

# **Torch Of True Meaning Instructions And The Practice For The Mahamudra Preliminaries**

Teachings on the foundational practices of Tibetan Buddhism by a renowned and beloved master--now in paperback. In this book, Dudjom Rinpoche explains a key text attributed to Padmasambhava, the great Indian meditation master credited with bringing the Buddha's teachings to Tibet. The instructions here are clear, direct, and personal, illuminating the heart of Vajrayana Buddhist practice and philosophy. Included is the root text ("The Heart Essence of the Dakini") by Padmasambhava and the commentary by Dudjom Rinpoche. Of interest to practitioners of all schools of Tibetan Buddhism. The foundations of Vajrayana practice are laid out with eloquence and precision here by one of the greatest Tibetan Buddhist masters of our age. His Holiness Dudjom Rinpoche's commentary on the preliminary practices (ngöndro) is informed by his profound realization and wide-ranging scholarship, and illuminated with an array of quotations from the Vinaya, Sutra, and Tantra traditions. In addition to the commentary on the outer and inner preliminary practices, he provides other invaluable instructions on the correct view, conduct, and activity of a practitioner. Dudjom Rinpoche taught that the

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realization of the teachings of the Great Perfection depends entirely on the practice of these preliminary practices, thus his compassionate exposition of them here makes this book a particularly precious resource for anyone who seeks to remove the obstacles between themselves and the total freedom of enlightenment.

The Library Of Tibetan Classics is a special series being developed by The Institute of Tibetan Classics to make key classical Tibetan texts part of the global literary and intellectual heritage. Eventually comprising thirty-two large volumes, the collection will contain over two hundred distinct texts by more than a hundred of the best-known Tibetan authors. These texts have been selected in consultation with the preeminent lineage holders of all the schools and other senior Tibetan scholars to represent the Tibetan literary tradition as a whole. Peter Alan Roberts was born in Wales and lives in Hollywood, California. He obtained a B.A. in Sanskrit and Pali and a Ph.D. in Tibetan Studies from Oxford University. For more than thirty years he has been working as an interpreter for lamas and as a translator of Tibetan texts. He specializes in the literature of the Kagyü and Nyingma traditions with a focus on tantric practices, and he is the author of *The Biographies of Rechungpa*. Thupten Jinpa holds a Geshe Lharam degree from Ganden monastic university and a Ph.D. in religious studies from

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Cambridge University. The translator and editor of numerous books, he has been the principal English-language translator for His Holiness the Dalai Lama for over two decades, and he is the author of *Self Reality and Reason in Tibetan Philosophy*. He lives in Montreal with his wife and two daughters.

Jamgon Kongtrul Lodro Thaye's classic text *The Torch of True Meaning* gives clear and concise instructions on the preliminary and main practices of mahamudra meditation. But it not only teaches mahamudra, it describes vividly what is necessary for any meditation practice. It is presented here in a new translation that includes the previously unpublished final chapter of Jamgn Kongtrul's work, a brief yet inspiring description of the actual practice of mahamudra. Paired with Jamgon Kongtrul Lodro Thaye's instructions is *The Chariot That Travels the Noble Path*, the standard practice text for the mahamudra preliminaries in the Karma Kagyu lineage, in a new version compiled by the Seventeenth Karmapa Ogyen Trinley Dorje. Together, these two works are essential for anyone who wants to practice mahamudra.

This book contains everything you need to start learning glass blowing today. The author puts everything she knows about glass blowing into simple, understandable language so that everyone can easily learn all there is to know about making beautiful glass. Inside the book, you will learn: [ The

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History of Glass Blowing [ The Properties of the Glass: So your art looks great and stands the test of time. [ All Necessary Glass Blowing Equipment: Learn how to get your glass blowing hobby started with the right gear. [ How to Use Your Tools: Great pointers on how to make your best artwork with your new tools. [ Important Safety Tips: How to keep all your fingers and eyebrows intact! [ Most Important Glass Blowing Principles: How to take the mystery out of the art. [ How to Make Your First Piece: All the keys you need to make your first piece of glass artwork. [ How to Add Decorative Art: Learn how to turn normal glass into a stunning piece of art. [ How to Make Glass Beads: Tips for making beautiful beads that anyone will love. [ Cane Making Secrets: Your beads will look as stunning as they possibly can with these pointers. [ How to Make Glass Pipes: Yes, keys to even making pipes as well. [ and much more! If you've ever been interested in glass blowing, but didn't know where to start, then I encourage you to learn from the author's experience and get started on the right footing. It contains everything you need to know to help you make amazing glass objects today!

