
rosary 103
- sadhana* 96, 99–105
Sakya school 29–30
samaya 120
samaya-sattva 100, 115, 116
samsara 16, 113
Samyé 26
Sangha 16, 17, 22
seed syllable 100
self 19
self-abasement 72, 80, 89
self-generation 102
Seven-Branded Prayer 72,
87–90, 91–3, 108
sexual yoga 96
Shakyamuni 66, 82
Shantarakshita 26, 28
- Shantideva 28, 70, 75
Shingon 95
shrines 81–4
shunyata 19
siddhis 104
Six Perfections 69–75
Song-tsen Gampo 26
spiritual growth 33
stupa 82
suffering 11, 39
sympathetic joy 37, 40, 46,
51–2
- t'anka* 81
tailor's position 62
Tantric Buddhism 21–2, 94,
95–7, 98, 99, 110, 112,
115
Tara 98, 100, 103
teachers 30–3, 34, 58, 60,
110
terma 28
Three Jewels 22–3, 24, 80,
120
Tibetan Book of the Dead 28
torma 116, 117, 119
Trisong Detsen 26
trust 79
Tsongkhapa 28, 30, 82
two truths 20
- unenlightenment, cause of 15
- Vajrapani 98, 105
Vajrasattva 113, 114
Vajrayana 21–2, 94, 96–7
Vasubandhu 21
Vinaya 28
Virupa 30
visualisation 85
- wang* 112
worship offering 84
wrong doing 54
- Yashodhara 8
yi-dam 115
Yogachara 21
Yoga Tantra 115–16
- Zen 38