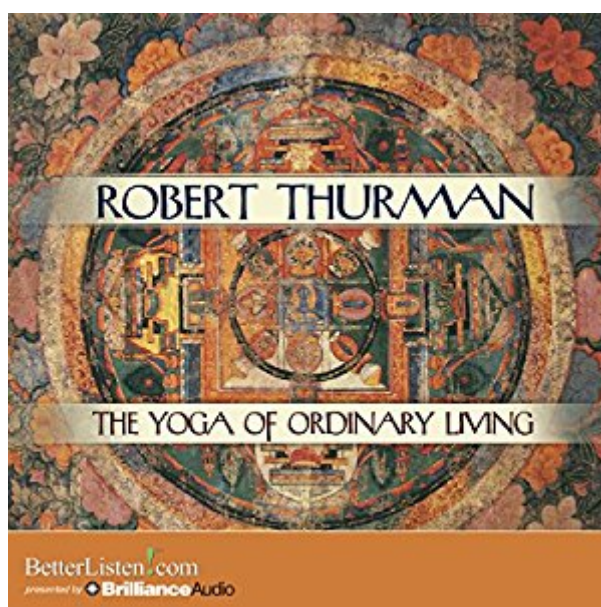


The book was found

The Yoga Of Ordinary Living



Synopsis

Spiritual disciplines often seem remote from the realities of our daily lives. Yet there is a Mahayana Scripture which presents a model of enlightened practice in the midst of urban living, the Vimalakirti Sutra. This teaches a non-dualistic wisdom and reconciliation of dichotomies. It challenges ordinariness and reveals systematic and effective ways of tapping higher potentials while upholding one's usual responsibilities and enriching long-term relationships. Robert Thurman examines one of the most sacred texts of Mahayana Buddhism, The Vimalakirti-nirdesha Sutra. To any Buddhist practitioner, particularly those of Vajrayana Buddhism and Zen, this sutra is of the utmost importance. Unlike most sutras, its central figure is not a Buddha, but an ordinary man, who, in his mastery of the doctrine and religious practice, personifies the ideal lay believer, assuring commoners that they can reach levels of spiritual attainment comparable to those accessible to monks. The sutra teaches, among other subjects, the meaning of non-duality. Thurman discusses the background of the sutra, its place in the development of Buddhist thought, and the profundities of its principal doctrine: emptiness.

Book Information

Audible Audio Edition

Listening Length: 7 hours

Program Type: Audiobook

Version: Unabridged

Publisher: BetterListen

Audible.com Release Date: September 22, 2014

Language: English

ASIN: B00NT3M5X0

Best Sellers Rank: #127 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #323 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #1475 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult

Customer Reviews

Thank you Robert Furman. Once again, you have offered the most understandable and in depth teachings on Tibetan Buddhism. At once scholarly and yet accessible to those of us without academic credentials. Thurman is able to address the sincere practioner as from the heart of his own experience, more as an old friend than as the professor that he is. I truly envy his students. Nest to the Dalai Lama, himself, I would recommend Robert Thurman as the premiere teacher of

Tibetan Buddhism for the western devotee.

[Download to continue reading...](#)

Yoga Philosophy of Patanjali: Containing His Yoga Aphorisms with Vyasa's Commentary in Sanskrit and a Translation with Annotations Including Many Suggestions for the Practice of Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) The Yoga of Ordinary Living Frugal Living: 55 Tips to Save Money! Enjoy Living on a Budget, Become Debt Free, and Have Complete Financial Independence (Frugal Living Books, frugal living for dummies, frugal living made simple) Ordinary People Change the World Gift Set (Ordinary People Change World) Yoga Chants: Deepen Your Yoga Practice with Authentic Sanskrit Chant Pre-natal Yoga: Yoga Class and Guide Book. Yoga Pretzels (Yoga Cards) Sleepy Little Yoga: A Toddler's Sleepy Book of Yoga Little Yoga: A Toddler's First Book of Yoga Restorative Yoga For Breast Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast Cancer Related Fatigue & Lymphedema Management The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance Inside the Yoga Sutras: A Comprehensive Sourcebook for the Study & Practice of Patanjali's Yoga Sutras Karma Yoga: the Yoga of Action The Yoga Sutras: An Essential Guide to the Heart of Yoga Philosophy The Study And Practice Of Yoga/An Exposition of the Yoga Sutras of Patanjali/Volumell Mussar Yoga: Blending an Ancient Jewish Spiritual Practice with Yoga to Transform Body and Soul The Art and Business of Teaching Yoga: The Yoga Professional's Guide to a Fulfilling Career ABC Yoga: Join us and the animals out in nature and learn some yoga!

[Dmca](#)