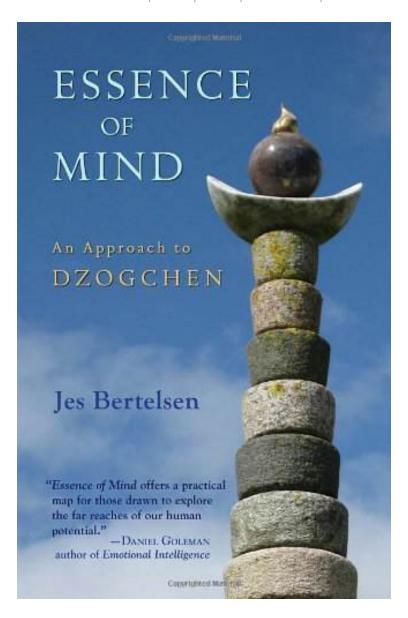
Essence of Mind: An Approach to Dzogchen

By Jes Bertelsen *Download PDF | ePub | DOC | audiobook | ebooks





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2 of 5 review helpful Dzogchen Misnomer By L Ron Gardner A student of mine recommended this text and after my second read through it s somewhat better than I initially thought But regardless this book should not bear the title Dzogchen because it s more a general mysticism meditation text than a Dzogchen treatise If the author had devoted more space to comparing contrasting Dzogchen with the teachings of the mysti This handbook to spirituality gathers together Danish meditation teacher Jes Bertelsen s advice on training the mind through wordless prayer and meditation to realize the essence of consciousness Bertelsen has been teaching philosophy and meditation since the early 1970s in 1989 he met the Tibetan lama Tulku Urgyen Rinpoche who authorized Jes Bertelsen to teach Dzogchen and to do so using his own judgment as to the most appropriate way to assimilate these teachings ldquo Jes Bertelsen belongs to the very very small group of people who are true lineage holders of Dzogchen held by many to be the pinnacle of the Tibetan tradition of meditation He was authorized to teach in his own way by his teacher Tulku Urgyen on

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