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Simply Being **Being Right Here** **Yogacara Texts: Indo-Tibetan Sources of Dzogchen Mahamudra** **Dzogchen** *Dzogchen Essentials* **The Six Lamps** **The Flight of the Garuda** **The Practice of Dzogchen** **Approaching the Great Perfection** *Original Perfection Beyond the Ordinary Mind* **The View and Practice of Quintessence** **Dzogchen** *Longing for Limitless Light* **Finding Freedom** **The Union of Dzogchen and Bodhichitta** **This is it** **The Tibetan Book of the Dead** **Hinting at Dzogchen** *Entering the Way of the Great Vehicle* **Actuality of Being** **Radical Dzogchen: The Direct Way to En-Light-enment** *Circle of the Sun* **A Lullaby to Awaken the Heart** **The Inner Mirror: A-tri** **Dzogchen** *Tibetan Book of the Dead* **Boundless Vision** **Great Perfection** **Dzogchen** *Heart Drops of Dharmakaya* **Unbounded Wholeness** **Dzogchen Nonmeditation** **Natural Perfection** *A Lullaby to Awaken the Heart* **Sparks** **The Supreme Source** **Steps to the Great Perfection** **The Great Secret of Mind** **Collected Works of C.R. Lama** **Essence of Mind** **The Flight of the Garuda**

A classic collection of writings on the meditation practice and theory of Dzogchen, the Great Perfection, by the celebrated fourteenth-century scholar and adept Longchen Rabjam (Longchenpa). This classic collection of texts on the meditation practice and theory of Dzogchen presents the Great Perfection through the writings of its supreme authority, the fourteenth-century Tibetan scholar and visionary Longchen Rabjam. The pinnacle of Vajrayana practice in the Nyingma tradition of Tibetan Buddhism, Dzogchen embodies a system of training that awakens the intrinsic nature of the mind to reveal its original essence, utterly perfect and free from all duality—buddha nature, or buddhahood itself. In *The Practice of Dzogchen*, Tulku Thondup translates essential passages from Longchen Rabjam's voluminous writings to illuminate and clarify this teaching. He also draws on the works of later masters of the tradition, placing Dzogchen in context both in relation to other schools of Buddhism and in relation to the nine-vehicle outline of the Buddhist path described in the Nyingma tradition. This expanded edition includes Counsel for Liberation, Longchenpa's poetic exhortation to readers to quickly enter the path of liberation, the first step toward the summit of Dzogchen practice. The first English translation of a classic treatise on how the Tibetan practice of Dzogchen, or Great Perfection, is in fact the culmination of the path of Mahayana Buddhism. Rongzom Chökyi Zangpo wrote this treatise in the eleventh century during the renaissance of Buddhism in Tibet that was spurred by the influx of new translations of Indian Buddhist texts, tantras, and esoteric transmissions from India. For political and religious reasons, adherents of the "new schools" of Tibetan Buddhism fostered by these new translations cast the older tradition of lineages and transmissions as impure and decadent. Rongzompa composed the work translated here in order to clearly and definitively articulate how Dzogchen was very much in line with the wide variety of sutric and tantric teachings espoused by all the Tibetan schools. Using the kinds of philosophic and linguistic analyses favored by the new schools, he demonstrates that the Great Perfection is indeed the culmination and maturation of the Mahayana, the Great Vehicle. The central topic of the work is the notion of illusory appearance, for when one realizes deeply that all appearances are illusory, one realizes also that all appearances are in that respect equal. The realization of the equality of all phenomena is said to be the Great Perfection approach to the path, which frees one from both grasping at, and rejecting, appearances. However, for those unable to remain effortlessly within the natural state, in the final chapter Rongzompa also describes how paths with effort are included in the Great Perfection approach. In the Nyingma School of Tibetan Buddhism, the Great Perfection is considered the most profound and direct path to enlightenment. The instructions of this tradition present a spiritual shortcut—a radically direct approach that cuts through confusion and lays bare the mind's true nature of luminous purity. For centuries, these teachings have been taught and practiced in secret by some of the greatest adepts of the Buddhist tradition. Great Perfection: Outer and Inner Preliminaries contains detailed instructions on the foundational practices of this tradition, from "The Excellent Chariot," a practice manual compiled by the Third