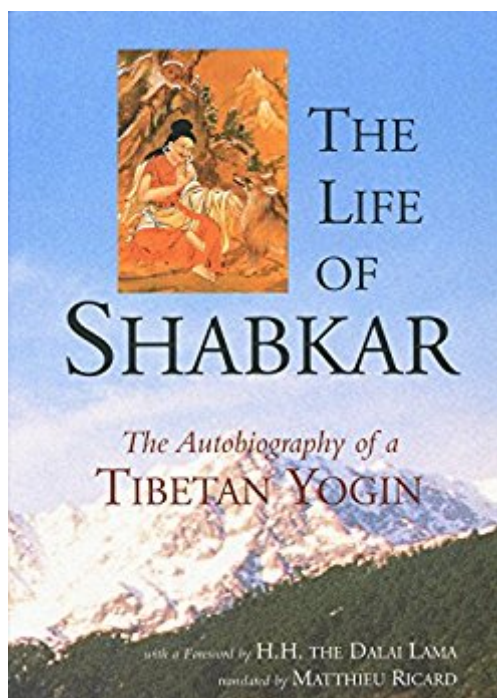


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# The Life Of Shabkar: Autobiography Of A Tibetan Yogin



## Synopsis

The Life of Shabkar has long been recognized by Tibetans as one of the masterworks of their religious heritage. Shabkar Tsogdruk Rangdrol devoted himself to many years of meditation in solitary retreat after his inspired youth and early training in the province of Amdo under the guidance of several extraordinary Buddhist masters. With determination and courage, he mastered the highest and most esoteric practices of the Tibetan tradition of the Great Perfection. He then wandered far and wide over the Himalayan region expressing his realization. Shabkar's autobiography vividly reflects the values and visionary imagery of Tibetan Buddhism, as well as the social and cultural life of early nineteenth-century Tibet.

## Book Information

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## Customer Reviews

An enjoyable read. His writing style is personable and clear. There's a sense of joyful adventure. His devotion comes through. He is also quite humorous at times. And there are a lot of footnotes, appendixes, etc that explain the more obscure terms. A good pick for anyone on the Buddhist path.

Love autobiographies of Spiritual realizers. So interesting to see how they see the world and how they interact with it and everyone.

This is an excellent volume for any lover of Buddhist, especially Tibetan Buddhist, wisdom. The translation appears to be excellent, and the notes at the end of each chapter are extremely complete. The book is a tome. Yet it is well bound. And it arrived in excellent condition. Very glad to have it.

This images in the writing were wonderful. There were many that invigorated my practice, many that became ongoing thoughts that I use in my daily life.

Without place for doubt is a book edited after a long an hard work. Sure that many task are the result of a strong collaboration between different scholars and erudits. Really ....a cultural deligth for specialists.

great book!

Very inspiring, beautiful and transcendent life.

Any interest? Read this book. It is inspiring.

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