



Eye To Form Is Only Love: A Journal of 100 Days

Traktung Yeshe Dorje

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For 100 days, Traktung Yeshe Dorje, an American born lama in the Nyingma lineage of Vajrayana Buddhism kept a journal of short reflections. Some mornings, the heartbreakingly poetic of devotion, or essays in celebration of dawn, light, trees; on others, razor-like distinctions about the nature of the mind, challenges to conventional views of seeing, or seething commentary on the shallowness of contemporary culture. Taken together, but in small considered bites, the entries will provide a rare meal to any sincere practitioner who recognizes direct and authentic spiritual discourse. The unique offering of this book is the deeply personal manner in which insights are presented—using a journal format rather than direct instructions about spiritual topics. An astute reader will glimpse—even “fall into”—the way of perceiving of a tantric spiritual adept. We experience, if only for a moment, how things appear to one whose mind is free from conditioning. Eye to Form challenges the reader to consider familiar topics and scenarios from a new, perhaps radical, perspective. The invitation here is to profound consideration of life’s deeper meanings through the unique intersection of beauty, wisdom and silence. This is not a “practical guide”—it offers no plans for or steps to enlightenment or happiness. In fact, the author has no compunction in undermining such fast-food approaches to the recognition of Buddhahood. Eye to Form, therefore, can be extremely beneficial to those who are not looking to be told what to do, but rather are inspired to think deeply, carefully and freshly. Intelligent choices on the spiritual path can be made only as one’s considerations reach beyond ordinary-mind’s conditioning. The challenge for this type of consideration is perhaps more useful than yet another self-help manual. Traktung Yeshe Dorje has been guiding both individuals and community for the last 23 years, drawing his students and friends into the world of spiritual awakening by offering them a window into a different way of considering appearances. He teaches in the U.S. and Europe, and is also president of Wishing Tree Gardens, a non-profit sustainable-agriculture educational program in Ann Arbor, Michigan.



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Chris Hernandez:

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Tasha Banda:

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