

# NAKED BUDDHISM

39 ways to free your heart and awaken to now



DAVID DEIDA

Foreword by Lama Surya Das

# Naked Buddhism 39 Ways To Free Your Heart And Awaken To Now

**Thich Nhat Hanh**

## **Naked Buddhism 39 Ways To Free Your Heart And Awaken To Now:**

**Advanced Spiritual Intimacy** Stuart Sovatsky,2014-05-14 A practical guide for both individuals and couples to transform sexual energy into spiritual and erotic fulfillment Explains how to awaken advanced stages of sexual development for spiritual intimacy and deep erotic satisfaction Includes illustrated instructions for exercises and techniques based on yoga kundalini breathing practices mantra chanting and chakra meditation Explores how this practice can deepen a life partnership enhance creativity heal emotional scars and awaken new understandings of gender Sexual development does not end in adolescence There are advanced stages of glandular emotional and erotic development based in the lifelong puberty of the spine Known in India as kundalini awakening these stages form the energetic basis of all yoga forms and deeper erotic aspirations They present an opportunity for couples and individuals to explore the consciousness expanding abilities of sexual energy as both spirituality and sexuality transform into what Michel Foucault called *ars erotica* far beyond the Freudian *scientia sexualis* sexuality of the Western world Offering a guide to the advanced stages of human sexuality and a passionately infused tantric yoga practice Stuart Sovatsky explains how to awaken the complete spinal puberty resulting in spiritual intimacy and orgasmic pineal maturity that far surpasses the gratifications of modern sexuality With illustrated instructions he reveals flow yoga asanas mantras and devotional breathing practices for solo kundalini yoga as well as couples yoga practices and chakra meditations to awaken the heart and the divinely eroticized mind He shares inspiring stories from those on this path about ever deepening life partnerships enriched family life enhanced personal creativity profound new understandings of conception masculinity femininity and gender itself as well as healing emotional scars of romantic breakups and sexual abuse Sovatsky shows that by transcending conventional Western sexuality and returning to the *ars erotica* beliefs of ancient India we can harness the divine energy glimpsed for only an instant by most people at the heart of all erotic yearning

*Naked Buddhism* David Deida,2002    **Forthcoming Books** Rose Arny,2002    **American Book Publishing Record** ,2003    [Awakening the Buddhist Heart](#) Lama Surya Das,2001-12-11 Surya Das illustrates how to develop authentic presence how to connect to our own life experience build deeper relationships embrace life's lessons as well as learn how to love what we don't like Everyone needs to feel connected to love and feel loved to reach out to others and communicate in order to overcome alienation loneliness and a feeling of being disconnected In **AWAKENING THE BUDDHIST HEART** Surya Das shows you how to reach inward and outward By developing spiritual intelligence a sense of compassion that helps us be more sensitive more aware of our own feelings and the feelings of those around us we become more intuitive we relate better and love better Cultivating spiritual intelligence and learning how to connect will improve our capacity for intimacy making us better mates friends parents and coworkers it helps all of us to become more giving and brings us fulfillment meaning and love With tremendous insight he explores specific ways in which we can more fruitfully relate to our own experiences as well as each other in today's fast paced complicated and often confusing world    *Natural*

*Radiance* Surya Das,2007-11-01 One moment of total awareness is one moment of perfect enlightenment This is the ultimate insight of Dzogchen or the Great Perfection the pinnacle teaching of Tibetan Buddhism With his previous bestselling books including *Awakening the Buddha Within* American born Tibetan Buddhist teacher Lama Surya Das has taught millions about the innate wakefulness and liberation that can be our natural ways of being Now with *Natural Radiance* he offers his first complete daily practice program for the personal experience of the swift and direct path of Dzogchen Dzogchen affirms that we are all buddhas by nature infinitely open luminous compassionate wise and free This profound realization say the teachings cannot be understood intellectually or studied mentally but it can be passed from teacher to student through the spoken word With *Natural Radiance* it is now possible to learn these time honored practices as they have been shared for centuries through direct transmission from an accomplished master of the tradition Join Lama Surya Das as your trusted guide to help you awaken to the sky like nature of mind what is known in Tibetan as rigpa or total and pure presence This is the time of Dzogchen says Lama Surya Das when we most need this immediate teaching of the inherent perfection of being the natural state of enlightenment Includes seven guided Dzogchen techniques

### ***Awakening The Buddha Within***

Lama Surya Das,2011-02-28 In this comprehensive book Lama Surya Das provides a bridge between East and West past present and future making sacred and profound Tibetan teachings clear and easily accessible for anyone who wants to lead a more enlightened and sane life Utilizing the unique Buddhist guidelines embodied in the Noble Eight Fold Path and the traditional Three Enlightenment Trainings of Virtue Meditation and Wisdom he elucidates the tried and true path of spiritual transformation including key principles such as karma rebirth and mind training as well as the highest most secret teaching of Tibet Dzogchen In this wonderful marriage of the practical and the profound Lama Surya Das reveals how sacred wisdom can be integrated into our busy lives He offers a unique approach to the comprehensive wisdom of ancient Tibetan teachings on conscious living and dying and shows that the power of the Buddha is resting within us all Drawing on Buddhist spirituality and wisdom this is a view of the world written for Western seekers

