

Dzogchen Practice: A Selection of Four Books

The Practice of Dzogchen: *Longchen Rabjam's Writings on the Great Perfection* (Buddhayana Foundation) by Longchenpa (Author), Harold Talbott (Editor), Tulku Thondup (Translator).

A classic collection of writings on the meditation practice and theory of Dzogchen, the Great Perfection, by the celebrated fourteenth-century scholar and adept Longchen Rabjam (Longchenpa).

This classic collection of texts on the meditation practice and theory of Dzogchen presents the Great Perfection through the writings of its supreme authority, the fourteenth-century Tibetan scholar and visionary Longchen Rabjam. The pinnacle of Vajrayana practice in the Nyingma tradition of Tibetan Buddhism, Dzogchen embodies a system of training that awakens the intrinsic nature of the mind to reveal its original essence, utterly perfect and free from all duality—buddha nature, or buddhahood itself.

In *The Practice of Dzogchen*, Tulku Thondup translates essential passages from Longchen Rabjam's voluminous writings to illuminate and clarify this teaching. He also draws on the works of later masters of the tradition, placing Dzogchen in context both in relation to other schools of Buddhism and in relation to the nine-vehicle outline of the Buddhist path described in the Nyingma tradition. This expanded edition includes *Counsel for Liberation*, Longchenpa's poetic exhortation to readers to quickly enter the path of liberation, the first step toward the summit of Dzogchen practice.

As It Is, Vols. 1 and 2 by Tulku Ugyen Rinpoche (Author), and Erik Pema Kunsang (Author, Translator).

The teachings presented in *As It Is*, Volume I are primarily selected from talks given by the Dzogchen master, Tulku Ugyen Rinpoche, in 1994 and 1995, during the last two years of his life. The unambiguous Buddhist perception of reality is transmitted in profound, simple language by one of the foremost masters in the Tibetan tradition. Dzogchen is to take the final result, the state of enlightenment itself, as path. This is the style of simply picking the ripened fruit or the fully bloomed flowers. Tulku Ugyen's way of communicating this wisdom was to awaken the individual to their potential and reveal the methods to acknowledge and stabilize that prospective.

His distinctive teaching style was widely known for its unique directness in introducing students to the nature of mind in a way that allowed immediate experience. This book offers the direct oral instructions of a master who inspired admiration, delight in practice, and deep trust and confidence in the Buddhist way.

The collection of teachings presented in *As It Is*, Volume II, is selected from talks given by the Tibetan meditation master, Kyabje Tulku Urgyen Rinpoche between 1994 and 1995. The emphasis in Volume I was on the *development* stage practice and in Volume II primarily on the *completion* stage. However, to make such divisions is merely for the convenience of the editors. In the reality of Rinpoche's teaching method, no such separations exist.

Tulku Urgyen Rinpoche was someone with extraordinary experience and realization, a fact known throughout the world. It is evident to everyone that he was unlike anyone else when it came to pointing out the nature of mind, and making sure that people both recognized it and had some actual experience.

--Khenchen Thrangu Rinpoche

Tulku Urgyen Rinpoche was an incredible master, both learned and accomplished. The great masters of this time — the 16th Karmapa, Kyabje Dudjom Rinpoche and Dilgo Khyentse Rinpoche — all venerated him as one of their root gurus and a jewel in their crown ornament. He was someone who achieved the final realization of the Great Perfection.

--Orgyen Tobgyal Rinpoche

The difference between buddhas and sentient beings is that sentient beings are busy fabricating. Our self-existing wakefulness is being altered and contrived, and as long as it continues to be so, that long we will wander in samsara. Instead, we need to recognize the nature of mind. Here I am explaining this to give you the idea, of how it is. The next step is for you to experience; intellectual understanding is not enough. You need to actually taste it and realize it. Train till it becomes uninterrupted.

--Kyabje Tulku Urgyen Rinpoche

Carefree Dignity: *Discourses on Training in the Nature of Mind* by Tsoknyi Rinpoche (Author), Erik Pema Kunsang (Translator).

Tsoknyi Rinpoche is a reincarnate lama educated in the Tibetan Buddhist tradition. He has been teaching students from around the world since 1990. "Being carefree, you can fit in anywhere. If you're not carefree you keep on bumping up against things. Your life becomes so narrow, so tight; it gets very claustrophobic. Carefree means being wide open from within, not constricted. Carefree doesn't mean careless. It is not that you don't care about others, not that you don't have compassion or are unfriendly. Carefree is being really simple, from the inside. Dignity is not conceit but rather what shines forth from this carefree confidence."

—Tsoknyi Rinpoche

Tsoknyi Rinpoche's teaching style embodies a vividness that is a play between himself and his audience. His immediateness includes gestures and examples that entice us to understanding. Through guided meditations he offers direct participation as a delightful enhancement to our practice. Simple, straightforward and profound, *Carefree Dignity* is a book that captivates our intellect while enriching our awareness.

Wild Awakening: *The Heart of Mahamudra and Dzogchen* by Dzogchen Ponlop Rinpoche.

Mahamudra and Dzogchen are perhaps the most profound teachings within all of Tibetan Buddhism. The experience of *Mahamudra*, or "great symbol," is an overwhelming sense of extraordinary clarity, totally open and non-dualistic. *Dzogchen*, or "great perfection," is the ultimate teaching according to the Nyingma tradition and also represents the pinnacle of spiritual development. These are the two paths that provide practitioners with the most skillful means to experience the fully awakened state and directly taste the reality of our mind and environment. And yet these concepts are notoriously difficult to grasp and challenging to explain. In *Wild Awakening*, Tibetan Buddhist master Dzogchen Ponlop Rinpoche presents these esoteric teachings in a style that reveals their surprising simplicity and great practical value, emphasizing that we can all experience our world more directly, with responsibility, freedom, and confidence. With a straightforward approach and informal style, he presents these essential teachings in a way that even those very new to Tibetan Buddhism can understand.

Source: Book reviews taken from <http://www.amazon.com/>