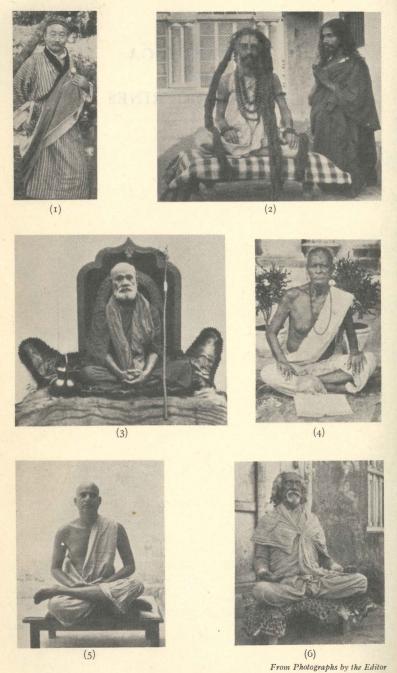
Edited by W. Y. EVANS-WENTZ

AND SECRET DOCTRINES

In Can da \$2.75

GB 212 > \$2.50



 $\begin{array}{ccc} \textbf{MODERN} & \textbf{\textit{GURUS}} \\ \textbf{Described on pages xviii-xix} \end{array}$

TIBETAN YOGA AND SECRET DOCTRINES

OR SEVEN BOOKS OF WISDOM OF THE GREAT PATH, ACCORDING TO THE LATE LAMA KAZI DAWA-SAMDUP'S ENGLISH RENDERING

> Arranged and Edited with Introductions and Annotations to serve as a Commentary by

W. Y. EVANS-WENTZ

M.A., D.LITT., D.Sc.

Jesus College, Oxford; Author of The Fairy-Faith in Celtic Countries; The Tibetan Book of the Dead; Tibet's Great Yogi Milarepa; The Tibetan Book of the Great Liberation, &c.

With Foreword

by

Dr. R. R. MARETT

and

Yogic Commentary

hv

TRANSLATOR-PROFESSOR CHEN-CHICHANG

SECOND EDITION

OXFORD UNIVERSITY PRESS

LONDON OXFORD NEW YORK

FIRST PUBLISHED BY OXFORD UNIVERSITY PRESS, LONDON, 1935

SECOND EDITION, 1958

FIRST PUBLISHED AS AN OXFORD UNIVERSITY PRESS PAPERBACK, 1967

PRINTED IN THE UNITED STATES OF AMERICA

TABLE OF CONTENTS

PREFACE TO THE FIRST EDITION			. v	ii
DESCRIPTION OF ILLUSTRATIONS		. Tr	. xvi	ii
FOREWORD: From the Celtic Faith in Fairies to the	ne Ti	betai	n	
Science of Yoga, by Dr. R. R. Marett	•		. xx	ii
PREFACE TO THE SECOND EDITION .			. xx	V
YOGIC COMMENTARY, by Translator-Professor	Che			
Chang	•		XXV	
GENERAL INTRODUCTION		•		I
I. The Importance and Original Sources of this V	olun	ne		I
II. The Commentary				3
IV. The Incompleteness of the Occident's Kno		lge o	of	3
Buddhism				9
V. The Joyous Optimism of Buddhism			. 1	0
VI. The Wisdom of the Mahāyāna				4
VII. The Yoga Philosophy				2I
VIII. Yoga and Religion	•		Section 2	35
X. The Psychology of the Yogic Visualizations	ad i		/	38 4
XI. Karma and Rebirth	(hgf)			6
XII. The Exoteric Versus the Esoteric Teachings				9
XIII. The Translating and Editing of the Texts	367		44.7	I
XIV. The Unity and Practical Value of the Texts	. (1)		. 5	3
XV. The New Renaissance and the Masters of Wis	dom	100	. 5	4
BOOK I				
THE SUPREME PATH OF DISCIPLES	ни	p. 7	CHE	
PRECEPTS OF THE GURUS				
THE INTRODUCTION				
I. The Book's Compiler and his Fellow Disciple		1741		7
II. The Transmission of the Teachings	dal H	Sti		8
III. The Texts of The Precious Rosary	I csi	. Will		9
IV. The Precepts Compared with 'Elegant Sayings	,	200	100	0
THE OBEISANCE AND FOREWORD	• 215	•	. 6	7
THE TWENTY-EIGHT CATEGORIES OF YOU	GIC	PRE		
CEPTS	000			7
I. The Ten Causes of Regret		. 7 7 7		7
II. The Ten Requirements	· cmit			8
III. The Ten Things to be Done			. 6	9
IV. The Ten Things to be Avoided		.17	. 7	0