Dzogchen Rinpoche. Distilling the teachings of the Heart Essence of the Dakinis into an accessible, easy-to-practice format, *The Excellent Chariot* leads the reader through the entire Buddhist path, starting with basic Buddhist contemplations that work to dislodge deeply ingrained patterns of thinking and behaving, and continuing on to the most advanced and secret meditative practices of the Great Perfection. The teachings in this volume are drawn largely from the writings of the great Nyingma master Longchenpa and the root texts of the Heart Essence of the Dakinis itself. The Third Dzogchen Rinpoche begins by discussing the correct way to study and practice the Great Perfection teachings before presenting an overview of the Great Perfection lineage and an explanation on the meaning and importance of empowerment. In the chapters that follow, he presents practical instructions on the outer and inner preliminaries, the so-called "ngöndro" practices. These practices enable the practitioner to transform and purify the mind, preparing it for the advanced Great Perfection meditation of Trekchö and Tögal, the breakthrough and direct leap. In addition to the translation mentioned above, *Great Perfection: Outer and Inner Preliminaries* contains a beautiful introduction by the Dzogchen Ponlop Rinpoche, a contemporary Great Perfection master, and an extensive glossary of key Great Perfection terminology. Dzogchen, the Great Perfection, is the highest meditative practice of the Nyingma School of Tibetan Buddhism. *Approaching the Great Perfection* looks at a seminal figure of this lineage, Jigme Lingpa, an eighteenth-century scholar and meditation master whose cycle of teachings, the Longchen Nyingtig, has been handed down through generations as a complete path to enlightenment. Ten of Jigme Lingpa's texts are presented here, along with extensive analysis by van Schaik of a core tension within Buddhism: Does enlightenment develop gradually, or does it come all at once? Though these two positions are often portrayed by modern scholars as entrenched polemical views, van Schaik explains that both tendencies are present within each of the Tibetan Buddhist schools. He demonstrates how Jigme Lingpa is a great illustration of this balancing act, using the rhetoric of both sides to propel his students along the path of the Great Perfection. Dzogchen Nonmeditation introduces Dzogchen as a functional description of nonduality in the here-and-now. In Dzogchen parlance nonmeditation is the existential mode of identity with the nature of mind and thus it is central to the Dzogchen project. Nonmeditation is primarily identified as such, without any structure whatsoever; then in the traditional trekcho context as formal nonmeditation; in the context of togal as directed nonmeditation; and finally as 'skygazing'. This work on nonmeditation acts as both a pointing-out, revealing the magic of Dzogchen vision, and as a practical manual and guide in nonmeditation. Part One of the book comprises descriptions of the various permutations of nonmeditation, while Part Two consists of translations of extracts of original traditional texts by Dzogchen masters - Garab Dorje, Jigme Lingpa, and Dudjom and Khyentse Rinpoches - illustrating the nature of nonmeditation. This small book on Dzogchen nonmeditation, presenting the core of Dzogchen as nonmeditation, is the first in the Dzogchen teaching series. Keith Dowman is a translator and teacher of the Tibetan tradition. This handbook to spirituality gathers together Danish meditation teacher Jes Bertelsen's advice on training the mind through wordless prayer and meditation to realize the essence of consciousness. Bertelsen has been teaching philosophy and meditation since the early 1970s; in 1989, he met the Tibetan lama Tulku Urgyen Rinpoche, who authorized Jes Bertelsen to teach Dzogchen, and to do so using his own judgment as to the most appropriate way to assimilate these teachings into Western culture. Bertelsen's teachings are based on an experiential investigation of the nature of consciousness, using comparative analysis of Eastern and Western spiritual teachings and consciousness practices on a foundation of modern psychological, philosophical, and scientific approaches. *Essence of Mind* outlines the author's experience and approach to Dzogchen, the natural primordial state of human consciousness that is timeless, pure, and untouched by suffering. The book is divided into three parts. The first part describes different methods for pointing out the essence of consciousness and the techniques related to them. The second part seeks to outline the key principles of a training system suited