



Creation and Completion: Essential Points of Tantric Meditation

By Jamgon Kongtrul



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Creation and Completion represents some of the most profound teachings of Jamgon Kongtrul (1813-99), one of the true spiritual and literary giants of Tibetan history. Though brief, it offers a lifetime of advice for all who wish to engage in-and deepen-the practice of tantric Buddhist meditation.

The original text, beautifully translated and introduced by Sara Harding, is further brought to life by an in-depth commentary by the contemporary master Thrangyu Rinpoche. Key Tibetan Buddhist fundamentals are quickly made clear, so that the reader may confidently enter into tantra's oft-misunderstood "creation" and "completion" stages.

In the creation stage, practitioners visualize themselves in the form of buddhas and other enlightened beings in order to break down their ordinary concepts of themselves and the world around them. This meditation practice prepares the mind for engaging in the completion stage, where one has a direct encounter with the ultimate nature of mind and reality.

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Editorial Review

Review

"*Creation and Completion* contains both a clearly printed, very readable Tibetan text and a lucid, almost flawless English translation. An excellent book." (*Religious Studies Review*)

"Creation and completion meditation is the cornerstone of tantric Buddhist practice, and draws upon a rich array of techniques and presumptions relating to moral cultivation. This book will be of great interest to both scholars and practitioners of Tibetan Buddhism." (Janet Gyatso, Hershey Chair of Buddhist Studies, Harvard University)

"An exceptionally important text. It will answer all questions and resolve all doubts about Vajrayana practice." (Venerable Thrangu Rinpoche)

"Mahamudra meditation is a 'completion stage' practice--completion because, like zazen, it represents fruition on the spot as opposed to a gradual buildup. Tantric techniques that develop gradually to that completion are called 'creation stage' practices. Sarah Harding's translation of Jamgon Kongtrul's *Creation and Completion* covers both bases but is especially useful for its detailed treatment of the visualization practices in the creation stage. It is, in fact, a point-by-point guide to this contemplative world of imagined mandalas and deities. This edition comes with a new commentary by Thrangu Rinpoche and a long, thoughtful introduction on visualization practice. Even though advanced practitioners will want to study this book, it's also designed to help beginners." (*Buddhadharma*)

"Sarah Harding has rendered a great service." (Ken McLeod, translator of Great Path of Awakening)

"A delightful introduction to the deepest understanding of visualization, a particular way of cultivating religious imagination and full-bodied practice." (Anne Klein, Professor of Religion, Rice University)

"Includes much that is helpful to all meditators using imagery to focus the mind." (*The Quest*)

Language Notes

Text: English, Tibetan (translation)

Original Language: Tibetan

About the Author

Jamgon Kongtrul Lodro Thaye, (1813-99) was the leading figure in the nineteenth-century *rime* (nonsectarian) revival of Tibetan Buddhism. One of the most prolific and accomplished teachers and writers in Tibetan history, his works continue to guide and inspire students and practitioners alike.

Sarah Harding has been a Tibetan Buddhist translator and practitioner since 1974. She is the author of *The Life and Revelations of Pema Lingpa*. She has served since 1992 as a faculty member at Naropa University in Boulder, Colorado.

Khenchen Thrangu Rinpoche is a senior scholar within the Kagyu tradition of Tibetan Buddhism and the author of many books and commentaries. He was born in Kham, Tibet, in 1933 and entered Thrangu Monastery at age seven. He serves as the main tutor to His Holiness the Seventeenth Karmapa and travels

worldwide giving teachings and leading retreats. Based in Nepal and India, he is also abbot of Gampo Abbey in Nova Scotia and founder of Vajra Vidya Retreat Center in Crestone, Colorado.

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Mike Jones:

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