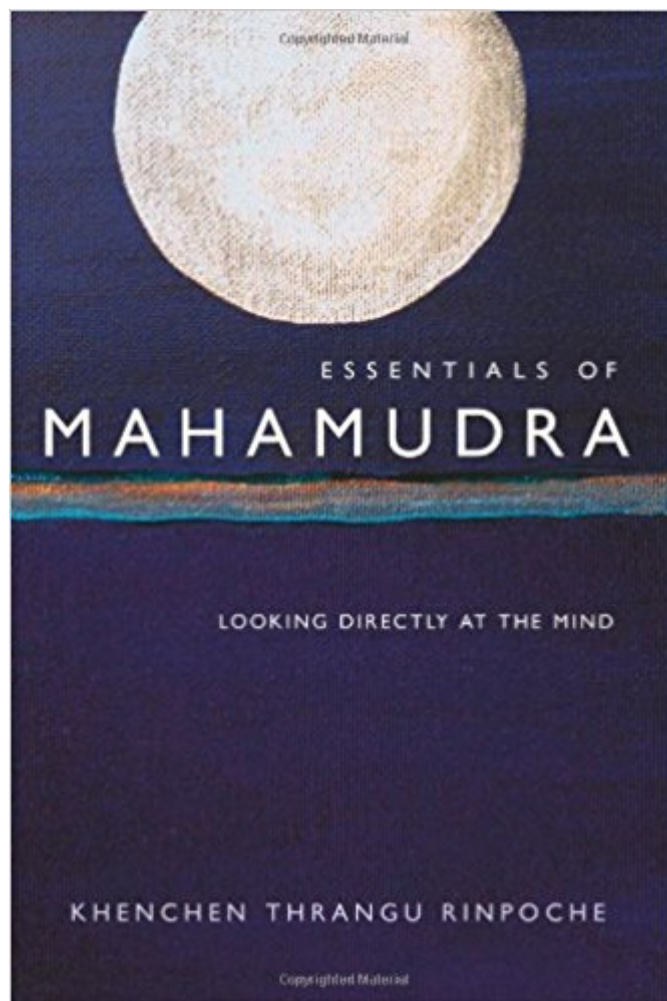


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# Essentials Of Mahamudra: Looking Directly At The Mind



## Synopsis

What would you see if you looked directly at your mind? The Tibetan Buddhist teachings on mahamudra are known for their ability to lead to profound realization. Peaceful and infinitely adaptable, these teachings are as useful for today's busy world as they have been for centuries. Written by the tutor to the seventeenth Karmapa, *Essentials of Mahamudra* is a commentary on Tashi Namgyal's famous *Moonlight of Mahamudra* - a text that the sixteenth Karmapa had identified as the most valuable for Westerners. Khenchen Thrangu Rinpoche recognized that Western meditators don't just need to know how to maintain our meditation practice - we need to know why we should do it. Unmatched in its directness, *Essentials of Mahamudra* addresses both these needs, rendering one of the most advanced forms of meditation more easily adaptable to our everyday lives.

## Book Information

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## Customer Reviews

"Khenchen Thrangu Rinpoche [is] one of the foremost mahamudra teachers. 'It [mahamudra meditation] is peaceful and gentle,' he writes in *Essentials of Mahamudra*. The book is based on Tashi Namgyal's '*Moonlight of Mahamudra*,' a sixteenth-century text that lays out the rationale behind the mahamudra practices, along with detailed instructions, including how to continue practicing off the cushion. *Essentials* contains answers to students' questions--helpful to practitioners at any level." (Tricycle)"What makes Rinpoche's work distinctive is the clarity and vividness of his religious thought." (Library Journal)"Makes the practice of mahamudra, one of the

most advanced forms of meditation, easily accessible to Westerners' everyday lives. A wonderful way of bringing us to the path." (Mandala)"Khenchen Thrangu Rinpoche is one of the few remaining living Tibetan Buddhist teachers who was born in a free Tibet. Between 1990 and 1995, he conducted five retreats at Big Bear Lake, California. His talks there have been edited into Essentials of Mahamudra. During these talks, Rinpoche presented a comprehensive introduction to the mahamudra path. Similar to the practice of Dzogchen, mahamudra is a direct and powerful practice. There are two central meditative practices: peaceful abiding, shamatha, and insight, vipashyana. This work discusses these two corollary meditative approaches in great detail, moving back and forth between the two. As always, Rinpoche's instructions are beautifully [clear]." (Ashe Journal)"A comprehensive overview. Invaluable." (Shambhala Sun)

Khenchen Thrangu Rinpoche is a senior scholar within the Kagyu tradition of Tibetan Buddhism and the author of many books and commentaries. He was born in Kham, Tibet, in 1933 and entered Thrangu Monastery at age seven. He serves as the main tutor to His Holiness the Seventeenth Karmapa and travels worldwide giving teachings and leading retreats. Based in Nepal and India, he is also abbot of Gampo Abbey in Nova Scotia and founder of Vajra Vidya Retreat Center in Crestone, Colorado.

Very accurately and succinctly describes the Mahamudra teachings as well as basic Buddhist meditation foundations. Thrangu Rinpoche has a gift for articulating the ineffable, if such a thing is possible.

Wonderful commentary. It stands on its own as a very good meditation text. Not only is there enough practical instruction in the book for beginners to start meditating, but also there is enough wisdom for intermediate and even expert contemplatives to gain valuable insights. Besides the 'practical' aspects, the book offers a much needed conceptual framework. Understanding why we meditate, with what intent, and for what goal is equally as important as the meditation instructions themselves. 5 Stars. Thank you so much for this Khenchen Thrangu Rinpoche.

Doesn't come any better than this manual of Mahamudra meditation. Not for reading, like a book. It's an instruction, to practice, day by day, page by page, until you, too, realize who you really are.

Lots of practice advice and instruction for the Mahamudra student.

This is one of the great dharma texts of all time. You could spend a lifetime reading it, and still not be "done." Beautiful and profound teachings, beautiful and clear translation.

Essential for minding the mind. A great privilege to have such insightful discourse so easily available. Mr. Descartes would no doubt have revelled in it.

Fine book to add to a meditation library

Straight forward discussion of Dakpo Tashi Namgyal's book.

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