### *Awake Where You Are*

Martin Aylward,2021-11-02 The body is of course integral to meditation but there are only a few books that focus this specifically on the body and the meditative experience *Awake Where You Are* addresses that need and additionally integrates psychological concepts which provides a more familiar entry point for people less familiar with Buddhism Embodied awareness is the way back home intimacy with where and how we are right now with what is happening and how we are meeting it My intention is to lead you into the heart of your life Inside your body where everything happens within a quality of listening rather than knowledge of feeling rather than reaction This meditative practice is radically transformative Martin Aylward Pulled around by desires and distractions we're so easily disconnected from ourselves Life is happening right in front of us and within us but still we manage to miss so much of it *Awake Where You Are* provides the antidote inviting us to go deep into our own bodies to inhabit our sensory experience carefully to learn the art of living from the inside out and in the process to find ease

clarity and an authentic unshakeable freedom The practices in the book literally bring us back into our skin where we can reconnect with a more rich meaningful and peaceful life Aylward writes with sophisticated subtlety as well as the heart opening simplicity and clarity born of deep experience And this book is more than a meditation guide it's a guide to living an embodied life You'll learn about the following areas and practices Understanding and liberating our primal human drives Aylward explains how the three primary drives survival sexual and social function within us and how we can engage their energy to explore, understand and liberate them Integrating psychological understanding with meditative practice Awake Where You Are goes beyond the broad brushstrokes of Buddhist psychology inviting the reader into an exploration of their own particular psychological history and conditioning Investigating the nuances of love Readers will learn to see the classical Buddhist heart qualities or brahmaviharas loving kindness compassion appreciative joy and equanimity as distinct flavors of love and as the natural resting places of a free heart Martin is a marvelous teacher and offers us the refreshing wisdom of an embodied life Jack Kornfield author of No Time Like the Present [Two Treasures](#) Thich Nhat Hanh, 2003-01-09 Two Treasures contains two sutras The Sutra On The Eight Realizations Of Great Beings and The Discourse on Happiness They explain in practical detail how to progress step by step towards realization of the Buddhist ideals of simplicity generosity compassion and ultimately enlightenment Entirely in accord with both the Mahayana and Theravada tradition The Sutra On The Eight Realizations Of Great Beings contain eight essential subjects for meditation Although simple in form their content is extremely profound With a new introduction by Thich Nhat Hanh The Sutra On The Eight Realizations Of Great Beings was previously published as a stand alone booklet ISBN 0 938077 07 4 The Discourse on Happiness was originally published as part of the Plum Village Chanting And Recitation Book ISBN 0 938077 91 0 [\*\*Open Heart, Clear Mind\*\*](#) Thubten Chodron, 1990-01-01 Featuring a foreword by the Dalai Lama this introduction to Tibetan Buddhism will help many on the open path of meditation and in dealing with challenges of everyday life Thich Nhat Hanh An open heart is the dwelling place of compassion that extends toward all beings a clear mind is the source of the penetrating wisdom of deep insight Their union leads to the enlightened way of life that is at the heart of the spiritual path as taught by the Buddha This practical introduction to the Buddha's teachings focuses on the application of Buddhist psychology to modern life Thubten Chodron an American Buddhist nun presents the basic points of this path for understanding ourselves and improving the quality of our lives Writing with warmth humor and easy to understand language Chodron provides the fundamental points of the Buddha's teaching on transforming habitual attitudes and realizing our full human potential [\*\*Awakening of the Heart\*\*](#) Thich Nhat Hanh, 2011-12-21 A comprehensive single volume collection of the Buddha's key sutras translated with contemporary commentary by an internationally known Zen master An essential companion to Thich Nhat Hanh's bestselling collection of meditation and mindfulness practices Happiness this book captures the heart of Buddhist wisdom and Thich Nhat Hanh's unique talent to make the Buddha's teachings accessible and applicable to our daily lives and times This is a wonderful gift

for anyone looking to deepen their practice and understanding of the teachings as well as a unique resource to understand the fundamentals of Buddhism from its source With a new introduction and updated commentary Awakening of the Heart contains the following sutras Prajnaparamita Heart Sutra Diamond Sutra on Full Awareness of Breathing Sutra on The Four Establishments of Mindfulness Sutra on The Better Way to Catch A Snake Sutra on The Better Way to Live Alone Sutra on The Eight Realizations of The Great Beings Discourse on Happiness Teachings on the Middle Way

