

THE PRACTICE OF DZOGCHEN

Longchen Rabjam's Writings on the Great Perfection

Revised and Expanded Edition



Introduced, translated, and annotated by

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Longchenpa Anthologie Dzogchen Ecrits Perfection

Erik Pema Kunsang



Longchenpa Anthologie Dzogchen Ecrits Perfection:

Longchenpa, anthologie du Dzogchen Tulku Thondup Rinpoche, 2015-11-20 Ce livre nous présente le dzogchen travers les textes d'un des plus grands maîtres tibétains Longchenpa Longchen Rabjam 1308-1364 Le dzogchen ou grande perfection est un enseignement et une pratique dont le but est de nous faire découvrir la perfection naturelle de notre véritable nature rigpa Cette voie directe transmise par le maître nyingmapa est considérée comme le plus profond enseignement du bouddhisme tibétain Le livre est divisé en deux parties La première est une introduction détaillée avec des commentaires de Tulku Thondup qui contient de nombreuses citations provenant de différents soutras tantras et écrits des grands maîtres bouddhistes notamment ceux de l'école nyingmapa du Tibet ainsi qu'une présentation de la vie de Longchenpa La deuxième partie est une anthologie des traductions des écrits de Longchenpa sur le dzogchen et sur les pratiques qui conduisent la grande perfection Ce livre présente les plus importants enseignements profonds de ce maître incomparable et c'est une chance exceptionnelle de pouvoir bénéficier en langue française de ces textes très rares et précieux Natural Perfection Klong-chen-pa

Dri-med-'od-zer, 2010-04-20 Dzogchen or the Great Perfection is the apex of Tibetan Buddhism and Longchen Rabjam is recognized as the pre eminent master of Dzogchen and one of Tibet's greatest writers and sages His Treasury of Reality encompasses and optimizes the radical precepts of Dzogchen and is a shining example of why people continue to turn to the traditions of Tibet for spiritual and personal transformation Transcending the Tibetan context Longchen Rabjam's book is a manual of practical wisdom for all people of all times cultures and traditions Dzogchen teaches the natural perfection of all experience phenomena and life just as it is with no need to alter or fabricate complex ideas or philosophical views This discipline of spiritual transcendence provides the key not only to our inner enlightenment but to the health and survival of our planet **The Practice of Dzogchen** Longchenpa, 2014-10-28 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 The Precious Treasury of the Fundamental Nature Longchenpa, Khangsar Tenpa'i Wangchuk, 2022-02-01 The first and only

commentary on the Buddhist master Longchenpa's essential text on Dzogchen by modern scholar and Nyingma master Khangsar Khenpo Tenpa i Wangchuk Longchen Rabjam 1308-1363 also known as Longchenpa is a great luminary of Tibetan Buddhism. Regarded as a master of Dzogchen or Great Perfection, Longchenpa's prolific writings have made him one of Tibet's most renowned and precious teachers. In clear and elegant verse, Longchenpa's *Precious Treasury of the Fundamental Nature* establishes the definitive view of the ultimate nature of mind according to the secret class of pith instructions of the Great Perfection. Aside from the auto-commentary composed by Longchenpa himself in the fourteenth century, the first and only commentary ever to have been written on this work was composed in the twentieth century by Khangsar Khenpo Tenpa i Wangchuk, a teacher, scholar, and preserver of Buddhist monastic and scholarly culture in Tibet. This work marks the first step in translating the collected works of this modern Nyingma master. In this commentary, Khangsar Khenpo guides Dzogchen practitioners to experience and understand the phenomena of the outer world detected by the senses as well as the subjective mental and emotional states that apprehend them in order to bring the student to a recognition and stabilized experience of ultimate truth. *Old Man Basking in the Sun* Klong-chen-pa Dri-med-'od-zer, Keith Dowman, 2006. Translation of Longchenpa's *Gaslug mdod* Treasury of natural perfection with commentary. **Approaching the Great Perfection** Sam Van Schaik, 2013-02-08. Dzogchen, the Great Perfection, is the highest meditative practice of the Nyingma School of Tibetan Buddhism. Approaching the Great Perfection looks at a seminal figure of this lineage, Jigme Lingpa, an eighteenth-century scholar and meditation master whose cycle of teachings the Longchen Nyintig has been handed down through generations as a complete path to enlightenment. Ten of Jigme Lingpa's texts are presented here along with extensive analysis by van Schaik of a core tension within Buddhism: Does enlightenment develop gradually or does it come all at once? Though these two positions are often portrayed by modern scholars as entrenched polemical views, van Schaik explains that both tendencies are present within each of the Tibetan Buddhist schools. He demonstrates how Jigme Lingpa is a great illustration of this balancing act, using the rhetoric of both sides to propel his students along the path of the Great Perfection.

