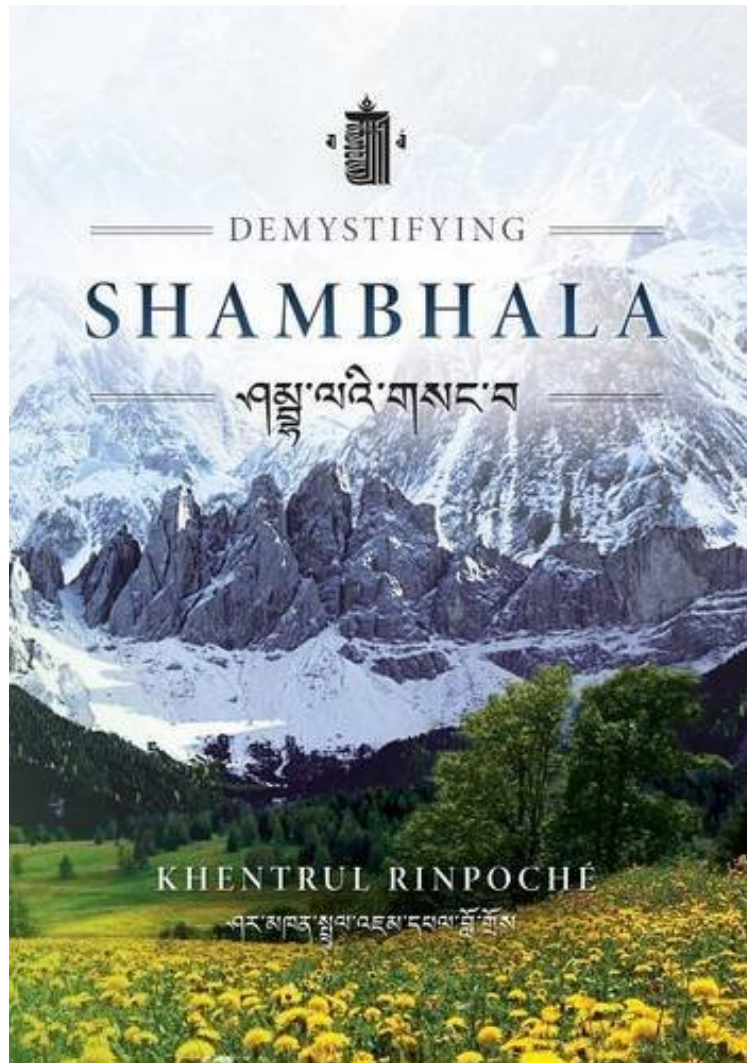


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## Demystifying Shambhala: The perfection of peace and harmony as revealed by the Jonang Tradition of Kalachakra.

*Shar Khentrul Jamphel Lodr*

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1 of 1 people found the following review helpful. Wonderful, Practical Book on KalachakraBy Linda JohnsenThis detailed yet eminently readable book is a wonderful introduction to Kalachakra practice. I'm very impressed with the authors' ability to express mind-expanding concepts from the Kalachakra tradition in clear, easily comprehensible English. This book also contains a fascinating, detailed overview of Jonang history in Tibet. The Jonangpas are the one major Tibetan Buddhist tradition least well known in the West and, to my tastes at least, the most interesting. Their emphasis on understanding reality in light of advanced spiritual practice rather than on intensive scholarship makes their views particularly compelling. My one wish was that the author had added an additional chapter explaining the Jonang Zhentong view in more depth. The focus here, however, is on Kalachakra, and this material is both illuminating and incredibly inspiring.

Within each of us is an extraordinary potential for love and compassion that is capable of completely transforming the way that we experience our world. Through the ancient wisdom of the Kalachakra teachings it is possible to unlock this potential and manifest a sublime realm of experience, free from all forms of suffering and conflict. This state of eternal bliss is known by some as Shambhala. For the first time ever, Khentrul Rinpoche explores deep into the hidden meaning of Shambhala and why it is so important for overcoming the problems in this world. With great precision and clarity he dispels the many layers of confusion that have built up around this often misunderstood subject, while also introducing a profound method for spiritual development that is rooted in an unbiased and expansive approach. Representing more than a thousand years of collective experience, the Jonang Masters have faithfully preserved the Kalachakra teachings in an unbroken lineage making it possible for you to hold this book in your hand today. No matter where you are on your own spiritual journey, these teachings provide an essential map for how to go beyond all forms of limitation and to realise the ultimate nature of reality.