to Western students that can lead to realization. The final section outlines the significance of continuous exercises, and describes the way spiritual practice slowly permeates daily life, dreams, sleep, and eventually death. Through the mind-training process, the practitioner approaches an almost ecstatic state of completion, a luminous, blissful wakefulness in which the consciousness is also fully relaxed, not cling to bliss or desiring ecstasy, but transparent and open. Bertelsen emphasizes that while more advanced forms of spiritual training can only take place in a face-to-face, deeply engaged mutual process between teacher and student, books are useful as sources of inspiration, in particular to help review one's insights and refresh one's practice. *Essence of Mind* systematizes the experiences that occur along the spiritual path and helps students to refine, correct, and clarify their efforts; it is the author's hope that many students in the West will be able to benefit from his comparative approach to Dzogchen. Dzogchen, or the "Great Perfection," is considered by many to be the apex of Tibetan Buddhism, and Longchen Rabjam is the most celebrated of all the saints of this remarkable tradition. *Natural Perfection* presents the radical precepts of Dzogchen, pointing the way to absolute liberation from conceptual fetters and leading the practitioner to a state of pure, natural integration into one's true being. Transcending the Tibetan context or even the confines of Buddhist tradition, Longchen Rabjam delivers a manual full of practical wisdom. *Natural Perfection* is a shining example of why people have continued to turn to the traditions of Tibet for spiritual and personal transformation and realization. Keith Dowman's illuminating translation of this remarkable work of wisdom provides clear accessibility to the profound path of Dzogchen in the here-and-now. This book presents three texts concerned with the "Dzogchen" or, in English, "Great Completion" system of teaching that explains reality and how beings can return to it from their current, confused state. The texts, by the Tibetan master Dza Patrul, contain the most profound level of teaching called Quintessence or "Nyingthig" Dzogchen. New translations of key texts from a tradition many consider the most direct path to enlightenment. A complete Dzogchen meditation manual from the oldest Tibetan tradition. Derived from a Buddhist funerary text, this famous volume's timeless wisdom includes instructions for attaining enlightenment, preparing for the process of dying, and moving through the various stages of rebirth. The treasure text of Nuden Dorje renders a very clear and authentic account of the view and essential meditation of dzogchen the practice of nondual experience. The presentation is in the Men ngag style, a personal instruction distilling the author's own realization in a manner both beautiful and deeply meaningful. Short verses show with pithy clarity how the various aspects of dzogchen fit together. The text provides both an authentic portrayal of the practice and a clear instruction in how to apply it. Dzogchen (Great Perfection) goes to the heart of our experience by investigating the relationship between mind and world and uncovering the great secret of mind's luminous nature. Weaving in personal stories and everyday examples, Pema Rigtsal leads the reader to see that all phenomena are the spontaneous display of mind, a magical illusion, and yet there is something shining in

the midst of experience that is naturally pure and spacious. Not recognizing this natural great perfection is the root cause of suffering and self-centered clinging. After introducing us to this liberating view, Pema Rigtsal explains how it is stabilized and sustained in effortless meditation: without modifying anything, whatever thoughts of happiness or sorrow arise simply dissolve by themselves into the spaciousness of pure presence. The book is divided into chapters on the view, meditation as the path, conduct, the attainment, and the four bardos. Each chapter consists of mini-sections that can be read as stand-alone Dharma talks. Pema Rigtsal has studied and lived with several authentic Dzogchen masters and has surprising stories to tell about their unconventional methods to introduce students to the subtle view of Dzogchen. A unique collection of essays, instructions, letters, and personal advice on Dzogchen, Rimé, and other topics by famous Tibetan Buddhist masters of the nineteenth and twentieth centuries. This selection features profound, provocative, and at times humorous texts from some of the leading figures associated with the Rimé tradition