Wellsprings of the Great Perfection Erik Pema Kunsang, 2012-11-27. Wellsprings of the Great Perfection presents the primary sources explaining how the Dzogchen teachings came into this world, who received them, and through whom they passed. It is an impressive collection of original translations from a vast number of classical Tibetan documents, including songs of realization by the early masters of the lineage. The Dzogchen teachings of the Greatest Secret, also known as the Great Perfection, are the words of the compassionate Buddha, and among the causal and resultant vehicles, they are of the type that employ the fruition as the path. Wellsprings of the Great Perfection describes the origin and gives both short and detailed historical accounts and teachings. I see a profound importance in studying, reflecting upon, and practicing the authentic statements and explanations of the Dzogchen lineage masters, especially for people who aspire to realize the Great Perfection. The Through-cut of primordial purity, the view of Trekchö, I therefore request readers to keep these scriptures in the

center of their hearts Chokyi Nyima Rinpoche author of *Present Fresh Wakefulness* The ultimate origin and absolute teachings of Dzogchen inscribed in this most sacred text and whispered by the greatest adepts of its lineage are finally available in this volume Every serious student Dzogchen must study and enshrine it in their heart Tulku Thondup author of *The Healing Power of Mind* **Great Perfection** Dzogchen Rinpoche, 2008-01-15 In the Nyingma School of Tibetan Buddhism the Great Perfection is considered the most profound and direct path to enlightenment The instructions of this tradition present a spiritual shortcut a radically direct approach that cuts through confusion and lays bare the mind's true nature of luminous purity For centuries these teachings have been taught and practiced in secret by some of the greatest adepts of the Buddhist tradition Great Perfection Outer and Inner Preliminaries contains detailed instructions on the foundational practices of this tradition from *The Excellent Chariot* a practice manual compiled by the Third Dzogchen Rinpoche Distilling the teachings of the Heart Essence of the Dakinis into an accessible easy to practice format *The Excellent Chariot* leads the reader through the entire Buddhist path starting with basic Buddhist contemplations that work to dislodge deeply ingrained patterns of thinking and behaving and continuing on to the most advanced and secret meditative practices of the Great Perfection The teachings in this volume are drawn largely from the writings of the great Nyingma master Longchenpa and the root texts of the Heart Essence of the Dakinis itself The Third Dzogchen Rinpoche begins by discussing the correct way to study and practice the Great Perfection teachings before presenting an overview of the Great Perfection lineage and an explanation on the meaning and importance of empowerment In the chapters that follow he presents practical instructions on the outer and inner preliminaries the so called ng ndro practices These practices enable the practitioner to transform and purify the mind preparing it for the advanced Great Perfection meditation of Trekchö and Tgal the breakthrough and direct leap In addition to the translation mentioned above Great Perfection Outer and Inner Preliminaries contains a beautiful introduction by the Dzogchen Ponlop Rinpoche a contemporary Great Perfection master and an extensive glossary of key Great Perfection terminology *Steps to the Great Perfection* Jigme Lingpa, 2016-07-05 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 **Entrance to the Great Perfection** , 2010-02-16 Blending contemporary

and traditional perspectives this groundbreaking work offers guidance on the profound foundational practices of the Great Perfection It contains classic commentaries by the renowned Tibetan masters Jigme Lingpa and Jamyang Khyentse Wangpo alongside a lively contemporary discussion by filmmaker author and spiritual teacher Dzongsar Jamyang Khyentse that discusses how to incorporate these ancient practices into the fast paced lifestyle of the Western world Also included are a lengthy introduction to the world of Tibetan Buddhism and its meditative practices as well as the long and short preliminary practice liturgies and numerous appendices on the nine yanas and other topics The ng ndro or preliminary practice is treasured in the Ancient School of Tibetan Buddhism as vital for effecting a profound inner transformation and as a foundation for the very highest teachings of the Great Perfection or Dzogchen In particular the Longchen Nyingtik ng ndro revealed by the great saint Jigme Lingpa following a series of visions in which he was blessed by the omniscient Longchen Rabjam and received the transmission of his wisdom mind has long been cherished by followers of all traditions on account of its power depth and poetic beauty