A New York Times Bestseller Winner of the James Beard Award for General Cooking and the IACP Cookbook of the Year Award "The one book you must have, no matter what you're planning to cook or where your skill level falls."—New York Times Book

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Review Ever wondered how to pan-fry a steak with a charred crust and an interior that's perfectly medium-rare from edge to edge when you cut into it? How to make homemade mac 'n' cheese that is as satisfyingly gooey and velvety-smooth as the blue box stuff, but far tastier? How to roast a succulent, moist turkey (forget about brining!)—and use a foolproof method that works every time? As *Serious Eats*'s culinary nerd-in-residence, J. Kenji López-Alt has pondered all these questions and more. In *The Food Lab*, Kenji focuses on the science behind beloved American dishes, delving into the interactions between heat, energy, and molecules that create great food. Kenji shows that often, conventional methods don't work that well, and home cooks can achieve far better results using new—but simple—techniques. In hundreds of easy-to-make recipes with over 1,000 full-color images, you will find out how to make foolproof Hollandaise sauce in just two minutes, how to transform one simple tomato sauce into a half dozen dishes, how to make the crispiest, creamiest potato casserole ever conceived, and much more.

Walk step by step through the stages of this tantric ritual of purification with inspired commentary and forty full-color illustrations. The force of our past actions makes it hard to attain our goals, including success in meditation. And so Buddhism has developed methods for purifying our past, clearing

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the obstacles to success and fulfillment. One of the most popular methods for karmic housekeeping, one common to all schools of Tibetan Buddhism, is the preparatory practice of visualizing the buddha Vajrasattva and reciting his hundred-syllable mantra. It is considered an essential foundation for the success of spiritual endeavor. The practice of Vajrasattva is often the first experience practitioners have of trying to perform tantric ritual. Combining prayers, visualizations, mantra recitations, and multiple styles of meditation, it can be hard for those who did not grow up in the tradition to know how to proceed. This friendly volume by a young Tibetan lama with many followers in China lays out the practice step by step accompanied by sixty color illustrations.

This is a copybook printed in black and white for adults who wish to learn how to write the Tibetan script in the Uchen, Tsuring or Chuyig style. Uchen is a printed script used throughout Tibet. As a handwritten script it is mostly prevalent in Amdo and Kham, the regions in north-eastern and eastern Tibet. Central Tibet (U-Tsang), on the other hand, prefers Ume handwriting styles, which include Tsuring and Chuyig. People first learn to write in the Tsuring style, for example, before progressing to the Chuyig shorthand style once they have sufficient writing experience. Chuyig is suitable for writing quickly. This copybook contains the 30 letters and

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four vowel signs that make up the Tibetan alphabet as well as two punctuation marks (the dot and the simple bar) and all 89 compound characters (ligatures) of the Tibetan script. They are reproduced in the Uchen, Tsurung and Chuyig styles. An entire page is dedicated to each of the 30 letters and the four vowel signs. The punctuation marks and the ligatures are each given half a page. At the beginning of the page is an illustration that shows the order in which the individual strokes of the letter have to be written. The letter is initially printed in a background colour so that it can be traced. The blank lines are designed for independent practice. At the end of the book the characters in the three different writing styles are each summarised on one page. There are also four blank copy templates here for further writing exercises. "

A fireman in charge of burning books meets a revolutionary school teacher who dares to read. Depicts a future world in which all printed reading material is burned.

CREATIVE VISION and INNER REALITY is a translation of "Easing the Beginner's Way: the Essential Points of Creation and Completion," written in verse at the age of twenty-seven by the amazing nineteenth century realized master and profound scholar Jamgon Kongtrul Lodro Thaye. Born in 1813 in Kham in eastern Tibet, Kongtrul offered this advice based on his own experiential understanding

