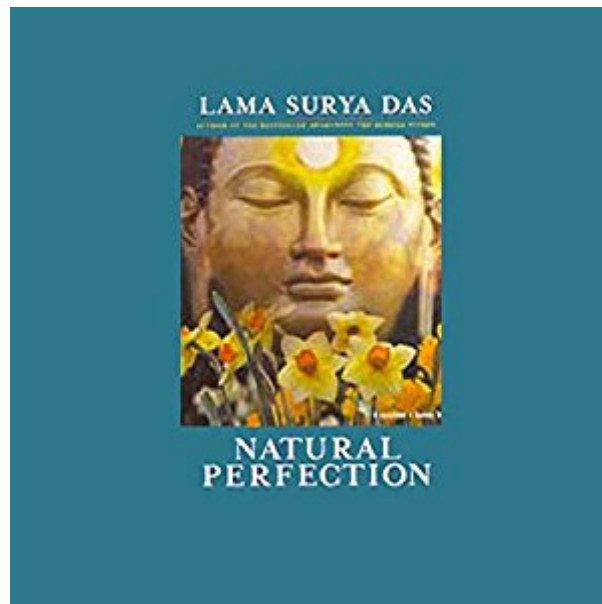


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# Natural Perfection: Teachings, Meditations, And Chants In The Dzogchen Tradition Of Tibet



## Synopsis

A simple & direct approach to meditation & enlightenment, takes the struggle out of meditation it doesn't require religious beliefs or fixed rules about how to live or meditate. Includes study guide

--This text refers to an out of print or unavailable edition of this title.

## Book Information

Audible Audio Edition

Listening Length: 4 hours and 58 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: December 17, 1999

Language: English

ASIN: B00005499D

Best Sellers Rank: #201 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #287 in Books > Politics & Social Sciences > Philosophy > Eastern >

Buddhism > Rituals & Practice #439 in Books > Religion & Spirituality > New Age & Spirituality > Mysticism

## Customer Reviews

As far as I know, this is the only tape set on Dzogchen, The Great Perfection, the highest teaching of the Nyingma tradition of Tibet (the oldest of the 4 surviving schools). Dzogchen is similar to the Mahamudra teachings of the Kagyu school, and the newest school (Gelugpa) of the Dalai Lama practices a version of Mahamudra as well. You can see my lists of Dzogchen, Mahamudra, and Union of Mahamudra & Dzogchen for other books and tapes on these subjects. Surya Das is an American Lama and best known for his *Awakening the...books* (especially *Awakening the Buddha Within*). On one hand, he dispenses with much of the Tibetan-specific mythology and symbology which Westerners can find disturbing or confusing. On the other hand, he tends to use humor a lot, coining such phrases as HahaYana (vs. Vajrayana). But these phrases often contain wisdom too: "We're all seekers; we need to become finders" and "Lighten up as we enlighten up." The latter may seem strange to those familiar with other Tibetan Buddhist (Vajrayana) teachings, but is not unusual for Dzogchen. Dzogchen gets to the heart of the mind without the elaborate visualizations of the generation and completion stages of the lower teachings. In this tape, Lama Das covers many basic teachings (e.g. the six paramitas--ways to approach life) as well as more advanced

Dzogchen-specific teachings/methods (e.g. sky gazing). He does relate Dzogchen to regular Tantric Yogas (the lower 8 according to Nyingma). He also attempts to relate the teachings to life in America, coining phrases as "household engineer," "America the Buddhafull," and "knowing and glowing." I find his metaphor equating vipashyana (insight meditation) to vaccination quite intriguing.

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