Spaciousness: the Radical Dzogchen of the Vajra-Heart Keith

Dowman, 2014-07-04 This famous seminal text of radical Dzogchen provides a profound yet simple poetic statement of how it is to immerse oneself in the matrix of the now and recognize buddha It is the personal statement of a peerless yogin adept Certainly the magic of his poetry impresses us that way and surely this Treasury of the Dharmadhatu the Choyingdzo reveals the consummation of Dzogchen In it we are assured that over and above all the yogas and dhyanas of Hindustan all the ritual and magic of Tibet and all the quasi religious new age therapies of the West there exists a simple timeless manner of being easy of access requiring no onerous technique or renunciate lifestyle that can give us some constant satisfaction in this vale of laughter and tears between birth and dying With Longchenpa Dzogchen Ati reaches its most complete revelation the Choyingdzo is Longchenpa s most revealing statement about the vajra heart and Keith Dowman has made a fine translation The pathless path of Dzogchen comes alive in this poetic exposition of the apex of Tibetan mysticism The form of language the translation the use of poetic invention creates an atmosphere of understanding as if a mahasiddha were writing in Oxford English with a touch of American slang This is radical Dzogchen not only in the actual teaching itself but also in the translation that strikes the flint of idiom to create sparks of wisdom that reveal the whole hologram

The Light of the Sun Choegyal Namkhai Norbu, Longchen Rabjam, 2014-07-07 One thousand years ago Gampopa the illustrious heart son of Tibet s great yogin Milarepa essentialized the entire Buddhist path in a concise set of pith instructions that became known as the Four Dharmas of Gampopa Since that time this profound teaching has been used by many eminent masters as a vehicle for imparting the key points of Buddhist practice including in the fourteenth century the incomparable Longchenpa whose brilliant exposition of the Four Dharmas illuminates the culmination of the path from a Dzogchen perspective The Light of the Sun presents a new translation of Longchenpa s Precious Mala of the Four Dharmas alongside the original Tibetan text with the lucid accessible and relevant commentary of contemporary Dzogchen master Choegyal Namkhai Norbu Born in eastern

Tibet in 1938 Choegyal Namkhai Norbu is an internationally known Dzogchen teacher and author as well as an eminent scholar of the history and culture of Tibet He studied with renowned masters of various Tibetan Buddhist traditions at important monasteries and colleges demonstrating exceptional capacity to learn and receiving degrees in both philosophy and letters and traditional medicine In 1960 he emigrated to Italy as a professor of Tibetology where about a decade later he began to give instructions to a growing following of Western students initially on Yantra Yoga and subsequently on Dzogchen the Total Perfection teachings of the Tibetan spiritual traditions He is the founder of the International Dzogchen Community created to encourage the teaching and practice of the Dzogchen point of view and meditation methods and travels worldwide giving teachings and speaking at international conferences A prolific author of books on Dzogchen Yantra Yoga and Tibetan history medicine and culture he also founded ASIA and the Shang Shung Institute two nonprofit organizations dedicated to supporting the Tibetan people and preserving Tibetan culture

Dzogchen The Dalai Lama,2020-04-14 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

The Fearless Lion's Roar Nyoshul Khenpo,2015-07-28 A collection of teachings on how to correctly practice the view and meditation of Dzogchen by one of its most accomplished and beloved masters of the twentieth century This volume is a heartfelt intimate presentation of the entire system of the Nyingma tradition from sutra to tantra to Dzogchen the Great Perfection and how through it modern day practitioners can succeed in attaining fully realized buddhahood Inspiring stories of the great masters Longchenpa and Jigme Lingpa kindle the prerequisites of faith and devotion that are the basis for the practices that follow The Tibetan Buddhist master Nyoshul Khenpo Jamyang Dorje gave these talks during a three year retreat in France from 1982 to 1985

Practicing the Great Perfection Shechen Gyaltsap Gyurme Pema Namgyal,Shechen Gyaltsap IV,2020-06-02 A collection of essential instructions on the practice of Dzogchen or The Great Perfection from one of the great early 20th century Buddhist masters Shechen Gyaltsap 1871 1926 was widely recognized as one of the greatest meditation masters and most compassionate bodhisattvas in the history of Tibetan Buddhism He lived a life of complete devotion and commitment to monastic discipline and study and became the root teacher of Dilgo Khyentse Rinpoche who said of Shechen Gyaltsap s teachings that they were worth more than all the gold in the entire world This collection intended for the advanced Buddhist practitioner who has received initiation from a qualified master provides the

