



Dipa Ma

**Amy Schmidt**



## **Dipa Ma:**

*Dipa Ma* Amy Schmidt,2012-05-31 Read the life story and spiritual teachings of Dipa Ma a major figure in contemporary Buddhism She was the teacher of such well respected western Buddhists as Jack Kornfield Sharon Salzberg Joseph Goldstein Alice Walker and Sylvia Boorstein among others An accomplished yogi she was an inspired teacher and a devoted mother and grandmother A woman who found great freedom through profound levels of insight and one who exemplified in her every action immense kindness generosity and mindfulness

*Knee Deep in Grace* Amy Schmidt,2002-11 A tiny Indian woman leading an inconspicuous life in Calcutta profoundly influenced the evolution and teaching of Buddhist meditation practice in America *Knee Deep in Grace* presents the life story of Dipa Ma Barua along with the essential spiritual teachings that make her a towering figure in contemporary Buddhism While she experienced fame in her lifetime and had a following of many Burmese Indian and American students she was like the women saints of the Vedas remarkable women from the dawn of history who achieved realization while cleaning their homes and raising their children Daughters of the Goddess Women Saints of India Dipa Ma was a primary teacher of Sharon Salzberg Jack Kornfield and Joseph Goldstein who have been among the most influential importers of Buddhism to America Through the centers they founded and the teachers trained in them the author among them the example and teaching of Dipa Ma reach multitudes Jack Kornfield described the power of Ma s influence Without anything said or done just the impact of meeting a person so developed can be enough to change one s whole way of life *Knee Deep in Grace* is filled with intimate stories collected over a period of ten years not only from prominent meditation teachers in the West but from Dipa Ma s daughter and grandson and her Calcutta students Dipa Ma addressed her teaching to ordinary people in her apartment complex and her extended family and her iconoclastic style of daily life immersion practice brought many of her students to awakening

***Living This Life Fully*** Mirka Knaster,2010-10-12 Anagarika Munindra 1915 2003 was a Bengali Buddhist master and scholar who was teacher to an entire generation of practitioners including some of the most prominent Insight Meditation teachers in America His students include Daniel Goleman author of *Emotional Intelligence* Sharon Salzberg author of *Lovingkindness* Jack Kornfield author of *A Path with Heart* and Joseph Goldstein author of *Insight Meditation* As the teacher of a whole generation of American teachers he was thus himself a pivotal figure in the transmission of Buddhism to the West This is the first book available about Munindra s life and teaching and it features A brief biography of Munindra Never before published excerpts of his teachings Stories and remembrances from Western students including Daniel Goleman Sharon Salzberg and Jack Kornfield Rare photographs

*May Cause Miracles* Gabrielle Bernstein,2013-01-01 Offering a plan for releasing fear and embracing gratitude reveals how simple consistent shifts in our thinking and actions can lead to miraculous changes in daily life

*Buddhism For Dummies* Jonathan Landaw,Stephan Bodian,Gudrun Bühnemann,2019-08-07 Your hands on guide to this widely practiced and ancient religion Buddhism one of the world s most widely practiced religions is a fascinating yet

complex eastern religion that is rapidly spreading throughout western civilization What does it mean to be a Buddhist What are the fundamental beliefs and history behind this religion Buddhism For Dummies explores these questions and more in this updated guide to Buddhist culture You ll gain an understanding of the origins of this ancient practice and how they re currently applied to everyday life Whether you re a searcher of truth a student of religions or just curious about what makes Buddhism such a widely practiced religion this guide is for you In plain English it defines the important terms explains the key concepts and explores in depth a wide range of fascinating topics New and expanded coverage on all the schools of Buddhism including Theravada Tibetan and Mahayana The continuing relevance of the Dalai Lama Updated coverage on daily observances celebrations styles practices meditation and more Continuing the Dummies tradition of making the world s religions engaging and accessible to everyone Buddhism For Dummies is your essential guide to this fascinating religion P S If you think this book seems familiar youre probably right The Dummies team updated the cover and design to give the book a fresh feel but the content is the same as the previous release of Buddhism For Dummies 9781118023792 The book you see here shouldnt be considered a new or updated product But if youre in the mood to learn something new check out some of our other books Were always writing about new topics

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