

13. Sadhanas: Vajrayana Buddhist Meditation Manuals

Translated by Thupten Jinpa with Tom Troughton

This volume contains standard Vajrayana sadhanas, (Vajrayana meditation manuals) and their commentaries on the meditative practices associated with four of the principal deities of the highest yoga class of Vajrayana Buddhism: Guhyasamaja, Cakrasa'vara, Yamantaka, and Vajrayogini. Like its more advanced companion Lamp Illuminating the Five Stages of Completion, this volume will be of primary interest and use to serious Tibetan Buddhist practitioners. These meditation manuals encapsulate the central elements of the generation stage practice of the Highest Yoga Tantra within a systematic and manageable formula for daily practice. One of the special characteristics of sadhana literature is that they are written to assist the meditator through a stage-by-stage process of visualization of generating oneself into an enlightened form of a meditation deity. Generally written in a lyrical style that is evocative of the qualities, which the specific deities symbolize, the literary style of the sadhanas makes the texts easily recited as part of one's daily spiritual practice. The Sadhanas and commentaries chosen for this volume belong to the Geluk school, the lineage with which the translators of this volume are most familiar. However the basic template of the practices as outlined in this volume is essentially the same for the Vajrayana practices of all schools of Tibetan Buddhism. Authors whose works featured are Tsongkhapa, Second Dalai Lama, Panchen Lobsang Chögyen, Seventh Dalai Lama and Ngülchu Dharma Bhadra.

Translation project funded by the Gere Foundation
Project Status: Draft translation completed.