essential instructions of Dzogchen or Great Perfection practice Written with a clear simplicity that belies their profundity the teachings give practical and pointed advice on how students should meditate and behave in ordinary life The work begins with an extensive reflection on the problem of self clinging and the analytical meditation designed to uproot it and proceeds to more specific instructions for the mind practice itself **Original Perfection** ,2013-07-22 These early foundational Dzogchen texts clear lyrical and rich in metaphor were smuggled into Tibet in the eighth century on white silk written in goat milk ink that would become visible only when exposed to heat These five texts are the root of Dzogchen practice the main practice of the Nyingma school of Tibetan Buddhism Vairotsana a master among the first generation of Tibetan Buddhists reveals here a truth that is at once simple and deeply profound that all existence life itself everyone one of us is originally perfect just as is Keith Dowman s sparkling translation and commentary provide insight and historical background walking the reader through the truths encountered in this remarkable book **The Great Secret of Mind** Tulku Pema Rigtsal,2013-04-08 Dzogchen Great Perfection goes to the heart of our experience by investigating the relationship between mind and world and uncovering the great secret of mind s luminous nature Weaving in personal stories and everyday examples Pema Rigtsal leads the reader to see that all phenomena are the spontaneous display of mind a magical illusion and yet there is something shining in the midst of experience that is naturally pure and spacious Not recognizing this natural great perfection is the root cause of suffering and self centered clinging After introducing us to this liberating view Pema Rigtsal explains how it is stabilized and sustained in effortless meditation without modifying anything whatever thoughts of happiness or sorrow arise simply dissolve by themselves into the spaciousness of pure presence The book is divided into chapters on the view meditation as the path conduct the attainment and the four bardos Each chapter consists of mini sections that can be read as stand alone Dharma talks Pema Rigtsal has studied and lived with several authentic Dzogchen masters and has surprising stories to tell about their unconventional methods to introduce students to the subtle view of Dzogchen **Natural Radiance** Lama Surya Das,2010-10-29 One moment of total awareness is one moment of perfect enlightenment This is the ultimate insight of Dzogchen or the Great Perfection the pinnacle teaching of Tibetan Buddhism With his previous bestselling books including Awakening the Buddha Within American born Tibetan Buddhist teacher Lama Surya Das has taught millions about the innate wakefulness and liberation that can be our natural ways of being Now with Natural Radiance he offers his first complete daily practice program for the personal experience of the swift and direct path of Dzogchen Dzogchen affirms that we are all Buddhas by nature infinitely open luminous compassionate wise and free This profound realization say the teachings cannot be understood intellectually or studied mentally but it can be passed from teacher to student through the spoken word With Natural Radiance you can now learn these time honored practices as they have been shared for centuries through direct transmission from an accomplished master of the tradition Join Lama Surya Das as your trusted guide to help you awaken to the sky like nature of mind what is known in Tibetan as rigpa or total and

pure presence This is the time of Dzogchen says Lama Surya Das when we most need this immediate teaching of the inherent perfection of being the natural state of enlightenment Includes CD with seven guided Dzogchen techniques The Dzogchen Primer Marcia Binder Schmidt,2002-07-23 The Tibetan Buddhist meditation practice known as Dzogchen pronounced ZOG chen is a practical method for accessing the pristine clear awareness that lies beneath the chatter and confusion of our daily thoughts The Dzogchen Primer provides the keys for understanding Dzogchen and putting it into practice Marcia Schmidt a long time Buddhist practitioner has gathered here the most accessible down to earth writings published on this subject and has organized them into a study guide for the serious beginner on the Buddhist path The collection includes writings from such well known and venerable masters as Milarepa Padmasambhava Shantideva Ch gyam Trungpa and Tulku Urgyen The concept of Dzogchen is said to lie beyond the confines of our beliefs our intellectual constructs our ordinary understanding A Dzogchen master writes We need to dismantle our fixation on the permanence of what we experience A normal person clings to his experiences as being real concrete and permanent But if we look closely at what happens experience is simply experience and it is not made out of anything It has no form no sound no color no taste no texture it is simply empty cognizance The Dzogchen Primer includes an informative editor s preface as well as two forewords by prominent Tibetan masters that provide fundamental background information that will be helpful to readers new to this subject The book also includes short descriptive guiding notes intended to assist both independent students and teachers leading workshops *Natural Great Perfection* Rinpoche Nyoshul Khenpo,Surya Das,Lama Surya Das,1995 Dzogchen teachings and a collection of spontaneous vajra songs

Whispering the Techniques of Language: An Emotional Quest through **Longchenpa Anthologie Dzogchen Ecrits Perfection**

In a digitally-driven world where monitors reign supreme and instant interaction drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within words usually get unheard. However, set within the pages of **Longchenpa Anthologie Dzogchen Ecrits Perfection** a interesting fictional value pulsing with organic thoughts, lies a fantastic quest waiting to be undertaken. Composed by a skilled wordsmith, that charming opus attracts visitors on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within the very cloth of each word. Within the emotional depths with this moving evaluation, we will embark upon a heartfelt exploration of the book is primary themes, dissect their charming writing fashion, and succumb to the strong resonance it evokes heavy within the recesses of readers hearts.

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