of Tibetan Buddhism. The emphasis of these works is on the esoteric path of Dzogchen, or the Great Perfection, through which the nature of reality is pointed out directly, just as it is. Throughout the book the translator provides clear, succinct introductions to the individual translations, expertly setting the scene and guiding the reader through a world of intellectual renaissance, intersecular debate, and the imparting of cherished insights. Through this, one truth above all becomes apparent: that genuine wisdom means transcending the limited confines of the ordinary mind. An illuminating look at key aspects of Tibetan Buddhist practice--of interest to many practitioners--is presented in this practical and interesting book. Through demonstrating the interrelationship of the outer inner and secret teachings and a textual analysis of the words of four renowned Dzogchen yogis, it makes clear that the practice of Bodhichitta is a necessary aspect of every practice within Tibetan Buddhism. Unlike other books that present either the teachings of Bodhichitta or the teachings of Dzogchen as their own system of practice, this book presents them not as complementary practices but as a deconstructed inner and outer practices which are fundamentally intertwined. Anyen Rinpoche works to create a new generation of holistic practitioners who value the depth found in the entire spectrum of teachings. While Anyen Rinpoche acknowledges the profundity of the Dzogchen teachings, he dispels the myth that they are an effortless path to liberation and rather shows that they are a progressive path that requires diligence, insight, and the compassionate mind of a Bodhisattva. He presents a style of contemplation that combines Dzogchen meditation on the ultimate view with the generation of Bodhichitta, such as has been taught by Nyingmapa yogis throughout the centuries. This book presents the union of Dzogchen and Bodhichitta not only through philosophy and scripture but also through concrete methods for practice. BOUNDLESS VISION presents the Dzogchen practices of the Tibetan Northern Treasure tradition of the master Godemchan according to the 19th century master Tulku Tsulo. Tulku Thondrup Rinpoche's translation has been edited by Keith Dowman. Tulku Tsulo's lamrim text begins in Part One with the preliminary Dzogchen practices (ngondro) including the Five Nails, all treated at length. These elementary levels are evidently designed for newcomers to the Nyingma path. Part Two begins with the inner, Dzogchen, preliminaries (rushen) and then treats the trekcho and total genital meditations, providing clear and detailed instruction and metaphorical indication for both meditation phases. The Breakthrough (toga) section emphasizes direct introduction, while the Leap-over (toga) section, thoroughly explicates the four lamps and the four visions. Bardo descriptions as meditation experience in this life conclude this section. Part Three summarizes the result and completes the text. The Northern Treasure (changter) tradition is founded in the termas that Rigzin Godemchan discovered in a treasure cache in Western Tibet in the 14th century, which is collectively known as All-Good Boundless Vision. This treasure cache is universally renowned for its clarity, lucidity and profundity. (The Northern Treasure is to be distinguished from the more prolific Southern Treasure - lhoter - of which Jigmelingpa is a major exponent). Tulku Tsulo (Tsultrim Zangpo, 1884-1957?) of Do Dorje Trak gumpa in Kham composed this celebrated lamrim, based on Godemchan's terma, which Tulku Thondrup entitles BOUNDLESS VISION . This textbook of Dzogchen training became a primer for latterday changter practitioners, amongst whom was Tertrul Chimme Rigzin Rinpoche (1922-2002), who received the instruction from Tulku Tsulo himself at the Khordong Gumpa in Kham, bringing it to Shantiniketan University in Bengal, India. It has been authoritatively translated by Tulku Thondrup Rinpoche, a primary lineage holder of Chimme Rigzin at Shantiniketan, now teaching in Boston, USA. A vital community in Germany and Poland continues the tradition. Tulku Thondrup has contributed a practical introduction to his translation, along with useful notation elucidating textural cruxes in footnotes and establishing the origin of Tulku Tsulo's quotations in endnotes. Keith Dowman's editing updates the terminology of Dzogchen, bringing it in line with rapidly changing contemporary usage. This seminal Dzogchen text is published here by Dzogchen Now! Books with an understanding of the karmic burden entailed. Our hope and anticipation is that it is treated with the respect that this core text