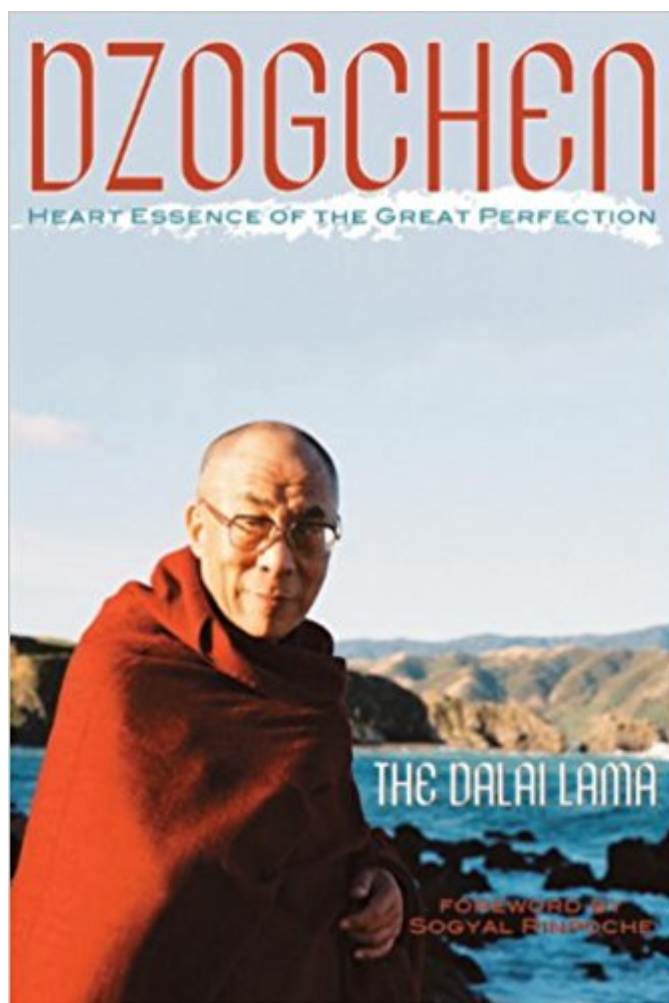


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Dzogchen: Heart Essence Of The Great Perfection



Synopsis

This is the most informative and thorough book on Dzogchen available. These teachings are on Dzogchen, the heart essence of the ancient Nyingma tradition of Tibetan Buddhism. Exploring this esoteric subject in print for the first time, His Holiness offers the reader insights into one of Buddhism's most profound systems of meditation. He discusses both the philosophic foundations and the practices of this system—taking into account the approaches of various schools and teachers. Paying tribute to the uniqueness of Dzogchen, His Holiness sets it within the wider spectrum of Tibetan Buddhism as a whole. He explains the essence of Dzogchen practice and addresses questions such as why Dzogchen is called "the pinnacle of all vehicles," what are its special features, and what are the crucial principles of the other Buddhist paths which a Dzogchen practitioner should know.

Book Information

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Customer Reviews

Like all wisdom traditions, Buddhism trades on the transmission of doctrines and approaches from one generation to the next. Tibetan Buddhism also places great value on the teachings' human lineage. Dzogchen, literally "great perfection," is the primary teaching of the Nyingmapa school of Tibetan Buddhism, and was brought to Tibet in the eighth century by Padmasambhava, who is venerated as the "second Buddha." His powerful gift is transmitted through this collection of addresses given from 1982-1989 by the 14th Dalai Lama. As Sogyal Rinpoche (The Tibetan Book of Living and Dying) puts it in his foreword, "To receive such teachings from His Holiness is...

something quite extraordinary." For advanced students of Tibetan Buddhism this is a significant gift indeed, for it rings not only as an offering from the tradition's greatest living teacher, but also echoes with the compassionate authority of a purity kept clear by Tibet's 2,000-plus-year-old history. Beginners will be challenged, if not defeated, by the complex system here, but most readers can find joy and wisdom in the two brief addresses in the appendix. Here Nyoshul Khenpo Jamyang Dorje and the Dalai Lama speak softly yet powerfully to people of this brash, busy, chaotic world if we will but pause to listen. Copyright 2001 Cahners Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

"His Holiness the Dalai Lama brings to his explanation of Dzogchen a perspective and breadth which are unique. To receive such teachings from His Holiness is, I feel, something quite extraordinary." — Sogyal Rinpoche, author of *The Tibetan Book of Living and Dying* "For our time, His Holiness the Dalai Lama embodies the completely pure essence of the Buddha's wisdom and limitless compassion for all beings. His knowledge of the teachings of the four major schools of Tibetan Buddhism in general and the Dzogchen teachings in particular is impeccable. His deep understanding and generosity of spirit make him an unerring and reliable guide through the subtleties of the profound vehicle of Tibetan Buddhist practice known as Dzogchen. Students are fortunate to have access to this collection of rare teachings — the most direct teachings available on mind's true nature — and through them to meet such an extraordinary teacher." — The Dzogchen Ponlop Rinpoche "For unsurpassed, highest, perfect scholarship, Dzogchen comes as near as language permits us to discussing the ineffable." — Bloomsbury Review "In this beautifully translated and edited volume, His Holiness, foremost proponent of the Ri-me movement in contemporary Buddhism, displays his enormous erudition, profound insight, and inexhaustible good humor in illuminating the profound theory and practice of Dzogchen. This work is a genuine treasure for scholars and contemplatives alike." — B. Alan Wallace "H.H. the Dalai Lama, Buddhist leader and world peacemaker, sets forth herein perfectly clear instructions for the attainment of buddha mind and the heart essence of dzogchen. Studying, contemplating, and meditating on these teachings will reveal the true meaning of precious human life. This book is a beacon for the new millennium!" — Khenpo Palden Sherab Rinpoche and Khenpo Tsewang Dongyal Rinpoche "What greater treasure than this volume hosting four separate teachings on Dzogchen, given by the Dalai Lama to Western students?" — Sangha Journal "He offers here not only luminous insight into the heart of spiritual practice but also practical advice on how to bring such teachings into daily life. His humor adds a warm grace note throughout. Clear, easy to

understand, . . . a perfect book for our times."•Tricycle "This is a book of uncommon richness and a remarkable testimony to His Holiness's learning insight and many-sided genius."•Branches of Light, the semiannual review journal of Banyen Books "A brilliant explanation of Dzogchen, presented with a unique perspective and breadth."•Mandala: A Tibetan Buddhist Journal

Read about 10 years ago, now again. Excellent, technical; recommend a less technical and consistent (this is a collection of presentations over-time and locale, much over-lap and no progression in thought discernible) for beginners to Dzogchen.

These talks form probably the best comparative analysis of the Dzogchen lineage and related Tibetan traditional schools addressed to our contemporaries. For those interested in the Heart Essence of the Great Perfection, this work of HH Tenzing Gyatso will remain a basic manual to enhance deepening practice.

Very pleased

The book will gently introduce you to profound teaching of ancient tradition of vajrayana Buddhism, and leave profound impact on your mind continuum.

very inciteful

HH Dalai Lama presents a clear discussion of Dzogchen, but it would have been best to be in the audience at the talks. My teacher, a contemporary of HH, always said people who abandon their regular practice to go straight to Dzogchen were like someone trying to get to the roof of his house without a ladder.

As I read through the pages of this book, what transpired was an overwhelming sense of spiritual peace and tranquility.

In depth and scholarly by an expert who knows and experiences the subject

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