

Mp3 Chagdud Tulku Rinpoche - Great Perfection Preliminaries

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This CD provides instructions for the Dudjom Tersar Ngondro of the Nyingma Tradition. 43 MP3 Songs
SPOKEN WORD: Audiobook, SPIRITUAL: Spirituals Show all album songs: Great Perfection Preliminaries Songs Details: THE PRELIMINARY PRACTICES (ngondro) are an extremely swift and profound method for training the mind, cutting through delusion, developing pure qualities, and increasing ones capacity to benefit others. This teaching is based on the Dudjom Tersar Ngondro, revealed by Dudjom Lingpa. Chagdud Tulku Rinpoche explains the importance of ngondro in establishing the foundation of spiritual practice and enhancing ones receptivity to the Great Perfection, the highest teachings in the Nyingma school of Vajrayana Buddhism. Rinpoche guides the listener through visualization, offering advice that he himself received directly from his teacher H.H Dudjom Jigdral Yeshe Dorje, the reincarnation of Dudjom Lingpa. This teaching includes an overview of the Four Thoughts, and the Four Immeasurables as well as Chagdud Rinpoche singing the Vajra Guru Mantra. Translated by Lama Shenpen Drolma. Chagdud Tulku Rinpoche (1930-2002) was a meditation master, artist, and healer who belonged to the last generation of teachers to have inherited the profound wealth of Tibetan Buddhism while still in Tibet. After coming to the West in 1979, he established the Chagdud Gonpa Foundation, with major centers in both North and South America. Through his vast kindness, Rinpoche guided and brought benefit to thousands of students all over the world. He also authored several books on Buddhism and the path of meditation, including the best seller Gates to Buddhist Practice and his autobiography Lord of the Dance. Lama Shenpen Drolma was ordained as a lama by Chagdud Tulku Rinpoche in 1996. She is currently the resident lama at Iron Knot Ranch.

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