demands, that positive outcome will greatly outweigh any negativity caused by inappropriate motivation, and in this respect we draw the prospective reader's attention to the protecting powers of the Dzogchen Dharma. Clear explanation of the Dzogchen teachings and practices that reawaken and establish us in our true nature. Copyright © Libri GmbH. All rights reserved. C. R. Lama, also known as Chimed Rigdzin Rinpoche and as Zilnon Lingpa (1922-2002), was an important lama in the Khordong and Changter lineages of the Nyingmapa School of Tibetan Buddhism. A scholar and also a yogi, he combined these two streams in his work as Reader in Indo-Tibetan Studies at Visva Bharati University at Santiniketan, West Bengal, India. He was a family man who was actively engaged in the world around him. This book gathers together Rinpoche's writings on a wide range of topics including Nyingma Buddhist Philosophy, Tibetan cultural practices, his life in Khordong Monastery in Tibet and his advice for Dharma practitioners. Tulku Thondup writes, "James Low studied under the Ven. Chimed Rigdzin Rinpoche for years with incredible dedication in austere conditions to accumulate vast knowledge of Rinpoche's teachings. This volume is filled with those precious teachings, most of which have remained unpublished until now." These early, foundational Dzogchen texts--clear, lyrical, and rich in metaphor--were smuggled into Tibet in the eighth century on white silk, written in goat-milk ink that would become visible only when exposed to heat. These five texts are the root of Dzogchen practice, the main practice of the Nyingma school of Tibetan Buddhism. Vairotsana, a master among the first generation of Tibetan Buddhists, reveals here a truth that is at once simple and deeply profound: that all existence--life itself, everyone one of us--is originally perfect, just as is. Keith Dowman's sparkling translation and commentary provide insight and historical background, walking the reader through the truths encountered in this remarkable book. Explaining Dzogchen teachings for the Western audience, this text provides a study and translation of the 'Authenticity of Open Awareness', a foundational text of the Bon Dzogchen tradition. This book provides an introductory and explanatory material that situates it in the context of Tibetan thought. Dzogchen, a tradition of the Nyingma school of Tibetan Buddhism, is considered by many to be an extremely powerful path to enlightenment. This ground-breaking book offers translations of four sacred texts of the Dzogchen tradition: Secret Instruction in a Garland of Vision, The Flight of the Garuda, Emptying the Depths of Hell, and the Wish-Granting Prayer of Kuntu Zangpo. With an informative introduction by the translator, Flight of the Garuda is an invaluable resource for both practice and scholarship. Flight of the Garuda conveys the heart advice of one of the most beloved nonsectarian masters of Tibet. Ordained as a Gelug monk, the itinerant yogi Shabkar was renowned for his teachings on Dzogchen, the heart practice of the Nyingma lineage. He wandered the countryside of Tibet and Nepal, turning many minds toward the Dharma through his ability to communicate the essence of the teachings in a poetic and crystal-clear way. Buddhists of all stripes, including practitioners of Zen and Vipassana, will find ample sustenance within the pages of this book, and be thrilled by the lyrical insights conveyed in Shabkar's words. Along with the song by Shabkar, translator Keith Dowman includes several other seminal Dzogchen texts. Dzogchen practice brings us into direct communion with the subtlest nature of our experience, the unity of samsara in nirvana as experienced within our own consciousness. Within the Nyingma school, it is held higher than even the practices of tantra for bringing the meditator face to face with the nature of reality. The Tibetan Book of the Dead: Awakening Upon Dying, with introductory commentary by Dzogchen Buddhist master Chögyal Namkhai Norbu, is a new translation of the ancient text also known as The Great Liberation through Hearing in the Intermediate State. Both a practical guide and intriguing historical, cultural, and spiritual document, this new version incorporates recent discoveries that have allowed for a better translation of previously ambiguous passages. Revealing a set of instructions designed to facilitate the inner liberation of the dead or dying person, the book provides a guide to navigating the bardo--the interval between death and rebirth. Originally composed by Padmasambhava, an important Indian master of the eighth century, the Tibetan Book of the Dead was concealed