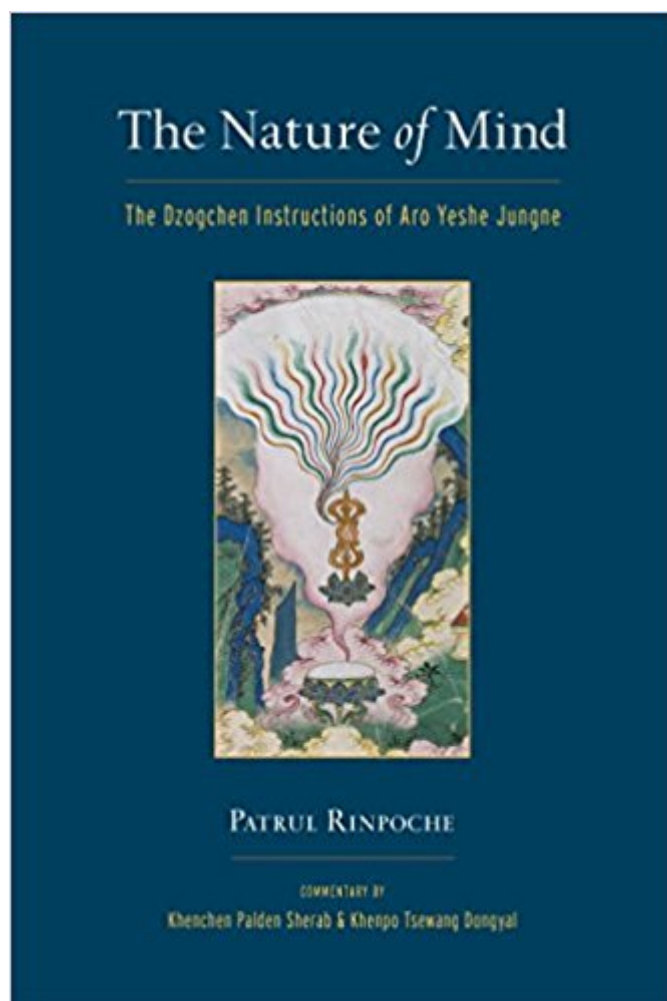


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# The Nature Of Mind: The Dzogchen Instructions Of Aro Yeshe Jungne



## Synopsis

Patrul Rinpoche's collection of the Dzogchen teachings of Aro Yeshe Jungne illuminated by practical meditation instructions that can be applied on-the-go in daily life by students of all backgrounds. Patrul Rinpoche, the beloved nineteenth-century master best known for *Words of My Perfect Teacher*, collected the teachings of the tenth-century adept Aro Yeshe Jungne and synthesized them into the short text translated here as *Clear Elucidation of True Nature*. How to put these essential teachings into practice is the subject of the lively commentary by the two Khenpo brothers, the late Khenchen Palden Sherab Rinpoche and Khenpo Tsewang Dongyal Rinpoche. The Dzogchen meditation instructions of the Aro lineage are divided into nine sets, or nine levels, with specific instructions for each on how to identify the nature of the mind, how to abide in it as a way of life, and how to liberate turbulent thoughts and emotions when they arise. The commentary enfolds this instruction into a broad general teaching suitable for beginners that serves as an introduction to Dzogchen meditation, to the Nyingma tradition, and to basic Buddhism. Succinct and easy to read, the text encapsulates the entire path of the nine levels of study and practice described in the Nyingma school of Tibetan Buddhism. As a result, it has much to offer both beginners and longtime meditators to support their understanding and practice.

## Book Information

Paperback: 208 pages

Publisher: Snow Lion (April 26, 2016)

Language: English

ISBN-10: 1559394498

ISBN-13: 978-1559394499

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 7 customer reviews

Best Sellers Rank: #369,530 in Books (See Top 100 in Books) #173 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Sacred Writings #428 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #2280 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

## Customer Reviews

"I am so happy to hear that this book is being published! Having such texts is our great good fortune. Patrul Rinpoche was a living buddha, a bodhisattva in the flesh, so of course his teaching

can be trusted and relied on completely. He wouldn't lie to us! Moreover, Khenchen Palden Sherab and Khenpo Tsewang Dongyal are exceptional, compassionate masters of our time, not ordinary lamas. I think there is no better way to practice than by following their commentary precisely. It is my prayer that these teachings not only will be read widely but also that each practitioner will bring them into their heart with faith and sincerity.

"Gyatrul Rinpoche, author of *Meditation, Transformation, and Dream Yoga*" Aro Yeshe Jungne's inspirational teachings on the nature of mind, which derive from the mind class of the Great Perfection, flourished during the tenth to twelfth centuries. A native of Langtang Dolma on the banks of the Yangtze in Kham, Aro possessed the instructions of seven successive masters of both Indian and Chinese lineages. His teachings were revived during the nineteenth century when they were recompiled by Patrul Rinpoche. Aro offers access to the Dzogchen perspectives on the nature of mind to persons of nine different capacities, ranging from those in whom this realization is spontaneously and effortlessly present to those who acquire it through the applications of calm abiding and superior insight. The present volume contains Sarah Harding's clear and lucid translation of Patrul Rinpoche's work, along with the contemporary oral commentary of the late Khenchen Palden Sherab Rinpoche and Khenpo Tsewang Dongyal Rinpoche. It is through their kindness that these vital teachings are now widely accessible.