V. The Ten Things Not to be Avoided	·/		70
VI. The Ten Things one Must Know			71
VII. The Ten Things to be Practised	TIRL		71
VIII. The Ten Things to be Persevered in	5000	•	73
IX. The Ten Incentives	insi		73
X. The Ten Errors			74
XI. The Ten Resemblances Wherein One May Err		•	75
XII. The Ten Things Wherein One Erreth Not			76
XIII. The Thirteen Grievous Failures	Table II	•	76
XIV. The Fifteen Weaknesses	· SE		78
XV. The Twelve Indispensable Things	· III		79
XVI. The Ten Signs of a Superior Man	Sul T	:11	80
XVII. The Ten Useless Things	min's	11	8r
XVIII. The Ten Self-Imposed Troubles	te l		82
XIX. The Ten Things Wherein One Doeth Good to O	nesei	II	84
XX. The Ten Best Things	· (I)		85
XXI. The Ten Grievous Mistakes	5.17		86
XXII. The Ten Necessary Things	351	•	87 88
XXIII. The Ten Unnecessary Things	914		
	200	•	90
XXV. The Ten Equal Things	10.4	:2	91
XXVII. The Ten Figurative Expressions	1000	•	92
XXVII. The Ten Figurative Expressions	101		98
	1111		
The market and the state of the		i	99
THE COLOPHON			100
BOOK II			
THE NIRVANIC PATH: THE YOGA	OF		
	OI		
THE GREAT SYMBOL			
THE INTRODUCTION			IOI
I. The History of the Great Symbol Teachings .	ed I		IOI
II. The Text and the Translation	Ship		103
III. The Character of the Great Symbol Teachings .	2003		108
IV. The Line of the Gurus	· and		IIO
THE OBEISANCE AND FOREWORD	180	31	115
PART I: THE PRELIMINARY INSTRUCTIONS:	THI	E	IT
TEMPORAL AND SPIRITUAL TEACHINGS	EEF	_	115
PART II: THE ESSENTIAL SUBJECT MATTER	1.4.		121
The Ordinary Practices	TI		121
1. The Yoga of One-Pointedness	111	•	121
2. The Yoga of the Uncreated	· VI	1	135
	•		-33

TABLE OF CONTENTS	xiii
The Extra-Ordinary Practices	145
At-One-Ment	145
2. The Yoga of Non-Meditation	148
PART III: THE CONCLUSION	150
Analysing the Impediments and Errors while Treading the	150
Differentiating Experiences and Practical from Theoretical Knowledge	153
THE COLOPHON	
THE COLOTHON	153
BOOK III	
THE PATH OF KNOWLEDGE: THE YOGA O)F
THE INTRODUCTION	155
I. The Four Classes of Tantras	155
II. The Doctrine of the Psychic-Heat	156
III. The Doctrine of the Illusory Body	161
IV. The Doctrine of the Dream-State	164
V. The Doctrine of the Clear Light	166
VII. The Doctrine of the Consciousness-Transference	167
THE OBEISANCE AND FOREWORD.	169
CHAPTER I: THE DOCTRINE OF THE PSYCHIC-HEAT	171
	172
Part I: The Five Preliminary Exercises	173
1. Visualizing the Physical Body as being Vacuous	173
2. Visualizing the Psychic Nerve-System as being Vacuous 3. Visualizing the Protective Circle	176
4. Training the Psychic Nerve-Paths	177
5. Conferring the 'Gift-Waves' upon the Psychic Nerve-	100
Centres	181
Part II: The Three Fundamental Practices	184
1. Producing Psychic-Heat	184
2. Psychic-Heat Experiences	195
3. Transcendental Psychic-Heat	200
Part III: The Practical Application	202
1. Obtaining the Benefit of the Warmth	202
2. Obtaining the Benefit of the Bliss	204

