



# Dzogchen Teachings

*Chogyal Namkhai Norbu*

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## **Dzogchen Teachings** Chogyal Namkhai Norbu

This book is a rich collection of precious teachings given by the renowned Dzogchen master Chögyal Namkhai Norbu to his students around the world in order to benefit their understanding of the Dzogchen tradition and its value in the modern world. Dzogchen, or the path of Total Perfection, is the essence of Tibetan Buddhism; it is not a religion, tradition, or philosophy. As Chögyal Namkhai Norbu says, "Dzogchen is the path of self-liberation that enables one to discover one's true nature." Dzogchen is the reality of our true condition, not only the name of a teaching. Dzogchen is our own totally self-perfected state. In Dzogchen, the teacher gives you methods for discovering that true condition.

Through these clear, concise explanations and instructions not available elsewhere, Namkhai Norbu makes these profound teachings accessible to everyone. All the chapters contain beneficial instructions for both beginning and advanced students, regardless of which tradition they may follow, and insights into the genuine meaning of important subjects related to Sutra Tantra and Dzogchen.

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