### **The Path to Awakening**

Shamar Rinpoche,2014-02-11 Mind training is a comprehensive practice that is suitable for all types of students It contains the entire path and does not depend on a person's background Mind Training nurses and cultivates the Buddha Nature that pure seed of awakening that is at the very heart of every sentient being It has the power to transform even egotistical self clinging into self lessness Put into practice diligently it is enough to lead you all the way to awakening In The Path to Awakening Shamar Rinpoche gives his own detailed commentary on Chekawa Yeshe Dorje's Seven Points of Mind Training a text that has been used for transformative practice in Tibetan Buddhism for close to a thousand years Clear accessible and yet profound this book is filled with practical wisdom philosophy and meditation instructions

### **True Love**

Thich Nhat Hanh,2006-09-12 The renowned Zen master and peace activist introduces a Buddhist approach to practicing authentic love in our everyday lives In this eye opening guide Zen monk Thich Nhat Hanh offers timeless insight into the nature of real love With simplicity warmth and directness he explores the four key aspects of love as described in the Buddhist tradition lovingkindness compassion joy and freedom explaining how to experience them in our day to day lives He also emphasizes that in order to love in a real way we must first learn how to be fully present in our lives and he offers simple techniques from the Buddhist tradition that anyone can use to establish the conditions of love Thich Nhat Hanh a Vietnamese Zen Buddhist monk is an internationally known author poet scholar and peace activist who was nominated for the Nobel Peace Prize by Martin Luther King Jr

### **Awakening the Buddhist Heart**

Lama Surya Das,2001 Life is about relationships the relationship we have with ourselves with each other with the world as well as the connection to that which is beyond any of us When our relationships are good we feel good when they are bad we feel awful Let's accept it we need each other We need to feel connected we need to feel each other's presence and love With his first bestseller Awakening the Buddha Within Surya Das the American born lama gave the Western world a primer for Tibetan Buddhism Now he continues to share this ancient wisdom as he shows us how to integrate all the experiences of our lives both positive and negative into our spiritual search How happy we are with our relationships with others the world and ourselves largely determines how joyous and fulfilled we will be In Awakening the Buddhist Heart Lama Surya Das shows us how to use our innate Spiritual Intelligence to build more loving and satisfying connections As he helps us to increase our self awareness and sensitivity towards others making us better mates parents friends and members of society Surya Das demonstrates how we can make our relationships more meaningful as he guides us through Buddhist practices that release negative emotions which enable us to learn from

those we love and those we don't. **Buddha Standard Time** Surya Das, 2011-05-24 A wealth of inspiration and practical tips for enjoying the Kingdom of God the Pure Land of the Buddha now Thich Nhat Hanh bestselling author of Peace Is Every Step For newcomers to Buddhism and non Buddhists interested in universal wisdom and old hands at practice Das promises nothing less than a liberated life freed from angst over the tyranny of time though the practice of loving presence Sylvia Boorstein author of Happiness Is An Inside Job Internationally renowned meditation scholar Lama Surya Das delivers a penetrating and practical guide to discovering the power of living fully in the now In the tradition of the Dalai Lama's The Art of Happiness and Noah Levine's Heart of the Revolution Buddha Standard Time is a roadmap to discovering your own inner kingdom of awareness patience and love

**Open Heart, Open Mind** Tsoknyi Rinpoche, 2012-04-03 In Open Heart Open Mind Tsoknyi Rinpoche one of the most beloved of the contemporary generation of Tibetan Buddhist meditation masters explains that a life free of fear pain insecurity and doubt is not only possible it's our birthright We long for peace for the ability to love and be loved openly and freely and for the confidence and clarity to meet the various challenges we face in our daily lives Within each of us resides a spark of unparalleled brilliance an unlimited capacity for warmth openness and courage which Rinpoche identifies as essence love Timeless and imperishable essence love is often layered over by patterns of behavior and belief that urge us to seek happiness in conditions or situations that never quite live up to their promise Drawing on rarely discussed teachings of Tibetan Buddhism Rinpoche describes how such patterns evolve and offers a series of meditation exercises to help us unravel them and in the process reawaken an energy and exuberance that can not only bring lasting fulfillment to our lives but ultimately serve to enliven and inspire the entire world as well With great humor intelligence and candor Tsoknyi Rinpoche also details his own struggles to reconnect with essence love Identified at an early age as the incarnation of a renowned Tibetan master and subjected to a rigorous monastic training he ultimately renounced his vows married and is now the father of two daughters As he recounts his own efforts to strike a balance between the promptings of his heart and an obligation to preserve and protect the teachings of Tibetan Buddhism Rinpoche provides a bridge between ancient wisdom and modern life and encourages each of us to rediscover the openness fearlessness and love that is the essence of our own life

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