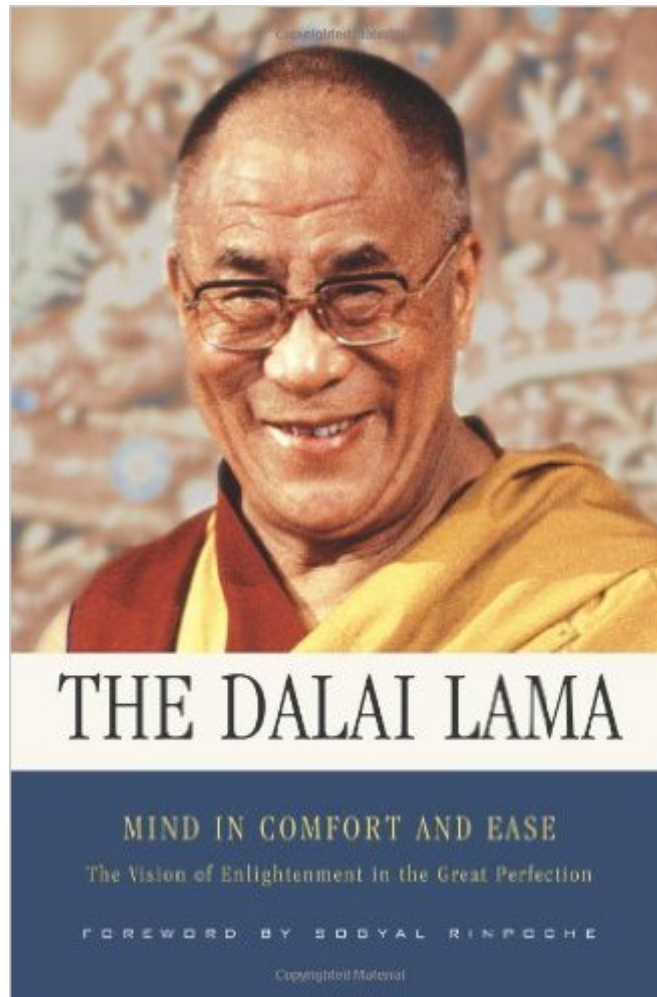


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# Mind In Comfort And Ease: The Vision Of Enlightenment In The Great Perfection



## Synopsis

An exceptional copy; fine in an equally fine dw, now mylar-sleeved. Particularly and surprisingly well-preserved; tight, bright, clean and especially sharp-cornered. Literally as new.; 8vo 8" - 9" tall; 320 pages; Description: xxix, 320 p. ; 24 cm. Based on teachings transmitted in Sept. 2000 at Lerab Ling, in southern France. Includes bibliographical references (p. [289]-297) and index. Includes translations from Tibetan. Subjects: Klon -chen-pa Dri-med- Od-zer (1308-1363) --Spiritual life --Buddhism. --Rdzogschen. Summary: In September 2000, at the invitation of Sogyal Rinpoche, the Dalai Lama visited the south of France to give what would be one of his most extensive and vital Buddhist teachings. Entitled "The Path to Enlightenment, " it drew over 10,000 attendees from 21 different countries. This beautiful book allows everyone to have access to this inspiring presentation and to share the full richness and subtlety of the Dalai Lama's presentation. In the teachings, His Holiness sets out the key principles of Buddhism, showing how the mind can be transformed to overcome suffering through love, compassion, and a true understanding of the nature of reality. Illustrating his brilliant overview of the path with his own personal experiences and advice on how to integrate practice into daily life, the Dalai Lama gracefully brings Buddhist teachings, especially those of Dzogchen, to life.

## Book Information

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## Customer Reviews

"This is one of the absolutely best and richest books on meditation practice that I have ever read. Here are finely nuanced Dzogchen teachings, offered by His Holiness with remarkable precision

and clarity, and with astonishing humility and candor. A precious resource for anyone who loves the Dharma and is committed to its embodiment. This book has it all."--Jon Kabat-Zinn, author of *Where the Mind Goes* and Vice Chair of the Mind and Life Institute

"This book records the teachings that the Dalai Lama offered to over 10,000 attendees at Sogyal Rinpoche's center in the south of France. The teachings consisted of an extensive commentary on one of the classic texts of the Dzogchen tradition, Longchen Rabjam's fourteenth-century masterpiece, 'Finding Comfort and Ease in Meditation on the Great Perfection.' This is the first oral commentary on this work to be published in English, and a major contribution to Western literature on Dzogchen."--Buddhadharma

"All who wish to be at ease in the awakened, boundless, sublime nature of their own minds--buddhahood--should cherish/read this book."--Tulku Thondup Rinpoche, author of *The Practice of Dzogchen and Hidden Teachings of Tibet*

"Tibetan Buddhism's sublime science of consciousness finds its highest expression in the teachings on the Great Perfection. In this book, His Holiness the Dalai Lama draws on his vast learning and insight to reveal both the meaning of the Great Perfection and its place within Buddhism as a whole. He also illuminates the interface between Buddhism and modern science, highlighting the materialistic assumptions that hinder the scientific study of consciousness. This beautifully translated book is a treasure, of great value to all who are interested in fathoming the secrets and possibilities of the mind."--B. Alan Wallace, author of *The Attention Revolution*