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of these two basic methods in Tibetan Buddhist tantric meditation. The aspiring practitioner's way is eased by clear and extremely practical explanations of firstly, the phase of "creation," referring to the gradual imaginative process of recreating, with the aid of mantra and mudra, one's self as the deity and the environment as the mandala, while maintaining the awareness of the lack of real existence of these and all appearances; and secondly, the phase of "completion," referring to the dissolution of the visualization until the mind rests in its natural condition, the inseparability of bliss and emptiness, a state accomplished by, among other methods, concentration on one's so-called vajra body and its channels, winds, and vital essences. Thus, in the first phase of this aspect of Vajrayana teaching the goal is imagined, and in the second it is directly experienced. In reality those who have some familiarity with Mahamudra and Dzogchen, the two systems that represent the ultimate sense and final goal of all teachings, will find in the text a subtle guide to deeper knowledge. This volume contains a second text, Jamgon Kongtrul's "Advice to Lhawang Trashi," in which the neophyte meditator is instructed in an inspiring and direct manner on how to recognize the landmarks and pitfalls that may be encountered along the path. An Introduction and substantive notes by the translator are included in this useful and beautiful book. The translator Elio



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Guarisco is a founding member of the International Shang Shung Institute of Tibetan Studies whose goal is to preserve and deepen the knowledge and understanding of Tibetan cultural traditions and has translated many works by the Institute's founder, guide, and inspiration, Chogyal Namkhai Norbu. Torch of True Meaning Instructions and the Practice for the Mahamudra Preliminaries

Buddha Shakyamuni once was asked by experienced practitioners of another spiritual tradition: Exactly how do physical, verbal and mental actions performed in this life lead to consequences experienced in future lives? How is it possible to see things as they really are? In the Mahayana sutra Resting in Awareness, the Buddha answered those questions with a set of meditations. The practice of awareness which he taught in this discourse is the direct path to awakening and the realization of absolute bodhicitta. This method consists of alternating between analyzing and resting and is the vajra meditation of Mahamudra. This book is intended for advanced practitioners who wish to engage on their own in this practice of calm abiding combined with insight meditation. Volume 1 includes:

- An introduction to the Awareness Sutra, its Tibetan translation, and the commentaries written by the Third Karmapa Rangjung Dorje and Sherab Rinchen;
- 23 step-by-step lessons with advice from those two Kagyü masters;
- 70 exercises

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paraphrased from the sutra, supplemented by meditation instructions from contemporary teachers of the Karma Kagyü lineage; - An overview of the understanding of the practice of awareness according to different Buddhist schools.

In this award-winning novel, Tharoor has masterfully recast the two-thousand-year-old epic, The Mahabharata, with fictional but highly recognizable events and characters from twentieth-century Indian politics. Nothing is sacred in this deliciously irreverent, witty, and deeply intelligent retelling of modern Indian history and the ancient Indian epic The Mahabharata. Alternately outrageous and instructive, hilarious and moving, it is a dazzling tapestry of prose and verse that satirically, but also poignantly, chronicles the struggle for Indian freedom and independence.

16 MILLION COPIES SOLD 'A book to read, to cherish, to debate, and one that will ultimately keep the memories of the victims alive' John Boyne, author of The Boy in the Striped Pyjamas A prominent Viennese psychiatrist before the war, Viktor Frankl was uniquely able to observe the way that both he and others in Auschwitz coped (or didn't) with the experience. He noticed that it was the men who comforted others and who gave away their last piece of bread who survived the longest - and who offered proof that everything can be taken away from us except the ability to choose our attitude in

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any given set of circumstances. The sort of person the concentration camp prisoner became was the result of an inner decision and not of camp influences alone. Frankl came to believe man's deepest desire is to search for meaning and purpose. This outstanding work offers us all a way to transcend suffering and find significance in the art of living.

A modern-day classic. This highly acclaimed adventure series about two friends desperate to save their doomed city has captivated kids and teachers alike for almost fifteen years and has sold over 3.5 MILLION copies! The city of Ember was built as a last refuge for the human race. Two hundred years later, the great lamps that light the city are beginning to flicker. When Lina finds part of an ancient message, she's sure it holds a secret that will save the city. She and her friend Doon must race to figure out the clues before the lights go out on Ember forever! Nominated to 28 State Award Lists! An American Library Association Notable Children's Book A New York Public Library 100 Titles for Reading and Sharing Selection A Kirkus Reviews Editors' Choice A Child Magazine Best Children's Book A Mark Twain Award Winner A William Allen White Children's Book Award Winner "A realistic post-apocalyptic world. DuPrau's book leaves Doon and Lina on the verge of undiscovered country and readers wanting more." —USA Today

