

Mahamudra Tantra: The Supreme Heart Jewel Nectar, 2010, 300 pages, Geshe Kelsang Gyatso, 161606000X, 9781616060008, Tharpa Publications, 2010

This accessible guide explains a special meditation technology that has the power to transform the ordinary world we experience into a pure world of profound peace and happiness. This reference introduces the basic principles of Mahamudra Tantra, details the six stages of Mahamudra training to show how to meditate on the mind's conventional nature, and finally reveals teachings on emptiness that explain how to meditate on its ultimate nature. Beginners and experienced meditators alike will appreciate the clear and practical instructions that make attaining enlightenment easy.

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