CHAPTER II: THE DOCTRINE OF THE ILLUSORY BODY	209
Part I: Realizing the Impure Illusory Body to be Māyā.	200
Part II: Realizing the Pure Illusory Body to be Māyā.	210
1. The Māyā of the Visualizing State	210
2. The Maya of the Visualizing State	212
Part III: Realizing All Things to be Māyā	214
CHAPTER III: THE DOCTRINE OF THE DREAM-	
STATE	215
Part I: Comprehending the Nature of the Dream-State	215
1. Comprehending It by the Power of Resolution	216
2. Comprehending It by the Power of Breath	216
3. Comprehending It by the Power of Visualization	217
Part II: Transmuting the Dream-Content	220
Part III: Realizing the Dream-State to be Māyā	221
Part IV: Meditating upon the Thatness of the Dream-State.	222
CHAPTER IV: THE DOCTRINE OF THE CLEAR LIGHT	223
Part I: The Fundamental Clear Light	223
Part II: The Clear Light on the Path	224
1. Blending the Nature of the Clear Light with the Path	
During the Day-Time	224
2. Blending the Nature of the Clear Light with the Path	7
During the Night-Time	226
3. Blending the Nature of the Clear Light with the Path	
During the After-Death State.	229
Part III: The Resultant Clear Light	230
CHAPTER V: THE DOCTRINE OF THE AFTER-DEATH	
STATE	232
Part I: Realizing the State of the Clear Light of the Dharma-	
Kāya while in the Bardo.	233
I. The Bardo of the Moments of Death	235
2. The Yogic Art of Dying	237
Part II: Realizing the State of the Sambhoga-Kāya while in	
the Bardo	238
1. Karmic Results of Inability to Recognize the Clear Light	239
2. Description of the After-Death Existence	240
3. The After-Death Attaining of Enlightenment	241
Part III: Realizing the State of the Nirmāṇa-Kāya while in	
the Bardo	242
I. The Bardo of Seeking Rebirth	242
2. The Yogic Art of Choosing a Womb	245

TABLE OF CONTENTS	xv
CHAPTER VI: THE DOCTRINE OF CONSCIOUSNESS- TRANSFERENCE	246 246
ing upon the Guru	247
2. The Practical Application	250
THE COLOPHON	250
BOOK IV	
THE PATH OF TRANSFERENCE: THE YOU OF CONSCIOUSNESS-TRANSFERENCE	A
THE INTRODUCTION	253
I. Pho-wa and its Mastery	253
II. The Related Doctrine of Trongjug	254
III. The Yogic Tale Told by the Gurus	255
IV. The Yogic Tale Concerning Typhoo	256
PART I: THE PROFOUND PATH OF CONSCIOUSNESS-	256
TRANSFERENCE	261
The Refuge	261
The Visualizing of Vaira-Vogini and the Gurus	261
The Prayer to the Gurus	262
	264
The Meditation upon the Guru	264
The Visualizing of Vajra-Dākinī and the Gurus. The Colophon.	265
PART II: THE TRANSFERENCE OF THE CONSCIOUS- NESS OF ONE DECEASED	268
The Visualization for Devotees of Lower Degree	269
The Application of the Transference by Devotees of Higher	270
Degree	272
The Colophon	273 274
PART III: THE DESCRIPTION OF THE LINE OF THE	-/4
GURUS	274
BOOK V	
THE PATH OF THE MYSTIC SACRIFICE: TH	IF.
YOGA OF SUBDUING THE LOWER SELF	
THE INTRODUCTION	277
I. The History of the Doctrine of Non-Ego	277

xvi	TABLE	OF	CONTENTS

II. The Tibetan Versification	278
III. The Practitioners of the Chöd Rite	280
IV. The Essential Teachings	28t
V. The Chöd Rite as a Mystic Drama	282
VI. The Comparison with the Tibetan Mystery-Play	284
VII. The Origin of Disease According to the Lamas	285
VIII. The Comparison with the Bali Ceremony of Ceylon	287
IX. The Art of Exorcism	287
X. The Performance of the Mystery-Play	289
XII. The Anthropological Interpretation	294
XIII. The Bodhisattva's Mystic Sacrifice	295
THE YOGIC DANCE WHICH DESTROYETH ERRO-	-91
NEOUS BELIEFS	301
THE YOGIC DANCE OF THE FIVE DIRECTIONS	
	303
THE TRANSFIXING OF THE ELEMENTALS OF SELF.	306
THE VISUALIZING OF THE GURUS AND DEITIES .	307
	08-9
THE DEDICATION OF THE ILLUSORY BODY IN	
SACRIFICE	309
THE PRAYER TO THE GURU	310
THE VISUALIZING OF THE CORPSE AND WRATH-	
FUL GODDESS	311
THE SUMMONS TO THE SACRIFICIAL FEAST	312
THE OFFERING OF THE SACRIFICIAL FEAST IN	
WORSHIP	314
THE OFFERING OF THE SACRIFICIAL FEAST TO	
SPIRITUAL BEINGS	315
THE DEDICATING OF THE ACT OF SACRIFICE	315
THE DEDICATING OF THE MERIT OF THE ACT OF	
SACRIFICE	316
THE COLOPHON	318
THE ADDENDUM	319
I. The Objects Needed for Practising the Rite	319
II. The Place and the Mental Imagery Prescribed	321
III. Directions to the Yogin	323
IV. The Visualizing of the Mandala	324
V. The Mixed, the Red, and the Black Feast	325
VI. The Meditation to Accompany the Sacrificial Offering .	327
VII. The Time for Performing the Various Feasts	328
VIII. The Visualizing of the Human Skeleton and Wrathful	
Dākinī	320

