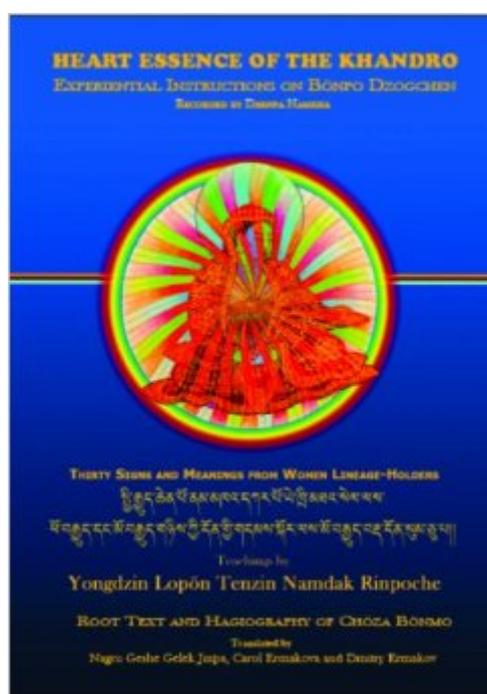


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# Heart Essence Of The Khandro: Experiential Instructions On Bonpo Dzogchen - Thirty Signs And Meanings From Women Lineage-Holders (English And Tibetan Edition)



## Synopsis

This Book contains thirty short instructions sum up what each Khandro learnt and then, finally, what she experienced and taught her disciple. The inspiring biography of one of these great ladies, Choza Bonmo, traces her path to achieving full insight into the true Nature of her own Mind, a path which, with the guidance of the teaching translated here, we can all aspire to follow. This is truly a rare and precious gift for western students. However, as Yongdzin Rinpoche point out: "Whoever reads or looks into this book must not harbour any negative thoughts about Dzogchen. If you think that Dzogchen is nothing more than emptiness or even empty Nature - it is too simplistic. In fact, - Dzogchen is much more than that."

## Book Information

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## Customer Reviews

This book is all about the central theme of "nature of the Mind". The message of the book is inaccessible to the Intellect . So if you try to understand this book too early it would seem to be a lot of non-sense. If you translate the word "KNOW" to french the translation would be "connaître" . Retranslated back to English it would be something like "to be born with the object you are contemplating". It seems that these people understood, that you can only understand if you give yourself up to become united with the thing you are contemplating (maybe the "under" in understanding hints at that). Our "advanced" culture on the other side is a little less humble and knowing is nearly identical as unconsciously remembering a set of "rules of engagement". It's more about successful manipulation than about understanding something. This sort of projection is called "illusory body" and is what incarcerates us into our private bubble which is called samsara. Since we

lost almost all real contact with phenomena out there we feel a little lonely, unsecure, repetitive and claustrophobic. Basically we are ceaselessly talking with our past, intranced with the resulting projections. Now since everything is only virtual we urgently need all kind of communal confirmation, that we really exist like success, importance, excessive wealth, fame, power etc. The result is that everything is in a constant battle and conflict with everything else to win (another "quality" of samsara). Now I come back to the book: The way out of this mess is very painful because all that virtual reality has to be lost. And when it is gone "You" (as you imagined yourself to be) are also gone.

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