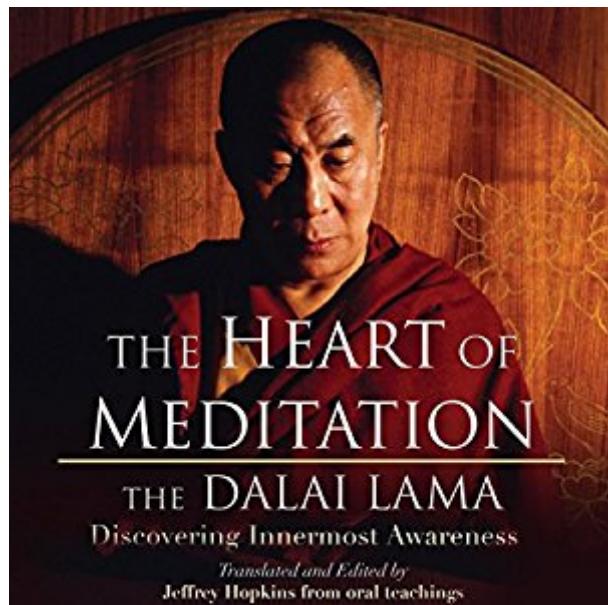


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# The Heart Of Meditation: Discovering Innermost Awareness



## Synopsis

His Holiness the Dalai Lama provides intimate details on an advanced meditation practice called Dzogchen using a visionary poem by the 19th-century saint Patrul Rinpoche, author of the Buddhist classic Words of My Perfect Teacher. The Dalai Lama deftly connects how training the mind in compassion for other beings is directly related to - and in fact a prerequisite for - the very pinnacle of Buddhist meditation. He presents his understanding, confirmed again and again over millennia, that the cultivation of both compassion and wisdom is absolutely critical to progress in meditation and goes into great depth on how this can be accomplished. While accessible to a beginner, he leads the listener in very fine detail on how to identify innermost awareness - who we really are - how to maintain contact with this awareness, and how to release oneself from the endless stream of our thoughts to let this awareness, always present, become consistently apparent.

## Book Information

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## Customer Reviews

All meditation practices must come to this: Innermost Awareness. The Dalai lama clarifies a short and profound poem written in the 1800s by Dza Patrul Jingme Chokyi Wangpo that strikes to the heart of the matter. All other meditation practices lead to this; direct perception of innermost awareness that maintains itself during meditation and afterwards in the non-meditation. When you are able to stay within the experience of the already identified basic nature the true foundation and mode of release without losing it, by not

fluctuating from it, then conceptions that are generated appear right within the context of this basic nature and thus are like writing on water; they immediately disappear, released in the sphere of innermost awareness, making no connections to subsequent involvement. (text at page 99.) Other meditations involve conceptualizations and can only provide temporary states. This covers the ultimate practice we need to reach, so WOW. Or as the text says, LA. LA. There's no fluff here. The Patrul Rinpoche's poem and the Dalai Lama's commentary are written with the exactitude of diamond cutters, as precise dzogchen teaching as you can hope to receive.

This is an incredible book. Whether you are just interested in the Dalai Lama, or are a practicing Buddhist, this book has a lot to offer across this spectrum. His Holiness' warmth, compassion, and kindness of course come out, but it is his incredible intellect and sharpness that was so powerful for me.

A clear guide to deep meditation practice. Worthwhile for long term practitioners.

A very current and excellent teaching on Dzochchen meditation practice. While anyone can get a lot from this book, it is an advanced teaching and practice.

The teachings of the Dalai Lama is based upon the works of Nagarjuna, which have a limited perspective.

Perfect! Just as described

Not to demean the importance of His Holiness, but I find his teachings difficult to read. He attempts to write to the Collective Consciousness and the Individual at once. I far more prefer Rowan Williams on Buddhist thought. If you want traditional Buddhism, seek out the strange, but effective, writings of the former Archbishop of Canterbury.

A truly excellent book.

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