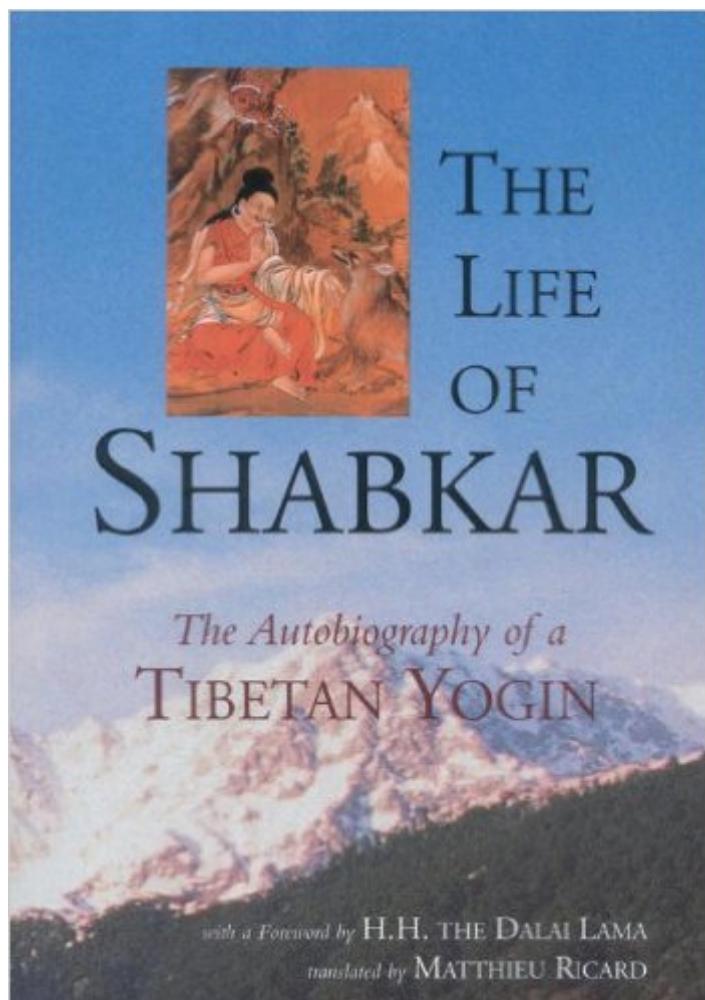


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# The Life Of Shabkar: The Autobiography Of A Tibetan Yogin



## **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**

This is the splendid autobiography of Shabkar Tsogdruk Rangrol (1781-1851), a yogi who wandered far and wide expressing his realization, as a fully accomplished adept of the Great Completion (Dzogchen). From the Foreword by HH the Dalai Lama: "Regarded by many as the greatest yogi after Milarepa to gain enlightenment in one lifetime (...) as source of inspiration to Buddhist practitioners and general readers alike." HH Dilgo Khyentse Rinpoche: "As one reads it, one's mind cannot resist being turned toward the Dharma." This autobiography is full of humor, wit and playful joy, intense self-discipline as well as magnificent flights of imagination. An accessible book full of telling stories, a must-read, must-own for those interested."Man -If you have any self-respect,A heart in your chest,Brains in your head, andSome sympathy for yourself,Regret your past actions

andImprove your whole behavior.It's time! It's very late!- Shabkar

Considered as one of the master works of Tibetan religious heritage. For people who have a connection with Tibetan Buddhism this book is a true treasure. And, dear vegetarians, you are right :-), many Tibetan Buddhists might prefer to ignore the fact, but Shabkar as a non sectarian Tibetan yogi gave up eating meat for the rest of his live when he was 27 years based on his sincere conviction that a Buddhist - at a certain stage - should gave up "the negative act of eating the flesh of beings" (p.232). See also his book Food of Bodhisattvas: Buddhist Teachings on Abstaining from Meat, ISBN 1590301161.

Matthieu Ricard has created a work of art. Remaining true to the poetic beauty of the Tibetan original he has for the first time presented this important work to the west. Also, his notes and appendixes on historical and buddhist backgrounds are invaluable. For the first time the reader is presented with the life of a Tibetan saint and his lineage formerly largely unknown among western students of Tibetan buddhism. A tuely inspiring page-turner !

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.

Never have I come across such an inspiring piece of buddhist literature. Plan on having your life and your practice changed forever after reading the life story of this amazing yogin.

Full of wonderful gems. Perfect example of what a living Buddha would do. Shabkar embodies the Remi movement of Tibet.

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.

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