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“An electric debut.” —Publishers Weekly, Starred  
“While Ember is colorless and dark, the book itself is rich with description.” —VOYA, Starred “A harrowing journey into the unknown, and cryptic messages for readers to decipher.” —Kirkus Reviews, Starred  
This translation of a fundamental Tantric text reveals the richness and profundity of the intellectual and contemplative traditions of Tibetan Buddhism. The text describes the Four Foundation Practices that all practitioners of Vajrayana Buddhism must complete. The nature of impermanence, the effects of karma, the development of an enlightened attitude, and devotion to the guru are among the subjects treated in this book. Three eminent contemporary Tibetan Buddhist masters-- Kalu Rinpoche, Deshung Rinpoche, and Chö gyam Trungpa Rinpoche-- explain the significance of "The Torch of Certainty" for modern-day students and practitioners of Tibetan Buddhism.

H.G. Wells, the author, has been called the father of science fiction. ‘The Time Machine’ is one of his most notable science fictions. It’s a Time Traveller’s journey into the future. He explains that there are really four limensions, three of which we call the three planes of the Space, and a fourth, Time. Also, there is no difference between Time and any of the three dimensions of Space except that our consciousness moves along it. The book narrates how the Time Traveller plans for a machine to travel

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through time and disappear. Comparison between the present time and future time. Like as, the air is free from gnats, the earth from weeds or fungi; everywhere were fruits and sweet and delightful flowers; brilliant butterflies fly hither and thither. The ideal of preventive medicine is attained. Diseases are stamped out. No contagious diseases. Even social triumphs too is effected. Like as, the mankind is housed in splendid shelters, gloriously clothed, and as yet are not engaged in toil. No signs of struggle, neither social nor economical. The population is also ceased to increase. No one can predict anything about the future Time. This book seems very interesting, in this way. Solves many queries raised by the various characters in the book with the Time Traveller. The author has written his best to enthrall the readers. Many future films and Television Series are made on “The Time Machine”, which has in turn inspired to write new books on the topic of “The Time Machine”.

A Bionic, a Mutant, and a Geek are forced by their Keepers to team up and prepare to take back the ruined world. Throughout their training, these teens are led to believe that not everything is as it seems.

**#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME**

The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It

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is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. “The kind of book that can be life-changing.” —The New York Times “Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank.” —USA Today **DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.**

The only book in English on a popular Tibetan Buddhist lineage prayer that explains how it can be used as a guide to practice. One of the most beloved and oft-recited prayers in the Kagyu tradition of Tibetan Buddhism, *The Mahamudra Lineage Prayer* combines a supplication to the Mahamudra lineage with a concise guide to Mahamudra practice and the stages of the path to enlightenment. In this commentary on the prayer, Thrangu Rinpoche teaches in his down-to earth yet direct manner the

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importance of the Mahamudra lineage, how to develop renunciation and devotion through the common and uncommon preliminary practices, and how to practice calm abiding (Shamatha) and insight (Vipashyana) meditation in the Mahamudra tradition. He explains that Mahamudra teachings are easy to practice yet are very powerful, and are especially appropriate for serious Western Dharma students. Like a spontaneous cascade of wisdom nectar, the open and natural words of Thinley Norbu Rinpoche, uncomplicated by scholarly elaboration, flow here in the tradition of the direct transmissions of Buddhas and Bodhisattvas of the past. Through commentary on the Preliminary Practices (Ngöndrö) prayer from the treasure text of the great master Tragtung Düdjom Lingpa, insights into many central practices emerge in order to deepen understanding of the foundations of Vajrayana Buddhism. Also included in the book is a commentary on Tsok Khang Dechen (Assembly Palace of Great Exaltation), the root text prayer of the second Kyabje Düdjom Rinpoche, Jigdrel Yeshe Dorje.

**#1 NEW YORK TIMES BESTSELLER •** The book that sparked a revolution and inspired the hit Netflix series *Tidying Up with Marie Kondo*: the original guide to decluttering your home once and for all. **ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE—CNN** Despite constant efforts to declutter your home, do papers still accumulate like snowdrifts and clothes pile

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up like a tangled mess of noodles? Japanese cleaning consultant Marie Kondo takes tidying to a whole new level, promising that if you properly simplify and organize your home once, you'll never have to do it again. Most methods advocate a room-by-room or little-by-little approach, which doom you to pick away at your piles of stuff forever. The KonMari Method, with its revolutionary category-by-category system, leads to lasting results. In fact, none of Kondo's clients have lapsed (and she still has a three-month waiting list). With detailed guidance for determining which items in your house "spark joy" (and which don't), this international bestseller will help you clear your clutter and enjoy the unique magic of a tidy home—and the calm, motivated mindset it can inspire.

