



Becoming Vajrasattva: The Tantric Path of Purification

By Thubten Yeshe

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"The practice of purification is one of the most important solutions to life's problems." - Lama Zopa Rinpoche

Common to all four traditions of Tibetan Buddhism, the practice of Vajrasattva is used to purify negative karma, illness, and obstacles to spiritual development. Lama Yeshe, the inspirational teacher who strongly influenced the development of Buddhism in the West, found that the practice of Vajrasattva brought dramatic results for his Western students. *Becoming Vajrasattva* is a complete guide to this purification practice, providing instruction on the method, commentary on the traditional texts, and insight into tantra. Also included is an entire section of complete retreat instructions - indispensable reading material for anyone undertaking a retreat in the Tibetan tradition.

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Editorial Review

Review

"Lama Yeshe was capable of translating Tibetan Buddhist thought not only through language, but by his presence, gestures, and way of life." (Gehlek Rinpoche, author of *Good Life, Good Death*)

"One of the great teachers of our time." (Sogyal Rinpoche, author of *The Tibetan Book of Living and Dying*)

"Many years ago I heard a Dharma talk by Lama Yeshe. I was very impressed with his ability to communicate deep truths in very ordinary language, with a hilarious sense of humor that helped deliver such wisdom. But he died, so my attention eventually went elsewhere. Recently, I discovered his books--some very technical Tantra; some down-to-earth wisdom. Lama Yeshe's same gift was present in both modes. Although, my many years of Dharma training is in Theravadin Buddhism, especially the practice of vipassana meditation, I found his teaching once again to be of great value--so direct, so clear. Granted, some of his technical Tantra seemed to me, at first, of limited relevance to my interests. But upon closer reading, and in his hands, these teachings proved equally valuable. Lama Yeshe has given us a body of teaching of immense significance for practitioners of all schools of Buddhadharma." (Larry Rosenberg, senior teacher and founder of Cambridge Insight Meditation Center; Senior and guiding teacher, Insight Meditation Society, and author of *Living in the Light of Death and Breath by Breath*)

"[FOUR STARS] Lama Thubten Yeshe (1935-84), one of the best loved and most highly accomplished lamas teaching Westerners, has gifted us with a number of very important books based on his talks to students. Among his superb publications, all released by Wisdom Publications, are *Introduction to Tantra*, *The Bliss of Inner Fire*, and *Becoming Compassion Buddha: Tantric Mahamudra for Everyday Life*. *Becoming Vajrasattva* has the same direct quality as Lama Yeshe's other works, allowing the reader to sense and enjoy some of the immediacy of receiving oral instructions from a highly realized teacher. As the founder of the Foundation for the Preservation of the Mahayana Tradition (FPMT), with over 100 centers around the world, he has created a lasting legacy. This book is the first full-length treatment of the Vajrasattva meditation/visualization practice, which is considered very important by all four schools of Tibetan Buddhism. We are very generously given a close-up view of how the meditation is to be done, including its associated rituals, and also of the minutiae of an actual Vajrasattva retreat. Lama Yeshe's accompanying instructional talks are, as always, precious and enormously clarifying and encouraging." (Georg Feuerstein, Traditional Yoga Studies Interactive)

About the Author

Lama Thubten Yeshe (1935-1984) was born in Tibet and educated at the great Sera Monastic University. He fled the Chinese oppression in 1959 and in the late 1960s, with his chief disciple, Lama Thubten Zopa Rinpoche, began teaching Buddhism to Westerners at their Kopan Monastery, Kathmandu, Nepal. In 1975 they founded the international Buddhist organization, the Foundation for the Preservation of the Mahayana Tradition (FPMT), which now has more than 160 centers, projects and services worldwide.

Nicholas Ribush is the founding director since 1996 of the Lama Yeshe Wisdom Archive, dedicated to preserving the teachings of Lama Yeshe and Lama Zopa Rinpoche. He graduated from Melbourne University Medical School in 1964 and first encountered Buddhism at Kopan Monastery in 1972. He was an ordained monk from 1974 to 1986. He helped establish Wisdom Publications with Lama Yeshe in 1976, established Tushita Mahayana Meditation Centre in New Delhi in 1977, and Kurukulla Center in Boston in

1989. Ribush was a member of the Foundation for the Preservation of the Mahayana Tradition (FPMT) board of directors from 1983 until 2002. He lives in Lincoln, Massachusetts.

Lama Thubten Zopa Rinpoche is the Spiritual Director of the Foundation for the Preservation of the Mahayana Tradition (FPMT), a worldwide network of Buddhist centers, monasteries, and affiliated projects, including Wisdom Publications. Rinpoche was born in 1946 in the village of Thami in the Solo Khumbu region of Nepal near Mount Everest. His books include *Transforming Problems into Happiness*, *How to Be Happy*, and *Ultimate Healing*. He lives in Aptos, California.

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Gary Lewis:

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