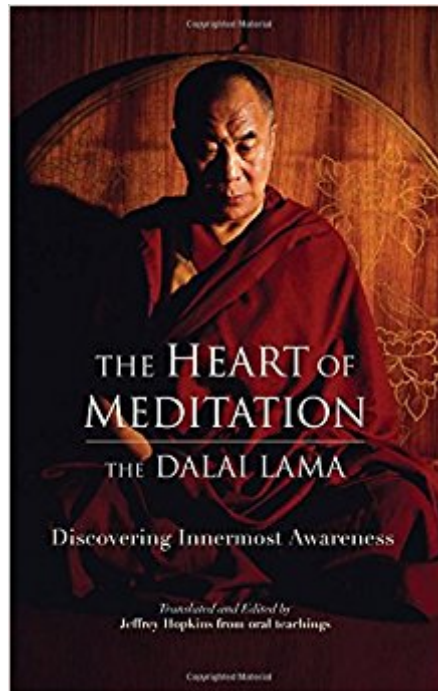


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# The Heart Of Meditation: Discovering Innermost Awareness



## Synopsis

His Holiness the Dalai Lama provides intimate details on an advanced meditation practice called Dzogchen using a visionary poem by the 19th-century saint Patrul Rinpoche, author of the Buddhist classic *Words of My Perfect Teacher*. The Dalai Lama deftly connects how training the mind in compassion for other beings is directly related to—and in fact a prerequisite for—the very pinnacle of Buddhist meditation. He presents his understanding, confirmed again and again over millennia, that the cultivation of both compassion and wisdom is absolutely critical to progress in meditation and goes into great depth on how this can be accomplished. While accessible to a beginner, he leads the reader in very fine detail on how to identify innermost awareness—who we really are—how to maintain contact with this awareness, and how to release oneself from the endless stream of our thoughts to let this awareness, always present, become consistently apparent.

## Book Information

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## Customer Reviews

"One of the greatest living teachers of Dzogchen, His Holiness the Dalai Lama, explains one of the most profound texts of this tradition (Patrul Rinpoche's *Three Keys*), and the teaching is translated by one of America's leading scholars, Jeffrey Hopkins. Does it get any better than this?" —José I. Cabezas, author of *The Buddha's Doctrine and the Nine Vehicles* "Despite the alleged sectarianism of Tibetan Buddhism, there has been a long history of mutual influence and inspiration across the traditions. Over the course of the past four hundred

years, one of the most famous has been the study and practice of Dzogchen by the lineage of the Dalai Lamas. It continues to the present day, as this volume eloquently attests." --Donald S. Lopez Jr., author of *From Stone to Flesh: A Short History of the Buddha* --This text refers to the Paperback edition.

HIS HOLINESS THE FOURTEENTH DALAI LAMA is considered the foremost Buddhist leader of our time. The exiled head of the Tibetan people, he is a Nobel Peace Laureate, a Congressional Gold Medal recipient, and a remarkable teacher and scholar who has authored over one hundred books. JEFFREY HOPKINS is Founder and President of the UMA Institute for Tibetan Studies. He is Professor Emeritus of Tibetan Buddhist Studies at the University of Virginia, where he taught Tibetan Buddhist Studies and Tibetan language for thirty-two years from 1973. He served as His Holiness the Dalai Lama's chief interpreter into English on lecture tours for ten years, 1979-1989, and has translated and edited fifteen books from oral teachings by His Holiness the Dalai Lama. He has also published numerous translations of important Buddhist texts that represent the diversity of views found in Tibetan Buddhism.

Full of the incredible wisdom and knowledge offered by the great fourteenth Dalai Lama. Wonderful.

All meditation practices must come to this: Innermost Awareness. The Dalai lama clarifies a short and profound poem written in the 1800s by Dza Patrul Jingme Chokyi Wangpo that strikes to the heart of the matter. All other meditation practices lead to this; direct perception of innermost awareness that maintains itself during meditation and afterwards in the non-meditation. "When you are able to stay within the experience of the already identified basic nature, the true foundation and mode of release without losing it, by not fluctuating from it, then conceptions that are generated appear right within the context of this basic nature and thus are like writing on water; they immediately disappear, released in the sphere of innermost awareness, making no connections to subsequent involvement." (text at page 99.) Other meditations involve conceptualizations and can only provide temporary states. This covers the ultimate practice we need to reach, so WOW. Or as the text says, "A LA, LA. There's no fluff here. The Patrul Rinpoche's poem and the Dalai Lama's commentary are written with the exactitude of diamond cutters, as precise dzogchen teaching as you can hope to receive."

A clear guide to deep meditation practice. Worthwhile for long term practitioners.

Kind of difficult, but for me, it's worth the effort.

A very current and excellent teaching on Dzochan meditation practice. While anyone can get a lot from this book, it is an advanced teaching and practice.

This book is not for beginners. The reader needs to know the basic Buddhist concepts like emptiness, karma mechanism and so forth. It is not a philosophical or religious book; rather than it is a technology description to achieve enlightenment through the realization of the emptiness of the mind according to Buddhism. It puts together the essential points of this kind of path which is described partially in other books -- and tries to connect them. It is a book directed to Buddhist practitioners; it discloses important and basic concepts necessary to the practice. The title agrees with the content. In my opinion, it must be read by all serious practitioners to clearly understand what enlightenment is and the steps of the practice. Other aspects of this technique are described in the Dalai Lama's books titled "Dzogchen" and "Mind in Comfort and Ease".

Great read!

A must read book!

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