This indispensable volume is a lucid and faithful account of the Buddha's teachings. "For years," says the *Journal of the Buddhist Society*, "the newcomer to Buddhism has lacked a simple and reliable introduction to the complexities of the subject. Dr. Rahula's *What the Buddha Taught* fills the need as only could be done by one having a firm grasp of the vast material to be sifted. It is a model of what a book should be that is addressed first of all to 'the educated and intelligent reader.'

Authoritative and clear, logical and sober, this study is as comprehensive as it is masterly." This edition contains a selection of illustrative texts from the Suttas and the Dhammapada (specially translated by the author), sixteen illustrations, and a bibliography, glossary, and index.

By offering detailed instruction and friendly, inspiring



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advice for those embarking on the Tibetan Buddhist foundation practices, Yongey Mingyur Rinpoche provides gentle yet thorough commentary, companionship, and inspiration for committing to the Vajrayana path.

“We finally have the definitive treatise on PyTorch! It covers the basics and abstractions in great detail. I hope this book becomes your extended reference document.”

—Soumith Chintala, co-creator of PyTorch Key Features

Written by PyTorch’s creator and key contributors

Develop deep learning models in a familiar Pythonic way

Use PyTorch to build an image classifier for cancer

detection Diagnose problems with your neural network

and improve training with data augmentation Purchase of

the print book includes a free eBook in PDF, Kindle, and

ePub formats from Manning Publications. About The

Book Every other day we hear about new ways to put

deep learning to good use: improved medical imaging,

accurate credit card fraud detection, long range weather

forecasting, and more. PyTorch puts these superpowers

in your hands. Instantly familiar to anyone who knows

Python data tools like NumPy and Scikit-learn, PyTorch

simplifies deep learning without sacrificing advanced

features. It’s great for building quick models, and it

scales smoothly from laptop to enterprise. Deep

Learning with PyTorch teaches you to create deep

learning and neural network systems with PyTorch. This

practical book gets you to work right away building a

tumor image classifier from scratch. After covering the

basics, you’ll learn best practices for the entire deep

learning pipeline, tackling advanced projects as your

PyTorch skills become more sophisticated. All code

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samples are easy to explore in downloadable Jupyter notebooks. What You Will Learn Understanding deep learning data structures such as tensors and neural networks Best practices for the PyTorch Tensor API, loading data in Python, and visualizing results Implementing modules and loss functions Utilizing pretrained models from PyTorch Hub Methods for training networks with limited inputs Sifting through unreliable results to diagnose and fix problems in your neural network Improve your results with augmented data, better model architecture, and fine tuning This Book Is Written For For Python programmers with an interest in machine learning. No experience with PyTorch or other deep learning frameworks is required. About The Authors Eli Stevens has worked in Silicon Valley for the past 15 years as a software engineer, and the past 7 years as Chief Technical Officer of a startup making medical device software. Luca Antiga is co-founder and CEO of an AI engineering company located in Bergamo, Italy, and a regular contributor to PyTorch. Thomas Viehmann is a Machine Learning and PyTorch speciality trainer and consultant based in Munich, Germany and a PyTorch core developer. Table of Contents PART 1 - CORE PYTORCH 1 Introducing deep learning and the PyTorch Library 2 Pretrained networks 3 It starts with a tensor 4 Real-world data representation using tensors 5 The mechanics of learning 6 Using a neural network to fit the data 7 Telling birds from airplanes: Learning from images 8 Using convolutions to generalize PART 2 - LEARNING FROM IMAGES IN THE REAL WORLD: EARLY DETECTION OF LUNG CANCER 9 Using

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PyTorch to fight cancer 10 Combining data sources into a unified dataset 11 Training a classification model to detect suspected tumors 12 Improving training with metrics and augmentation 13 Using segmentation to find suspected nodules 14 End-to-end nodule analysis, and where to go next PART 3 - DEPLOYMENT 15 Deploying to production

