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Clarifying The Natural State: A Principal Guidance Manual For Mahamudra



Synopsis

A Buddhist ClassicA practical manual for both teacher and student alike, Clarifying the Natural State covers the path from mindfulness to complete enlightenment, simply and methodically. Presenting the profound and ultimate instructions of Mahamudra, it embodies the realization of India and Tibetâ€™s greatest masters. The words of Dakpo Tashi Namgyal are unique. Adorned with plenty of pithy advice out of his personal experience, practitioners are greatly benefited by his instructions on how to remove hindrances and progress further. His methods for practicing Mahamudra are preeminent. This book is indispensable as it focuses exclusively on practice. -Khenchen Thrangu RinpocheElevate your experience and remain wide open like the sky. Expand your mindfulness and remain pervasive like the earth. Steady your attention and remain unshakable like a mountain. Brighten your awareness and remain shining like a flame. Clear your thought free wakefulness and remain lucid like a crystal. - Dakpo Tashi Namgyal 16th Century

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Customer Reviews

"The words of Dakpo Tashi Namgyal are unique. Adorned with plenty of pithy advice out of his personal experience, practitioners are greatly benefited by his instructions on how to remove hindrances and progress further. His methods for practicing Mahamudra are preeminent. This book is indispensable as it focuses exclusively on practice."- Khenchen Thrangu Rinpoche

This is the finest mahamudra book that I've read. Pithy, dialectical, with just enough detail to carry a practitioner to the next step. But this is not an introductory text. It's meant as a guidebook for mahamudra teachers! As an example, the path to shamatha is rendered entirely in a few pages at

the beginning. The guidance there, as elsewhere, is excellent. But it's so pithy that I can't imagine a person with no experience or guidance knowing how to follow the guidance. Instead, readers may want to begin with a work like *Balancing the Mind*, a translation of one of Tsongkhapa's works on concentration meditation. Or with one of the many excellent books on the tonglen and the mind training.

Very good book... Good comprehensive instructions and meditation advice...

Advanced material. It is extremely important to work with a qualified teacher when doing these practices. And preparation in taming the mind is necessary.

Powerful, just what the world needs.

This is one of the best step-by-step elucidations of the stages of unfolding rigpa, or "natural, timeless awareness," minus the usual obfuscating overhead of Tibetan/Buddhist trappings. Offers exceptional clarity in differentiating each stage from the next, and gives helpful markers to discern when you're there, and when you're not. Extremely helpful on the path!

An excellent guide to exploring and "clarifying" your own conscious awareness. Not an entry level book. Some one working with a Tibetan Buddhist teacher or teachings along with at least a few years of overseen meditation practice could find this to be an extraordinary guide.

This is an incredible and beautiful book written by a 16th century Tibetan buddhist and mahamudra master. It's probably the best single text on meditation I have come across and will take you from basic concentration through insight meditation to enlightenment. Clearly it has stood the test of time. Basic errors are pointed out along the way and tips are given to help the meditator combat fatigue, etc. The entire Mahamudra path is here, a wonderful gift to us from India and Tibet. The teachings strongly remind me of the so-called Direct Path of Advaita Vedanta and have evolved over centuries to be holistic, accessible and effective. The author also gives practical advice on how to teach meditation and enlightenment, something I have not seen so directly presented before in a traditional text. The original Tibetan text presented alongside the translation gives this book added appeal. I would highly recommend this book to anyone interested in non-duality, Buddhism, meditation or Vedanta. You will not regret it!

Clarifying the Natural State is the most complete practical guide to Mahamudra meditation I have ever seen. Mahamudra, the "Great Symbol", is a synonym for the fundamental nature of your mind as it is, without the dualistic conceptual overlay we habitually project onto our experience of existence. Mahamudra meditation relies solely on shamatha and vipashyana, calm abiding and insight. It is the highest and most profound form of meditation in Vajrayana Buddhism yet is absolutely simple. Its simplicity itself presents an obstacle for many of us because it is difficult to accept this as the ultimate form of meditation. Dakpo Tashi Namgyal is one of the most revered meditation masters in the Kagyu Buddhist lineage. In this book, he takes you step by step through the meditation techniques, devoid of theory. It is not a book to be read for intellectual edification, it is meant to be practiced. If you want to learn the theoretical basis of Mahamudra, read his book "Mahamudra, The Moonlight; Essence of Mind and Meditation". You will note that the left hand page holds Tibetan text. If you are fortunate enough to find a Rinpoche who will give you the "lung", reading transmission, he can do so directly from your copy of the book. Don't be shy to ask.

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