

1. Record Nr.	UNISA990002871280203316
Autore	HASTINGS, Max
Titolo	Apocalisse tedesca : la battaglia finale, 1944-1945 / Max Hastings ; [traduzione di Alessio Catania]
Pubbl/distr/stampa	Milano, : Mondadori, 2006
ISBN	88-04-56159-9
Descrizione fisica	742 p., [16] carte di tav. : ill. ; 24 cm
Collana	Le scie
Disciplina	940.5421
Soggetti	Guerra mondiale 1939-1945 - Europa - 1944-1945
Collocazione	X.3.B. 4025
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia

2. Record Nr.	UNINA9910164921503321
Autore	Kyabgon Traleg <1955-2012>
Titolo	Ninth Karmapa, Wanchuk Dorje's Ocean of Certainty
Pubbl/distr/stampa	KTD Publications
ISBN	1-934608-38-6
Descrizione fisica	1 online resource (163 p.)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	<p>Traleg Kyabgon Rinpoche's commentary on the sixteenth-century work Pith Instructions of Coemergent Wisdom, Entitled the Profound Essence of the Ocean of Certainty, by the Ninth Karmapa, Wangchuk Dorje, provides those who meditate with an overview of the path leading to the realization of Mahamudra, the self-liberated and all-encompassing nature of reality. Beginning with ngondro practice, Traleg Rinpoche guides students through the conditions needed to fully integrate the practice, along with instructions for shamata and vipashyana meditation, which includes visualizations and exercises. A section devoted to strengthening practice lays out common pitfalls and wrong views and how to avoid them. Finally, Rinpoche teaches the four yogas of Mahamudra one-pointedness nonconceptuality, one-flavoredness, and nonmeditation, and the ground, path, and fruition of Mahamudra in relation to the individual practitioner.</p>