"Gyurme Dorje, translator of *The Complete Nyingma Tradition from Sutra to Tantra: Books 15 to 17: The Essential Tantras of Mahayoga*

PATRUL RINPOCHE (1808-1887) was a prominent lineage master from eastern Tibet whose teachings and writings remain widely influential in the Nyingma lineage. KHENCHEN PALDEN SHERAB RINPOCHE (1938-2010) and his brother KHENPO TSEWANG DONGYAL RINPOCHE (b. 1950) escaped their homeland of eastern Tibet in 1959, and in the mid-1980s came to New York, where they founded the Padmasambhava Buddhist Center. PBC is now a network of over twenty centers worldwide whose mission is to spread the Buddhist teachings, particularly those of the Nyingma lineage of Tibetan Buddhism. Together the Khenpos have published more than twenty-five books in English, with the aim of preserving and propagating the authentic teachings of the Nyingma lineage.

Translator Sarah Harding conveys the power and practicality of the masters. The illustrations are well chosen, and the commentary offers many gems for contemplation, such as, "Matter is subject to many laws; mind is subject to none." And: "To meditate means simply to relax into boundlessness." And, "turbulent mind and negative emotions--'nightmare visions' --are the result of

waves upon waves of fabrication and deceit connected to ego, or 'I'." And, "During meditation thoughts will come. Let them come. And let them go." Answers in the Q&A are equally helpful. For example, " When the words that lead us beyond thoughts, words, deeds, signs, and grasping are absolutely understood by everyone, words will no longer be needed. But until then we need all kinds of words. Words usher us into the natural state." The words in this volume are highly recommended.

The rain of new Buddhist books is torrential. If the key to Buddhism is experiential, not intellectual, even the most prolific reader must select from among the best of these new publications. Perhaps the most important of books are those that both teach and guide a practice. This is one of those books, touching on many practices but centering on dzogchen. Though not at a beginner level, the text does include three traditional levels of understanding; best, average, and lesser. There are a total of nine permeations of these three levels. Even with the lesser, don't underestimate the difficulty of this practice. Read all the sections no matter at what level you place yourself. Is this a text for you? It will make a lot more sense if you already have a meditation practice, and preferably one that includes a mindfulness and concentration practice as well as a loving kindness practice. (Potentially having read *Breath by Breath* by Larry Rosenberg or *Mindfulness with Breathing* by Buddhadasa or *The Anapanasati Sutta* by Vimalaramsi or *Mindfulness in Plain English* by Bhante Gunaratana.) Is it absolutely necessary? Not if you are among that small percentage of practitioners who are at a stage of spontaneous recognition. This book deals with what are considered the most advanced levels of practice, a challenge that needs as much awareness as possible. Take a good look at this text and consider buying it for both present and future reading. If you are serious about your meditation practice it will serve you well.

For one who's received the pointing out in person, a simple, straightforward, practical teaching like that of this book is imminently helpful to help one hone in on one's primordial wisdom and avoid the pitfalls that making such an endeavor so very tricky. This book can help such a fortunate one--as a supplement to the guidance of a qualified Dzogchen lama--really stabilize his or her Dzogchen practice, breaking down the barrier between the meditation session and post-session, which is a vital point.

This book begins with 'Clear Elucidation of True Nature' by Patrul Rinpoche. A commentary on this text then follows by Khenchen Shrerab Rinpoche & Khenpo Tsewang Dongyal Rinpoche. For anyone who has read 'Vivid Awareness: The Mind Instructions of Khenpo Gangshar', the basic

instruction on recognizing the true nature of thought contained in that text is also described in this one. However, this book contains further details and instructions for 9 levels of practice, some focused on laying the groundwork for this instruction, and others going beyond it to a more effortless style. Having since read 'Carefree Dignity' by Tsoknyi Rinpoche, I noticed the greater length and detail of that book helped clear up some questions I had about the practice which 'The Nature of Mind' didn't go into detail about. So I would say this book is a good start, but I suspect that many undertaking this practice will be left with further questions (even after just a couple of hours) which they will need to find answers to elsewhere. To sum up, I would unreservedly recommend this to someone looking for an introductory Dzogchen practice manual that also caters to a wide range of abilities/degrees of readiness. The core Dzogchen practice method it describes is wonderful and undermines all tendency towards neurotic "efforting"/striving to progress or accomplish anything. It can theoretically be practiced during any time or circumstance and should be suitable for busy Westerners with frantic lifestyles.

Perfect

In short, a both pragmatic and profound gem in the category of Buddhism Great Perfection masterpieces. While a background in Mahamudra and Dzogchen practices appears to be a potentiator when working with the remarkable materials exposed in the book - this practice oriented manual is indeed characterized by the experience of the amount of "aha-ha!" effects it triggers - it is marked by the seal of being beneficial at any level of familiarization. Highly recommended.

Quite to the point, without all the fluff found in other Dzogchen sources. I highly recommend.

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