

Mp3 Chagdud Tulku Rinpoche - Visualization

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Many of us have a sense that our lives are precious, but that isn't necessarily our experience on a daily basis. The Vajrayana approach of visualization employs inner practices that can be used even as we go about our daily activities. 42 MP3 Songs SPOKEN WORD: Audiobook, SPIRITUAL: Spirituals Show all album songs: Visualization Songs Details: WE PERCEIVE THE WORLD around us as solid and real, although its nature is emptiness. It is as though we have a precious piece of gold, but all that we can see is an ordinary rock. Through visualization, we can transfer our ordinary perceptions. In this teaching on Vajrayana development and completion stage practice, Chagdud Rinpoche explains why visualization is such a valuable tool and how it enables the practitioner to swiftly reveal the true nature of mind.

Translated by Lama Tsering Everest 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 Tsering Everest spent many years interpreting for Chagdud Tulku Rinpoche. She was ordained in 1995, and is now serving as the resident lama at Odsal Ling in Su Paulo, Brazil.

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