



# Skillful Grace

*Adeu Rinpoche*

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## **Skillful Grace** Adeu Rinpoche

Tara is an inspirational figure to many practitioners. She embodies the most compelling and vital qualities of the feminine: beauty, grace, and the ability to nurture, care for and protect. In addition, she is a true warrior, vanquishing fear and ignorance. One could say she is the earliest known Buddhist feminist.

*Skillful Grace* is an entirety of instructions on deity practice centered on the female Buddha Tara. It covers everything from beginning to end. It has all the preliminaries, as well as the main part and the subsequent yogas. There is the outer and inner sadhanas with Tara and her retinue of twenty-one Taras that dispel the various fears. There is also the innermost practice of Tara with consort. It has all the details on the development stage, and describes completion stage both with and without conceptual attributes. Nothing is left out. It is utterly complete with treasure and pith instructions from Tulku Ugyen and Adeu Rinpoche, skillfully arranged by the translation/author team of Erik Pema Kunsang and Marcia Binder Schmidt.

There are many explanations of the different Tara practices. However, *Skillful Grace* is unique in that it outlines an entire path, taking Tara as support. This book is s divided into three main sections. The first is the root text of this cycle, *The Essential Instruction on the Threefold Excellence*, according to the mind treasure of the profound essence of Tara as revealed by Chokgyur Lingpa. Following that is a commentary on this root text by Tulku Ugyen Rinpoche. Next is Jamgön Kongtrül and Adeu Rinpoche's synthesized commentary on the same text. In order to make this work less scholarly and more applicable to practitioners, we decided to paraphrase Jamgön Kongtrül commentary and blend it together with Adeu Rinpoche's teaching.

The book is rounded out with a foreword by Tara Bennett Goleman, author of the best selling book *Emotional Alchemy*, in depth introduction by Marcia Schmidt, and various appendixes and footnotes.

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The reason? Because this Skillful Grace is an unordinary book that the inside of the publication waiting for you to snap this but latter it will surprise you with the secret that inside. Reading this book beside it was fantastic author who write the book in such incredible way makes the content on the inside easier to understand, entertaining way but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of gains than the other book have such as help improving your ability and your critical thinking method. So , still want to postpone having that book? If I ended up you I will go to the guide store hurriedly.

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