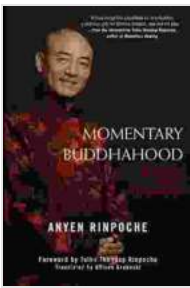


Momentary Buddhahood: Mindfulness and the Vajrayana Path

The Vajrayana path of Tibetan Buddhism is a profound and transformative path that aims to awaken the natural state of mind known as "momentary Buddhahood." This state of mind is characterized by clarity, compassion, and wisdom, and it is said to be the foundation of all enlightened experience.



Momentary Buddhahood: Mindfulness and the Vajrayana Path by Allison Choying Zangmo

★★★★☆ 4.2 out of 5

Language : English
File size : 2314 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 154 pages



The Vajrayana path is a complex and multifaceted one, but at its core is the practice of mindfulness meditation. Mindfulness is the ability to be present in the present moment, without judgment or distraction. When we are mindful, we are able to see the world clearly and to respond to it with compassion and wisdom.

In addition to mindfulness meditation, the Vajrayana path also includes the practices of mantra recitation and visualization. Mantras are sacred

syllables or phrases that are repeated over and over again. Visualization is the practice of creating mental images of deities or other enlightened beings.

These practices are all designed to help us to awaken our innate Buddhahood. By practicing mindfulness, mantra recitation, and visualization, we can begin to see the world through the eyes of a Buddha. We can begin to experience the clarity, compassion, and wisdom that are our birthright.

Momentary Buddhahood: Mindfulness and the Vajrayana Path is a comprehensive guide to the Vajrayana path. This book provides a clear and accessible to the key concepts and practices of the Vajrayana path, and it is an essential resource for anyone who is interested in learning more about this profound and transformative path.

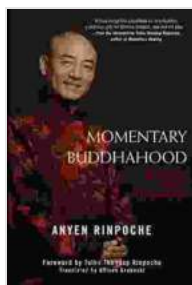
Here are some key benefits of practicing the Vajrayana path:

- Awakens the natural state of mind known as "momentary Buddhahood."
- Develops clarity, compassion, and wisdom.
- Promotes mindfulness and presence.
- Reduces stress and anxiety.
- Enhances creativity and problem-solving skills.
- Cultivates a sense of purpose and meaning.

If you are ready to embark on the Vajrayana path, *Momentary Buddhahood: Mindfulness and the Vajrayana Path* is the perfect guide for

you. This book will provide you with the knowledge and tools you need to begin your journey towards enlightenment.

Free Download your copy of *Momentary Buddhahood: Mindfulness and the Vajrayana Path* today!

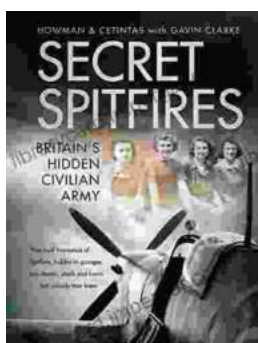


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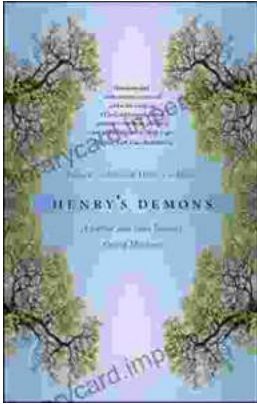
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