in Tibet until it was discovered in the fourteenth century by Karma Lingpa, a famous Tibetan tertön (discoverer of ancient texts). Describing in detail the characteristics and fantastic visions of each stage beyond death, the book includes invocations to be read aloud to the dying person, to help his or her successful journey toward the stage of liberation. Chögyal Namkhai Norbu's introduction clarifies the texts from the Dzogchen point of view and provides a scholarly summary of the ancient material based on his oral teachings and written works. In addition, material from several of Namkhai Norbu's more recent written works and oral teachers have been added, including an essay on the four intermediate states after death entitled Birth, Life, and Death. A full-color 16-page insert of traditional Tibetan art highlights Tibet's unique aesthetic wisdom. From the Trade Paperback edition. "In this book, the Dzogchen teaching is presented through one of its most ancient texts, the tantra Kunjed Gyalpo, or "The All-creating King" - a personification of the primordial state of enlightenment. This tantra is the fundamental scripture of the Semde, or "Nature of Mind," tradition of Dzogchen and is the most authoritative source for understanding the Dzogchen view."--BOOK JACKET. Tibetan Buddhist practices and prayers focussed on Amitabha (Limitless Light) Buddha in the Mahayana tradition developing wisdom and compassion as the means to dissolve the obscurations which limit our capacity to engage fully with life. The Yogacara Doctrine teaches one fundamental truth, namely that all beings are Buddha-'sattva Buddha evam'-or, in other words, all beings are aspects of one all-embracing absolute awareness, were they but to know it. This book sets a context for the study and meditation on ten pivotal texts of Yogacara. The source texts, translated from a practice perspective, derive from the Indo-Tibetan mahasiddha tradition and are presented with an ecumenical approach. As this collection of pithy Yogacara works will readily prove to the reader, the ancient 'Practice Tradition of the Yogin' (mal-bhyor-pa'i sgrub-brgyud) is based on a clearly active realization of the essential nature of mind and consciousness gained through years of intensive examination and reflection. Yogacara approach advocates a dynamic form of meditation that is neither suppressive nor lethargic. The guide to this attainment, the mechanism that sharpens the mind's penetrative and illuminative qualities, is metaphysical inquiry. It has often been said that the introductions to the books of my translation of Dzogchen texts stand alone as explanatory teaching upon Dzogchen itself. So here they are as chapters in a book which may be considered at best congealed pointing out instruction and at worst explanations of Dzogchen theory. Many people, rightfully attached to the marvelous English language, have a natural aversion to translation, crabbed or stylish, and prefer potted versions of Tibetan texts which provide a short-cut to the essence of the Dzogchen matter. I say 'congealed' pointing out instruction because in the same way that the conception and aspiration differs from the act itself, conceptualized Dzogchen only gives a tangential glimpse of buddha-enlightenment, an ideal experience of the world, and tends to taste like reheated porridge. But I trust that these essays will clear away a lot of false notions about Dzogchen, the principal erroneous notion being that Dzogchen can be attained by hard work. At best these essays may define Dzogchen as an experience of immediacy and provide koans that can induce a direct understanding. Anyway, at their worst, they may be informative, providing a guide to the texts that they once introduced. If they inspire people to realization of Dzogchen they will have performed a useful function and if they induce readers to plunge into the translations of the original Tibetan texts and thereby enter the Dzogchen stream that also may prove auspicious. Keith Dowman translates Dzogchen from the Tibetan and provides pointing-out indications of the nature of mind. A

