



Mahamudra Tantra: The Supreme Heart Jewel Nectar

By Kelsang Gyatso

Tharpa Publications. Paperback. Book Condition: new. BRAND NEW, Mahamudra Tantra: The Supreme Heart Jewel Nectar, Kelsang Gyatso, Mahamudra is the union of great bliss and emptiness - the most subtle mind that experiences great bliss and realizes ultimate truth, the way things actually exist. From his practical experience, Geshe Kelsang explains how to prepare our mind for Mahamudra meditation, how to remove obstacles to successful practice, and how we can experience progressively subtler states of mind. By explaining how to uncover and purify the deepest level of our mind and to use this very subtle blissful mind to meditate on ultimate truth, he shows how we can destroy all our negative minds at their very root and quickly reach the state of full enlightenment.



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