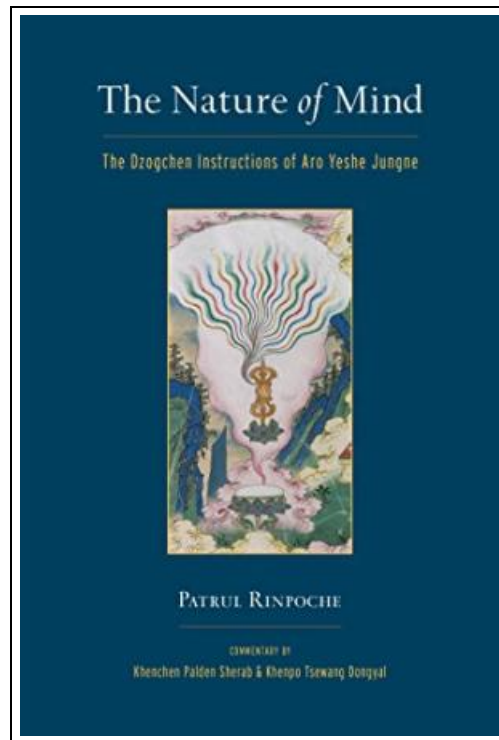


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Shambhala Publications Inc, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Patrul Rinpoche s collection of the Dzogchen teachings of Aro Yeshe Jungne illuminated by practical meditation instructions that can be applied on-the-go in daily life by students of all backgrounds. Patrul Rinpoche, the beloved nineteenth-century master best known for Words of My Perfect Teacher, collected the teachings of the tenth-century adept Aro Yeshe Jungne and synthesized them into the short text translated here as Clear Elucidation of True Nature. How to put these essential teachings into practice is the subject of the lively commentary by the two Khenpo brothers, the late Khenchen Palden Sherab Rinpoche and Khenpo Tsewang Dongyal Rinpoche. The Dzogchen meditation instructions of the Aro lineage are divided into nine sets, or nine levels, with specific instructions for each on how to identify the nature of the mind, how to abide in it as a way of life, and how to liberate turbulent thoughts and emotions when they arise. The commentary enfolds this instruction into a broad general teaching suitable for beginners that serves as an introduction to Dzogchen meditation, to the Nyingma tradition, and to basic Buddhism. Succinct and easy to read, the text encapsulates the entire path of the nine levels of study and practice described in the Nyingma school of Tibetan Buddhism. As a result, it has much to offer both beginners and longtime meditators to support their understanding and practice.



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