key Dzogchen text—available together with its Tibetan commentaries, including from the fifteenth Karmapa—from a preeminent translator. The Aspiration Prayer of Samantabhadra, one of the most famous and often-recited Dzogchen texts, is at once an entreaty by the primordial buddha, Samantabhadra, that all sentient beings recognize the nature of their minds and thus become buddhas, and also a wake-up call by our own buddha nature itself. This monumental text outlines the profound view of Dzogchen in a nutshell and, at the same time, provides clear instructions on how to discover the wisdom of a buddha in the very midst of afflictions. In this volume, Karl Brunnhözl offers translations of three versions of the Aspiration Prayer and accompanies them with translations of the commentaries by Jigmé Lingpa, the Fifteenth Karmapa, and Tültrim Sangpo. He offers further contextualization with his rich annotation and appendices, which include additional translation from Jigmé Lingpa, Longchenpa, and Patrul Rinpoche. This comprehensive, comprehensible book illuminates this profound text and greatly furthers our understanding of Dzogchen—and of our own nature. The Circle of the Sun by Traleg Kyabgon Rinpoche is a succinct elucidation of the theoretical framework, the pith instructions of Dzogchen. Traleg Kyabgon's translation and commentary of the 17th century Tibetan Dzogchen master Tsele Natsok Rangdrol, provides a uniquely modern perspective of this ancient text, bringing the theoretical framework of Dzogchen - Tekcho or cutting through, and Thogal or leaping over - to life. It is an excellent companion to his other work on Dzogchen called, Actuality Of Being, that contrasts the Dzogchen approach with the nine yana system and includes a strong practice component and advice for meditation. Circle Of The Sun defines many of the key terms associated with this school and explains the core beliefs and perspectives that direct the practitioner's path and practices to their final fruition, the uncovering one uncontrived authentic state. Tsele Natsok Rangdrol's text is considered to be one of the best if not the best summary of Dzogchen teachings in existence. This book presents key insights from a wide range of traditional Tibetan Buddhist accounts and stories of the path to freedom. It highlights how to clear the mind of false beliefs so that the intrinsic clarity of our being can shine through. Sparks is the 8th book by this popular author. It is an accessible collection of short writings and poems informed by his experience of practising and teaching Buddhism for many years. In simple and beautiful language it is an expression of the profound non-dual view of Dzogchen, which illuminates the enlivening Buddha potential present in all of us. This pithy collection of prose and poems can be entered at any point, enjoyed and reflected upon since each 'spark' or 'snippet' is complete in itself. The topic is profound, yet it is condensed and expressed in simple language using examples and metaphors from everyday life and the living world around us. James Low's books have been and are being translated into Estonian, French, German, Italian, Polish, Portuguese and Spanish. James Low has now retired from his post as a Consultant Psychotherapist in the National Health Service. He maintains a small private psychotherapy practice in London and has taught in many psychotherapy institutes, mostly in the UK. In this book Traleg Kyabgon Rinpoche elaborates on key aspects of the view, meditation and action of Dzogchen practice and outlines the way in which confusion arises; the notions of self-existing wisdom, primordial purity and non-conceptuality; the four levels of mind; the three ways of resting the mind; the three aspects of energy; authentication of body, speech and mind; and the actualization of the ground; and presents profound practice methods to deepen one's understanding and experience. Compiled from a series of retreats led by Rinpoche, Actuality of Being: Dzogchen and Tantric Perspectives discusses Dzogchen (also known as Maha Ati and the Great Perfection) in relation to the nine yana system. The nine yana system is a set of nine successive steps used as a guide for spiritual growth within the Nyingma tradition of Tibetan Buddhism. Dzogchen, while generally presented within the nine yana system is in fact seen as independent of any system, school of thought or philosophy. Recognised as a complete path within itself, Dzogchen emphasizes the notion of sudden or instantaneous enlightenment, or self-liberation. "In Dzogchen practice the beginning and the end are not seen as separate. The very starting point is the end itself. There is no difference between the alpha and omega, in the sense that when you realize Dzogchen, you have not realized anything different from what you already possess." Traleg Kyabgon Rinpoche. A key Dzogchen text—available together with its Tibetan commentaries, including from the fifteenth Karmapa—from a preeminent translator. The Aspiration Prayer of Samantabhadra, one of the most famous and often-recited Dzogchen texts, is at once an entreaty by the primordial buddha, Samantabhadra, that all sentient beings recognize the nature of their minds and thus become buddhas, and also a wake-up call by our own buddha nature itself. 