"All of us were moved by the depth, relevance, and accessibility of these teachings; there were those who said that they were among the most remarkable they had ever heard him give. In a wholly original, but always authentic, way, His Holiness brought a sense of his own personal quest, as he explored the whole Buddhist path, and particularly the pith instructions of the great masters of the Great Perfection."--Sogyal Rinpoche, from his foreword

"A unique overview of all the vehicles and teachings of Buddha Dharma as explained from personal experience by the eminent nonsectarian master of masters, the Dalai Lama of Tibet, including his own stories and anecdotes, augmented by freshly translated traditional texts and commentaries by the seminal master Longchenpa and other authoritative sources. This extraordinary and essential book of live oral teachings, transmitting the sublime View, Meditation, Action & Result of the direct-access Dzogchen approach to incandescent awareness and the natural state of spiritual living, provides us with the basis for meaningful study and meditation practice for years and generations to come."--Lama Surya Das, author of *Awakening the Buddha Within*

"This attractive volume should delight both scholar and practitioner, and can now take its place as an experientially based and intellectually solid contribution to the living study and practice of the Buddhadharma."--Steven D. Goodman, Asian and Comparative Studies, California Institute of Integral Studies

"In 2000, Sogyal Rinpoche requested His Holiness the Dalai Lama to

give teachings on the path to enlightenment. His Holiness accepted and spontaneously decided to teach [about a classic text], setting the teachings of Dzogchen within the context of the other traditions of Tibetan Buddhism. Over 10,000 people converged in the South of France to attend the five-day teaching. This book faithfully retains the direct quality of the original teaching."--Mandala" This is an outstanding introduction to the Great Perfection tradition of Tibetan Buddhism, and it includes His Holiness's oral commentary on a major text by Longchen Rabjam. His Holiness places the Great Perfection within the broader context of Buddhism as a whole and also elucidates areas of inquiry that are relevant to science and Buddhism."-B. Alan Wallace, in *Buddhadharma*

A cautionary note to perspective readers: As with all of his writings, "Mind in Comfort and Ease" contains a wealth of wisdom and compassion. However, those new to Buddhism, and Vajrayana in particular might want to consider something somewhat less advanced. This book was compiled from a multi-day teaching on Dzogchen given in France in 2000. The "great perfection" (Dzogchen) is considered the highest of Vajrayana teachings. So, if you haven't learned to swim in the Dharma, you might not want to jump in the deep end. Otherwise, a great read. Too often the Dalai Lama's great erudition is lost in his role as spokesperson for his people and champion of peace. This book demonstrates the excellence of his scholarship!

I bought this book on the advice of B Alan Wallace who praised it to the skies as being a profound introduction to Dzogchen. I was very disappointed to find in it little more than a tedious description of the elaborate ceremonies surrounding the Dalai Lama's visit on this august occasion and I found little of substance regarding the Dzogchen view and practice. What little the Dalai Lama had to say about it was sound, as one would expect from such an accomplished scholar, and he seemed to be warming nicely to his subject at one point, but considering that he was speaking to a huge audience of unknown knowledge and ability regarding what is one of the highest teachings of Buddhism he had perhaps an insuperable challenge on his hands. So he was generally reduced to a rather superficial overview, especially after the late arrival of a whole bunch of people, when, blow me down, he started all over again with the basics of Buddhism! At one point he did attempt to give some account of the complex view underlying Dzogchen, but after the arrival of the latecomers he lost steam all the way until the whole sorry lot ended with another grand ceremony. If you want to learn anything about Dzogchen, especially the practice thereof, this is not where you will find it. The book description ought to warn potential buyers that this is to a large degree an account of a public

event, and not a detailed teaching on Dzogchen.

This book presents the teachings that the Dalai Lama gave in France in 2000. He delves deeply into the great Dzogchen master Longchen Rabjam's writing: Finding comfort and ease in meditation on the Great Perfection. This book is not for beginners in Buddhism, it is for those that are ready to comprehend the nature of consciousness and be able to see the path that leads to enlightenment. Seeing lust, ignorance, and hate not as something to indulge in but something to overcome is the hallmarks of the Buddhadharma. Some one who does not consider them as an enemy but indulges in them can not be counted as a Buddhist. "And sever at its root the mind that clings to an "I" or a self". "It is this strong belief--that both things and the self are real--which is triggering the responses of attachment and aversion." "All phenomena are devoid of true existence; clinging to them as real is the ignorance that lies at the root of samsara and keeps us circling within cyclic existence". "Emotional unhappiness that comes from deep inside, as a result of our thinking, cannot be overturned by the kind of happiness that is provided by external things. But we can turn things around. If we can discover a sense of well-being, fulfillment, and satisfaction within our minds". "There is some pleasure to be had by scratching an itch, but it is even more pleasurable to have no itches at all. Likewise there are pleasures to be had from worldly desires. But with freedom from desire comes pleasure greater still". That my friends is Buddhism, the Dalai Lama is the closest we will get to the living Buddha among us. Read this book if you are ready to come out of the illusion of this world and the slavery of the Ego.

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