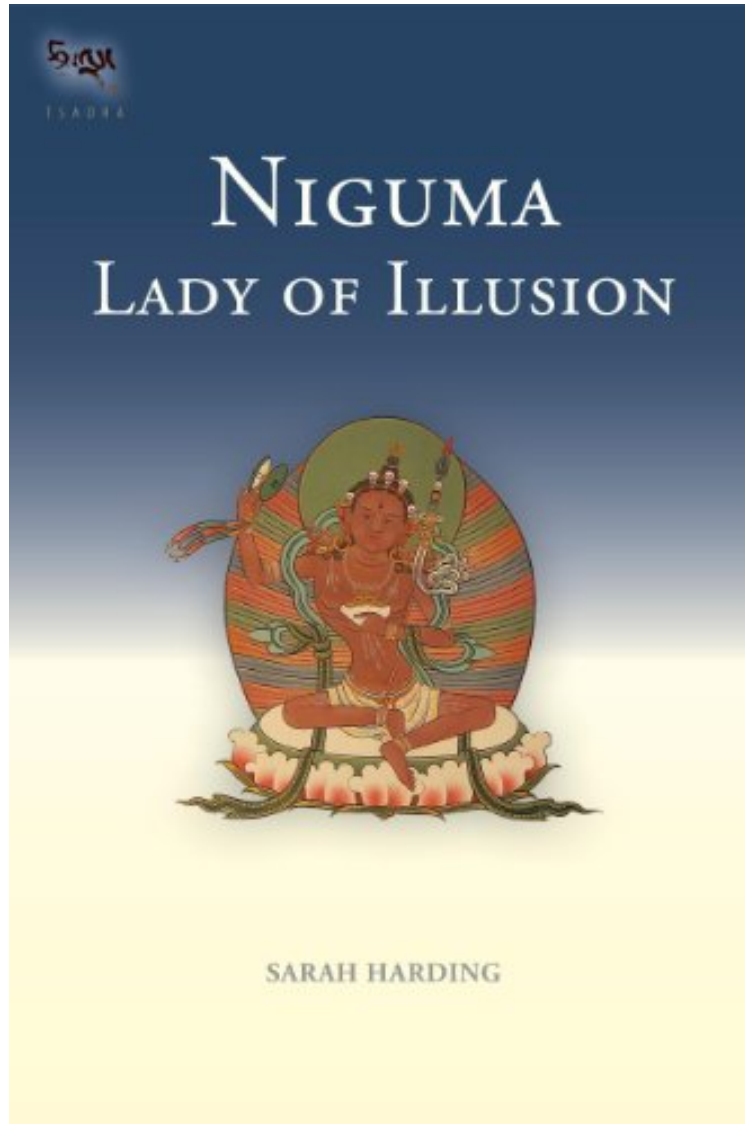


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## Niguma, Lady of Illusion (Tsadra)

*Sarah Harding*

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**Sarah Harding : Niguma, Lady of Illusion (Tsadra)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Niguma, Lady of Illusion (Tsadra):

4 of 4 people found the following review helpful. FabulousBy John S. BakerThis is a book to read very slowly. It is very dense in meaning. I have to let the material penetrate my brain and sink in.The translator, Sarah Harding, has been doing this kind of work for a long time. I am not able to compare her work to the Tibetan original, but as an English text, this one is easy to read. She finds interesting ways to express unfamiliar ideas. I have had many oral

teachings and read many books over the years concerning Tibetan Buddhism and its practices. This text keeps my attention and does not drop into familiar channels (the same thing said in the same way as other texts). In other words, the text seems fresh and keeps my interest. This is the second time I have bought this book. The first time I thought it was way over my head and I gave it to a teacher. I'm not sure I'm any better equipped to read it now, but I feel closer to my Shangpa heritage I want to become more familiar with Niguma, one of the founders of the tradition. I guess my imperfect understanding of the material is the best I can do. 0 of 0 people found the following review helpful. There are no illusions with Sarah Harding words and Work! By Rey Sarah Harding's research and work is always exceptional. She offers insight that can only come from first hand experience, so you feel the writing walks the talk! Kudos, Sarah. 0 of 0 people found the following review helpful. Good work about this theme By Customer Good work about this theme. It is not simple to collect information here in western country about Naropa and/or Niguma. This is a good book to start from.

Providing a rare glimpse of feminine Buddhist history, Niguma, Lady of Illusion brings to the forefront the life and teachings of a mysterious eleventh-century Kashmiri woman who became the source of a major Tibetan Buddhist practice lineage. The circumstances of her life and extraordinary qualities ascribed to her are analyzed in the greater context of spiritual biography and Buddhist doctrine. More than a historical presentation, Niguma's story raises the question of women as real spiritual leaders versus male images of feminine principle and other related contemporary issues. This volume includes the thirteen works that have been attributed to Niguma in the Tibetan Buddhist canon. These collected works form the basis of an ancient lineage Shangpa, which continues to be actively studied and practiced today. These works include the source verses for such esoteric practices as the Six Yogas, the Great Seal, and the Chakrasamvara and Hevajra tantric practices that are widespread in Tibetan traditions. Also included is the only extant biography, which is enhanced by the few other sources of information on her life and work.

"Such an important historical female figure as Niguma has been obscured by centuries of overlaid mythology, but now Sarah Harding has skillfully managed to separate the wheat from the chaff and to reveal something of the woman behind the legend, along with her place in the Shangpa tradition and her fascinating writings on Yoga." Jetsunma Tenzin Palmo, author of *Reflections on a Mountain Lake* "Sarah Harding's fascinating account of the literature surrounding Niguma, heiress of unimaginable qualities, provides a rare glimpse into the life of a legendary female practitioner who traces the source of her wisdom lineage directly to Vajradhara the epitome of awakening. The collected works and biography are gems of insight into the spiritual journey of this elusive figure whose realization culminates in the perfection of timeless awareness and an illusory rainbow body. Deftly written, the account is a treasure trove of information about tantric practices and attainments focused especially on the nature and power of illusion. Harding's attempts to separate the flesh-and-blood woman from the idealized dakini make for an engaging, often amusing read for neophytes and experienced practitioners alike. Of special relevance to those who happen to be women this time around." Karma Lekshe Tsomo, editor of *Buddhism through American Women's Eyes* About the Author Sarah Harding has been a Tibetan Buddhist translator and practitioner since 1974. She became a student of the late master Kalu Rinpoche, and in 1980, she completed the traditional three-year retreat under his guidance. Since then, she has been a teacher and translator. Her publications include *Machik's Complete Explanation*, *The Treasury of Knowledge: Book Eight*, and *The Life and Revelations of Pema Lingpa*. She is a fellow at the Tsadra Foundation and has been on the faculty of Naropa University for nearly twenty years.