To young Christians of the world, Pope Francis has a message for you: "Christ is alive, and he wants you to be alive!" In his fourth apostolic exhortation, *Christus Vivit*, Pope Francis encapsulates the work of the 2018 synod of bishops on "Young People, The Faith, and Vocational Discernment." Pope Francis has always had a special relationship with young people, and in his fatherly love for you he shows that: You can relate to young people in Scripture who made a difference You identify with the Christ who is always young You face difficult issues in the world today You yearn for the truth of the Gospel You are capable of amazing things when you respond to the Gospel You learn and grow with help from the faithful of all generations You need bold and creative youth ministry You can discover who God made you to be You are urged to pray for discernment *Christus Vivit* is written for and to young people, but Pope Francis also wrote it for the entire Church, because, as he says, reflecting on our young people inspires us all. "May the Holy Spirit urge you on as you run this race. The Church needs your momentum, your intuitions, your faith. We need them! And when you arrive where we have not yet reached, have the patience to wait for us."

Love and tragedy dominate book four of Virgil's most

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powerful work, building on the violent emotions invoked by the storms, battles, warring gods, and monster-plagued wanderings of the epic's opening. Destined to be the founder of Roman culture, Aeneas, nudged by the gods, decides to leave his beloved Dido, causing her suicide in pursuit of his historical destiny. A dark plot, in which erotic passion culminates in sex, and sex leads to tragedy and death in the human realm, unfolds within the larger horizon of a supernatural sphere, dominated by power-conscious divinities. Dido is Aeneas' most significant other, and in their encounter Virgil explores timeless themes of love and loyalty, fate and fortune, the justice of the gods, imperial ambition and its victims, and ethnic differences. This course book offers a portion of the original Latin text, study questions, a commentary, and interpretative essays. Designed to stretch and stimulate readers, Ingo Gildenhard's incisive commentary will be of particular interest to students of Latin at both A2 and undergraduate level. It extends beyond detailed linguistic analysis to encourage critical engagement with Virgil's poetry and discussion of the most recent scholarly thought.

With contributions from leading scholars, this compelling volume offers fresh insights into literacy teaching and learning—and the changing nature of literacy itself—in today's K–12 classrooms. The focus is on varied technologies and literacies such as social networking sites, text messaging, and online communities. Cutting-edge approaches to integrating technology into traditional, print-centered reading and writing instruction are described. Also discussed are ways to teach the new

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skills and strategies that students need to engage effectively with digital texts. The book is unique in examining new literacies through multiple theoretical lenses, including behavioral, semiotic, cognitive, sociocultural, critical, and feminist perspectives. In this succinct teaching presented in 2006 by His Holiness the Seventeenth Gyalwang Karmapa in Bodhgaya, India, students are guided through a shortened version of the preliminaries for mahamudra practice, which His Holiness composed with the aim of benefiting practitioners from developed countries who often lead busy lives. The complete practice, in Brief Recitations, is written in English, Tibetan, and Tibetan transliteration, and complete instructions for the Four Special Preliminaries are provided, with the exception of guru yoga. His Holiness guides students through the details of each practice, including the visualisations of Refuge, Vajrasattva purification, and Mandala offerings, often punctuated with his good humour. A summary of the practice sequences and a list of precepts of the refuge vow are also included in two appendices. At the heart of successful Mahamudra practice is the ability to understand the nature of mind. The Ninth Karmapa Wangchuk Dorje (1556–1603) was the acknowledged master of this approach. No more authoritative or useful instructions exist than in his three definitive texts on Mahamudra, of which this easy-to-use manual is the shortest and most practical. *Pointing Out the Dharmakaya* is an indispensable companion to *The Ocean of Definitive Meaning*, the most vast and detailed of the texts. An invaluable guide for Mahamudra

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practitioners on how to look at the mind, it is clearly laid out so that the instructions are easy to recall and put to use. Brilliant explanations by Khenchen Thrangu Rinpoche make this text vividly relevant for contemporary Western practitioners. For those committed to ascertaining the mind's true nature, checking their experience, and refining and extending their insight, there is no more systematic or comprehensive approach than can be found in this extraordinary set of instructions.