TABLE OF CONTENTS	xvii
IX. The State of Mind Necessary	331 332 333 333
BOOK VI	
THE PATH OF THE FIVE WISDOMS: THE $YOGA$ OF THE LONG $H\bar{U}M$	C
THE INTRODUCTION: THE $YOGA$ OF THE FIVE WISDOMS	335 339 340 341
BOOK VII	
THE PATH OF THE TRANSCENDENTAL WISDOM: THE YOGA OF THE VOIDNESS	armet Selection
THE INTRODUCTION	343
I. The Prajñā-Pāramitā: its History and Esotericism.	343
III The Commission Tests and Commission	346
IV. The Doctrine of the Voidness Viewed Historically	347
V. The Absolute as Inherent in Phenomena	349 351
VI. The Practising of the Prajñā-Pāramitā	
THE OBEISANCE	355
THE SANSKRIT AND TIBETAN TITLE	355
THE QUESTION OF SHĀRI-PUTRA	355
THE DEDLY BY AVAIOUTECHNADA	356
THE MANTE ASSET TO A STREET	358
THE BUDDHA'S APPROVAL	358
THE ADDENDUM	AMINI
1. The Superiority of the Prajñā-Pāramitā	359
II. The Three Kinds of Prajñā	361
III. The Personal Ego	362
IV. The Existence or Non-Existence of Atoms	363
INDEX	365

9

er design by Rita Kaye Schwartz

TIBETAN YOGA AND SECRET DOCTRINES

Second Edition

Seven Books of Wisdom of the Great Path Arranged and edited by W. Y. Evans-Wentz

Seven authentic Tibetan voga texts, almost unknown to the occidental world until their first publication in English in 1935, are now available in this Galaxy Book edition. A companion to the unique Tibetan Book of the Dead (GB 39), which the late Dr. Evans-Wentz also edited, this volume, illustrated with photographs and reproductions of yoga paintings and manuscripts, contains some of the principal meditations used by illustrious Hindu and Tibetan gurus and philosophers through the ages in attaining Right Knowledge and Enlightenment. The editor, whose inquiry and research extended through more than fifteen years in the Orient, spent much time as a pupil of Hindu sages and Buddhist lamas. He has included a body of orally transmitted tradition and teachings received at first hand. These will be of particular interest to anthropologists and psychologists, and to students of comparative religion and practically applied Mahayana Yoga. Special commentaries precede each carefully rendered text, and a comprehensive preface contrasts the tenets of Buddhism with European concepts of religion, philosophy, and science.

Yoga, the tap root of Hinduism, Jainism, Zen Buddhism, and Taoism, has also influenced the development of Judaism, Islam and Christianity. These seven distinct but intimately related books, arranged in orderly sequence, afford a comprehensive view of the spiritual teachings which have shaped the culture of the Orient, and which are now increasingly enriching the West's appreciation of the depths of the human psyche.

The late W. Y. Evans-Wentz, formerly of Jesus College, Oxford, is also the author of *The Tibetan Book of the Dead* (GB 39), *The Tibetan Book of the Great Liberation*, and *Tibet's Great Yogi, Milarepa*. His substantial tetralogy of works on *yoga*, based on translations from the Tibetan, offers an "interpretation from within" rarely found in the works of Western scholars. During the early years of this century Dr. Evans-Wentz lived in India and in Sikkim, at the invitation of the Maharaja Sidkyong Tulku, where he studied occult doctrines intensively.

A GALAXY BOOK
OXFORD UNIVERSITY PRESS, NEW YORK