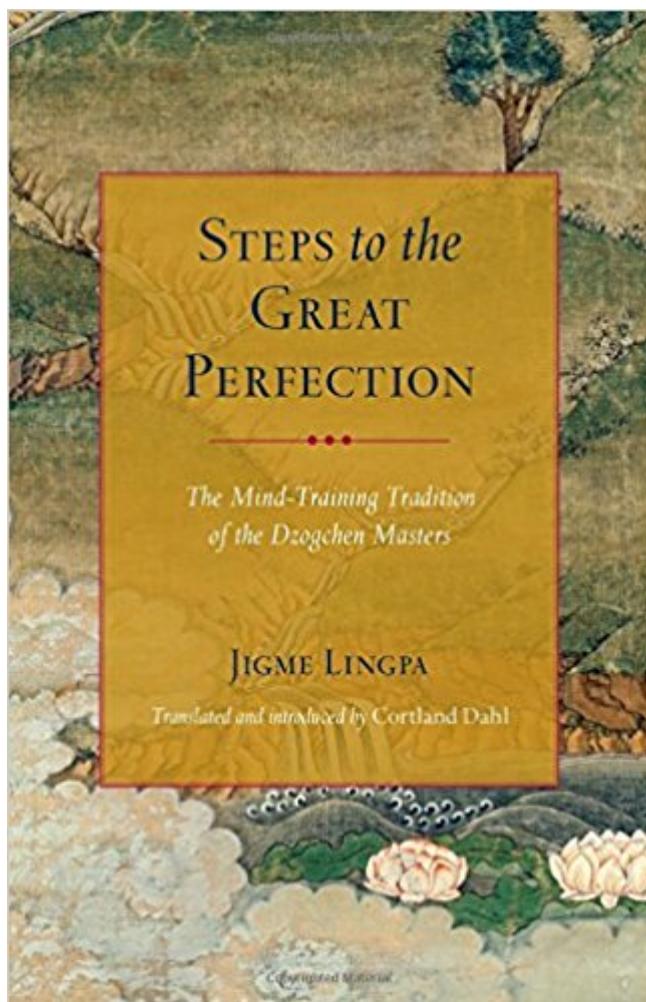


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# Steps To The Great Perfection: The Mind-Training Tradition Of The Dzogchen Masters



## Synopsis

The first-ever English translation of mind-training contemplations from the Dzogchen tradition of Tibetan Buddhism. The mind-training practices contained in the Dzogchen tradition of Tibetan Buddhism have never before been presented in the English language. The main text translated here, *The Steps to Liberation*, will be of great interest to Western practitioners, since its instructions are pithy and direct, and experiential rather than scholarly. The contemplations on core Buddhist principles like impermanence and karma, intended for beginning meditators, unfold as dramatic stories in which the meditator is to vividly imagine himself or herself as the main character who undergoes a sequence of experiences that result in transformative realizations. They distill the most essential teachings of the Buddha into a practical system that can be easily implemented in a daily meditation practice. At the same time, they bring together the most foundational Buddhist teachings with the profound methods of the Vajrayana (the esoteric teachings of Buddhist tantra). This is the hallmark of Dzogchen mind training and what sets it apart from other mind-training lineages.

## Book Information

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## Customer Reviews

If you have time or money for only one more dharma book this year, this is the one. Most of us have been taught (and are hopefully practicing) Atisha's seven point mind training for years but I can say with utmost confidence that this text - never before translated into English - is a lesser known road to a familiar destination that few of us have encountered in this lifetime, a path with spectacularly different views. I especially appreciated the visualizations which many may find helpful while doing

other practices on the six realms. There's a lot here to get monkey mind focused and to encourage it from running about unchecked. Cortland Dahl has taken much care in rendering this translation in a clear, easily read manner and I look forward to the day when we can receive formal transmission of this text.

truly wonderful translation... and a treasure for us to have this now accessible in English. For those interested in mind training / liberation, a must read!!!!

A very unusual book on mind training. This is incredibly good.

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