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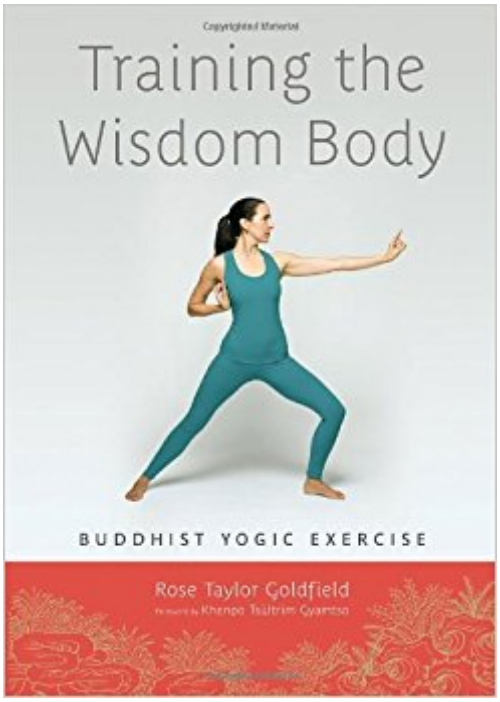
Training The Wisdom Body: Buddhist Yogic Exercise



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Synopsis

Training the Wisdom Body presents the practice of lujongâ ”exercise for our entire system, from the coarse aspects to the subtler and more profound. (Lujong is a Tibetan compound word: lu meaning "body" and jong meaning "training" or "practice.") It provides a thorough foundation for those new to the practice, supports continued practice for those already familiar with the exercises, and helps people engaged in any form of yogic exercise to deepen the potent fusion of meditation and physical movement. The book includes an overview of the unique tradition of Buddhist yoga; presentations on the three foundational principles of renunciation, compassionate bodhichitta, and the profound view of reality; and an explanation of the three aspectsâ ”body, mind, and subtle bodyâ ”that comprise our whole being. There are instructions on how to work with the body and mind in seated meditation and discussion that explores ways we can further our practice by working with adversities such as fear, procrastination, and anxiety and by looking at how to bring practice mind into daily life. Finally, the book includes exercise instructions that give a complete explanation of the movement practices, with photos to illustrate.

Book Information

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Customer Reviews

ROSE TAYLOR GOLDFIELD is a second-generation Buddhist teacher of meditation, philosophy, and yogic exercise and dance. She holds an MA in Indo-Tibetan Buddhist studies from Naropa University. Having studied and practiced extensively in the Shambhala lineage, she began training

in 2002 under the close guidance of the Tibetan master Khenpo TsÃ ltrim Gyamtso, who appointed her teacher to his nuns in Bhutan and Nepal in 2005. Since childhood, she has trained extensively in a variety of physical disciplines, including classical ballet, competitive kickboxing, Nepalese dance, and Indian and Tibetan yoga. Rose lives in San Francisco and teaches under the auspices of the Wisdom Sun practice and study community.

Training the Wisdom Body is direct, has simplicity of intention and gives the direction needed to practice this mind/body discipline especially for "beginners." It helps me integrate a yoga class twice a week with maintaining intention at home. I appreciate very much her grounding the practice in basic Buddhism which is presented very simply and I appreciate her placing each posture within a particular intention within a wider purpose. The reminder that this is not just physical exercise but a moving meditation is particularly helpful and suggestions for using poses to relieve especially mental "afflictions" such as anxiety or anger are more than useful. Rose Taylor Goldfield honors her teachers, and her own practice by sharing these teachings with us, at the direction of her own teacher. And, her careful instructions can be used safely if one follows her wisdoms about listening to the body. Not about extreme postures, it is about open heart, open mind. Highly recommended.

"Training the Wisdom Body" has the feel of an instant classic. I think this is the sort of yoga book that every yogi, yogini and people aspiring to well being, will want to have and will refer to often for inspiration, practical objectives and knowledge. The book offers exercise for the mind and the body, and it is just a delight.The author’s writing comes across as if you are in the same room with an old friend, and makes many Buddhist concepts very accessible. She knows what she is talking about, and it shows in her ability to explain it in a simple, joyful and readable manner. She spent years with a Buddhist Yogi from Tibet, who some would say is the embodiment of a Buddha- he is an extra special teacher, and because of her own life experience and study prior to this, she made an excellent student.It would be good to mention that this is a book for people of all ages and abilities, really. There are a million photo’s and so it is very easy to duplicate the postures and get a sense of them prior to taking them on. I liked the singing chapter- it just feels so good to SING! And throughout the book are little lessons and insights presented in such a lovely, humble manner.Giving the book five stars - because there are not more to give! I already have two people in mind to share this book with as a Christmas gift, and already know they will love it. That is the kind of book this is. Cannot recommend highly enough.

These exercises are a great way to connect with yourself with a depth that feels like it radiates self love internally, which then permeates outward naturally.The layout of the book is a great balance of at first explaining key points of Buddhism and then the positions of the Buddhist exercises (along with their more subtle meanings). The importance of this being that it gives you the "why" instead of just the "how". It mirrors her teaching style of concise explanations on a practical level, while doing so with great kindness and patience. She tackles profound Buddhist philosophies in mere paragraphs with a delightful peppering of humor.Her writing and teaching style is so joyfully strait-forward that I think it would be great for those new to either lujong or to Buddhism in general.

This should be a video. Very hard to follow the written instructions. The exercises are interesting but a lot of the book is Buddhist philosophy,which is fine. Again, this really needs to be a video

Well done!

The instructions are complicated and difficult to understand. If one has had no prior training with this Buddhist yoga form , it would be next to impossible to figure out what she is talking about.

I purchased this book because of a review written in the Winter issue of Buddhadharma magazine. It was the first book I had seen which referred to the healing aspects of the "winds" and which also discussed how one might get in touch with them and the Subtle Body in their daily practice.

I found that book as very nict and inspiring. Very helpful

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