#1 NEW YORK TIMES BESTSELLER • OPRAH'S BOOK CLUB PICK • NATIONAL BOOK AWARD LONGLIST • "An instant American classic and almost certainly the keynote nonfiction book of the American century thus far."—Dwight Garner, *The New York Times*  
The Pulitzer Prize–winning, bestselling author of *The Warmth of Other Suns* examines the unspoken caste system that has shaped America and shows how our lives today are still defined by a hierarchy of human divisions. NAMED THE #1 NONFICTION BOOK OF THE YEAR BY TIME, ONE OF THE TEN BEST BOOKS OF THE YEAR BY People • The Washington Post • Publishers Weekly AND ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • O: The Oprah Magazine • NPR • Bloomberg • Christian Science Monitor • New York Post • The New York Public Library • Fortune • Smithsonian Magazine • Marie Claire • Town & Country • Slate • Library Journal • Kirkus Reviews • LibraryReads • PopMatters Winner of the Los Angeles Times Book Prize • National Book Critics Circle Award Finalist • Dayton Literary Peace Prize Finalist •

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PEN/John Kenneth Galbraith Award for Nonfiction  
Finalist • PEN/Jean Stein Book Award Longlist “As we go about our daily lives, caste is the wordless usher in a darkened theater, flashlight cast down in the aisles, guiding us to our assigned seats for a performance. The hierarchy of caste is not about feelings or morality. It is about power—which groups have it and which do not.” In this brilliant book, Isabel Wilkerson gives us a masterful portrait of an unseen phenomenon in America as she explores, through an immersive, deeply researched narrative and stories about real people, how America today and throughout its history has been shaped by a hidden caste system, a rigid hierarchy of human rankings. Beyond race, class, or other factors, there is a powerful caste system that influences people’s lives and behavior and the nation’s fate. Linking the caste systems of America, India, and Nazi Germany, Wilkerson explores eight pillars that underlie caste systems across civilizations, including divine will, bloodlines, stigma, and more. Using riveting stories about people—including Martin Luther King, Jr., baseball’s Satchel Paige, a single father and his toddler son, Wilkerson herself, and many others—she shows the ways that the insidious undertow of caste is experienced every day. She documents how the Nazis studied the racial systems in America to plan their out-cast of the Jews; she discusses why the cruel logic of caste requires that there be a bottom rung for those in the middle to measure themselves against; she writes about the surprising health costs of caste, in depression and life expectancy, and the effects of this hierarchy on our culture and

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politics. Finally, she points forward to ways America can move beyond the artificial and destructive separations of human divisions, toward hope in our common humanity. Beautifully written, original, and revealing, *Caste: The Origins of Our Discontents* is an eye-opening story of people and history, and a reexamination of what lies under the surface of ordinary lives and of American life today.

A groundbreaking, accessible presentation of Tibetan Buddhism from Chögyam Trungpa, renowned twentieth-century master and teacher. Based on a series of talks given by Chögyam Trungpa during the first session of what was to become Naropa University, *Cynicism and Magic* introduces key Tibetan Buddhist concepts, including karma, the structure of ego, the paramitas, and the bodhisattva. Employing a unique and intimate teaching style, Trungpa Rinpoche presents these concepts in a larger framework of questions we all have: What is authentic spirituality? Can I find enlightenment and freedom? How should I approach life, death, suffering, and boredom? How can I develop some discipline, patience, and sanity? Through these accessible teachings, this book will show you how to approach a living dharma with intelligence, and with a sense of openness and wonder.

*The Mind of Mahamudra* is the third volume in the Tibetan Classics series, which aims to make available accessible paperback editions of key Tibetan Buddhist works drawn from Wisdom Publications' Library of Tibetan Classics. Enjoy six key texts on the cornerstone meditation practice of the Kagyu school of Tibetan



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Buddhism by some of its most celebrated forebearers. The Mind of Mahamudra highlights mahamudra, the central meditation practice of the Kagyu school of Tibetan Buddhism. The six texts range in date from the twelfth to the seventeenth century and include such celebrated authors as Lama Shang and the Third Karmapa. Mahamudra is essentially a simple, direct method for looking beyond our thoughts to the very nature of conscious experience. Mahamudra literally means "the great seal" and masters of this tradition have explained it to mean that everything is sealed with buddhahood, and there is no liberation to be attained other than what is already present. Mahamudra, it is said, is not attained not because it is too difficult, but because it is too easy; not because it is too far, but because it is too close; and not because it is hidden but because it is too evident. Because of its universality and directness, mahamudra meditation is particularly suited to the modern West. Eminent scholar Peter Alan Roberts draws on his thirty-plus years of experience of translating for Tibetan lamas to illuminate these benchmark translations.

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