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These twelve traditional teachings show us how to recognize our own enlightened being as infinite awareness free of all effort and artifice: Freed from limiting false assumptions, human nature is revealed as a joyful process of open responsiveness. Dzogchen Essentials offers a collection of teachings which are principally about clarifying confusion, the mistaken ways we normally relate to our perceptions of environment, body, and senses. Rather than continue the habits of insisting on a solid reality, we are given skillful alternatives and practices and the method to integrate them with the view of the Great Perfection. Dzogchen Essentials is for the dedicated Vajrayana student. Carrying on from The Dzogchen Primer, it contains a wide range of selections upholding the style of the simple meditator, including pieces by Padmasambhava, Tulku Thondup, Dilgo Khyentse, Dudjom, Tulku Urgyen, Sogyal and Chugyam Trungpa, Rinpoches. Additional sources and facilitator's guidelines enrich study groups and nurture the lone practitioner. The first-ever English translation of mind-training contemplations from the Dzogchen tradition of Tibetan Buddhism. A compilation of teachings on the seven contemplations, an ancient system of mind-training/lojong teachings that has been preserved as part of a rare set of instructions on Dzogchen, or the Great Perfection. This book is unique because although the lojong teachings of the Kadam tradition are well known, this is the first time the mind-training teachings from the Dzogchen tradition have been presented in an English translation, and most Western scholars and practitioners are unaware that such mind-training techniques even exist in Dzogchen. The contemplations themselves are vividly described, and some unfold as dramatic stories in which the meditator imagines himself or herself as the main character. Thus, they are quite accessible for beginning practitioners. From the author of Opening the Door to Bön, this detailed commentary on the meditation system of A-tri Dzogchen ("Great Perfection") draws on many ancient Tibetan Bön Dzogchen texts. It guides the reader through the gradual practices to the achievement of liberation and rainbow body. Esteemed Tibetologist Jean-Luc Achard contextualizes and provides a clear translation of highly secret precepts on Dzogchen practice unlike anything published. The Instructions on the Six Lamps is a profound and important work from the Bön Dzogchen tradition and is one of the root texts of the Zhangzhung Nyenyü (Oral Transmission of Zhangzhung) series of orally transmitted teachings. Considered to be the central work of the inner cycle of these teachings, it expertly details the principles of the natural state and its visionary marvels. The root text describes highly secret precepts of Dzogchen (Great Perfection) practice—the teachings of Trekchö and Thögel—as revealed by Tapihritsa to Gyerpung Nangzher Löpo. The teachings in this text represent oral instructions transmitted by a single master to a single disciple in the mode known as "single transmission." It is through such a practice that one can see the clear light of one's own mind before achieving complete buddhahood. In this respect, the text contains a complete teaching of Dzogchen, from beginning to end. Dzogchen, the Great Perfection, a.k.a. Atiyoga, has, since its inception, been proclaimed by Tibetan gurus to be the pinnacle of all spiritual paths, the most direct way for a yogi to achieve Buddhahood. Therefore, given L. Ron Gardner's affinity for the highest yoga teachings, it's no surprise that he became smitten with the tradition after he encountered it in the late 1970s through the writings of the esteemed Namkhai Norbu. In the decades that followed, L. Ron read numerous Dzogchen texts by both modern and early Tibetan masters. As a burgeoning expert in mystical traditions who specialized in comparative spirituality, he wanted to understand and be able to explain Dzogchen in relation to other great spiritual traditions. And when, some fifteen years ago, he "cracked the code" of the En-Light-enment project, he knew it was just a matter of time until he applied his seminal insights to explicating the Great Perfection.????????? Regarding Radical Dzogchen, L. Ron writes: "My goal as a mystic-philosopher has always been, and will always be, the radical demystification of spiritual life. And I trust that those who resonate with my goal will appreciate the unique and ground-breaking material in this book."

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