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Skillful Grace

Adeu Rinpoche

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Skillful Grace Adeu Rinpoche

Tara is an inspirational figure to many practitioners. She embodies the most compelling and vital qualities of the feminine: beauty, grace, and the ability to nurture, care for and protect. In addition, she is a true warrior, vanquishing fear and ignorance. One could say she is the earliest known Buddhist feminist.
Skillful Grace is an entirety of instructions on deity practice centered on the female Buddha Tara. It covers everything from beginning to end. It has all the preliminaries, as well as the main part and the subsequent yogas. There is the outer and inner sadhanas with Tara and her retinue of twenty-one Taras that dispel the various fears. There is also the innermost practice of Tara with consort. It has all the details on the development stage, and describes completion stage both with and without conceptual attributes. Nothing is left out. It is utterly complete with treasure and pith instructions from Tulku Urgyen and Adeu Rinpoche, skillfully arranged by the translation/author team of Erik Pema Kunsang and Marcia Binder Schmidt.
There are many explanations of the different Tara practices. However, Skillful Grace is unique in that it outlines an entire path, taking Tara as support. This book is s divided into three main sections. The first is the root text of this cycle, The Essential Instruction on the Threefold Excellence, according to the mind treasure of the profound essence of Tara as revealed by Chokgyur Lingpa. Following that is a commentary on this root text by Tulku Urgyen Rinpoche. Next is Jamgön Kongtrül and Adeu Rinpoche’s synthesized commentary on the same text. In order to make this work less scholarly and more applicable to practitioners, we decided to paraphrase Jamgön Kongrtül commentary and blend it together with Adeu Rinpoche’s teaching.
The book is rounded out with a foreword by Tara Bennett Goleman, author of the best selling book Emotional Alchemy, in depth introduction by Marcia Schmidt, and various appendixes and footnotes.

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