



The Bliss of Inner Fire: Heart Practice of the Six Yogas of Naropa

Lama Thubten Yeshe

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In the classic bestseller, *Introduction to Tantra*, Lama Yeshe offered a profound and wonderfully clear glimpse into the sophisticated practices of Tibetan Buddhist tantra. This present book, the last major teachings of this great lama, opens up the world of advanced practices for Highest Yoga Tantra initiates in much the same way his earlier work opened up the world of tantra in general.

Following Je Tsongkhapa's (1357-1419 C.E.) text *Having the Three Convictions*, Lama Yeshe introduces the renowned Six Yogas of Naropa, focusing mainly on the first of these six, the practice of inner fire (*tummo*). Mastery of inner fire quickly brings the mind to its most refined and penetrating state--the experience of clear light, an extra-ordinarily powerful state of mind that is unequaled in its ability to directly realize ultimate reality.

Lama Yeshe felt that twentieth-century Westerners could easily grasp the often misunderstood ideas of this esoteric tradition: "We really need tantra these days because there is a tremendous explosion of delusion and distraction.and we need the atomic energy of inner fire to blast us out of our delusion."

Lama Yeshe's aim was for his students to actually taste the experience of inner fire rather than merely gain an intellectual understanding. Lama's own realization of the transformative power of these practices comes through, inspiring his students to discover for themselves their own capacity for inexhaustible bliss.

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Spent a free the perfect time to be fun activity to perform! A lot of people spent their sparetime with their family, or their own friends. Usually they performing activity like watching television, planning to beach, or picnic from the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your free time/ holiday? Might be reading a book can be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to try look for book, may be the book untitled The Bliss of Inner Fire: Heart Practice of the Six Yogas of Naropa can be excellent book to read. May be it can be best activity to you.

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