

# **Download Liberation In The Palm Of Your Hand A Concise Discourse On Path To Enlightenment**

## **Pabongka Rinpoche**

Nirvana (???????, Sanskrit: nirv??a; Pali: nibbana, nibb?na) is the earliest and most common term used to describe the goal of the Buddhist path. The literal meaning is "blowing out" or "quenching." The Three Vajras, namely "body, speech and mind", are a formulation within Vajrayana Buddhism and Bon that hold the full experience of the ??nyat? "emptiness" of Buddha-nature, void of all qualities (Wylie: yon tan) and marks (Wylie: mtshan dpe) and establish a sound experiential key upon the continuum of the path to enlightenment. Tantra, yoga tântrico ou tantrismo é uma filosofia comportamental [1] de características matriarcais, sensoriais e desrepressoras. Essencialmente, a prática tem, por objetivo, o desenvolvimento integral do ser humano nos seus aspectos físico, mental e espiritual. A tibeti buddhizmus els?sorban Tibet és a Himalája bizonyos területeinek (Nepál, Bhután és India) buddhista vallásos tanaira és szervezeti jellemz?ire vonatkozik. - Liberation In The Palm Of Your Hand A Concise Discourse On Path To Enlightenment Pabongka Rinpoche