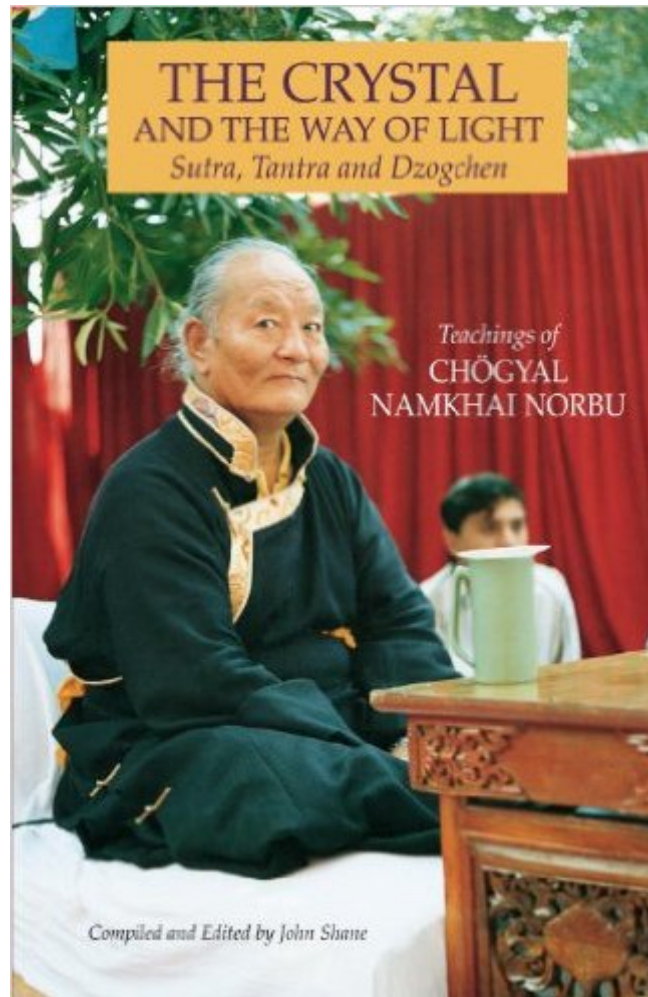


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# The Crystal And The Way Of Light: Sutra, Tantra, And Dzogchen (Tibetan Buddhist Philosophy)



## Synopsis

In *The Crystal and the Way of Light*, Chogyal Namkhai Norbu examines the spiritual path from the viewpoint of Dzogchen. He discusses the base path and fruit of Dzogchen practice, and describes his education and how he met his principal master who showed him the real meaning of direct introduction to Dzogchen. By interweaving his life story with the teachings, he both sets Dzogchen in its traditional context and reveals its powerful contemporary relevance. The book is richly illustrated with photos of Buddhist masters, meditational deities, and Dzogchen symbols.

## Book Information

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## Customer Reviews

There aren't that many good Dzogchen books available. One of the most prolific writers on the subject is Namkhai Norbu (I've read 9 of his books). His books are very readable and include important descriptions, insights, etc. They serve as, perhaps, the best introductory books (except for the wonderful "Supreme Source" which is more advanced). I also prefer "The Mirror" and "The Cycle of Day and Night" to "The Crystal and the Way of Light." Other books of his of similar value to this one include: "Dream Yoga & the Practice of Natural Light," "Dzogchen and Zen," "Dzogchen: the Self-Perfected State," "The Small Collection of Hidden Precepts" (Manjusrimitra), "and "Teachings of Chogyal Namkhai Norbu." However, I would also recommend the books of Tulku Ugyen which seem a bit more advanced than most of these (e.g. "Rainbow Painting" and "As It Is"). Also, the works of Tulku Ugyen's sons, Chokyi Nyima Rinpoche ("The Union of Mahamudra and Dzogchen" and "Present Fresh Wakefulness") and Drubwang Tsoknyi Rinpoche ("Fearless

Simplicity" and "Carefree Dignity"). Also, try some Kagyu Mahamudra books such as Khenchen Thrangu Rinpoche's or the wonderful commentaries on Karma Chagme's "The Union of Mahamudra and Dzogchen" (one is listed above) such as "Naked Awareness."

As a practitioner of Dzogchen, following the traditional way of guidance and personal practice under a master of that practice, I found this book to be a tremendous help to me. With its concise presentation of the Buddhist paths of Sutra, Tantra, and Dzogchen and the similarities and differences between them, plus wonderfully helpful advice and explanations that will be extremely valuable to someone already having some experience with Dzogchen practice, this book is the best overview I've found yet. Dzogchen is a teaching that is neither magic nor mysticism nor within the domain of scholars - it is simply a teaching to show one how to discover one's true condition, which is the state of Dzogchen, or Great Perfection, itself from the very beginning. Our job is simply to apprehend that state and then, through the use of methods introduced to us by a master, remain in that condition until it is fully and permanently revealed. So, if you would like to know a little at least about what this Dzogchen business is even about, this book will give you a brilliantly concise-yet-thorough and accessible presentation of the most fundamental things you'd need to know before going any further, but its true import can only ever really be comprehended after receiving introduction, in person, from a master. Once you've had some personal experience and the ideas in this book are no longer just ideas, that's when the book's preciousness is actually evident. The Dzogchen path is a vastly profound yet very relaxed, lighthearted, vibrant, and non-dogmatic path concerned with actual experience above all, and Namkhai Norbu is a perfect embodiment of that.

I recommend this book to anyone sincerely interested in Dzogchen teaching. The author, Namkhai Norbu Rinpoche, is a worldwide renowned teacher, scholar and above all a Dzogchen practitioner. Not only he expounds the theoretical basis of the teaching, he gives us a lot of examples from his own life of practice. **WARNING: THIS BOOK IS DANGEROUS FOR YOUR EGO!!!**

John Shane compiles and edits *The Crystal And The Way Of Light*, considering the spiritual path from the viewpoint of Dzogchen. From the foundations of Dzogchen practices and the author's familiarity with its philosophy and spirituality to symbols of Tibetan meditation and photos of Buddhist masters, this is filled with insights.

A brilliant introduction to Dharma from the perspective of Dzogchen - the path of self-liberation - and one that is indispensable to anyone exploring Aro. ChÃ¶gyal Namkhai Norbu discusses the base, path and result of Dzogchen practice in simple direct language. This book is an ideal first, second and third step in exploring the teachings of Dzogchen. It could easily be read annually and would offer more with each reading - if one immersed oneself in the initial practices discussed. The teachings are interwoven with delightful stories from the life of Norbu Rinpoche - his upbringing, education, relationship with his teachers, and events which occurred to him in later years. The stories give a flavour of the nature of transmission between Lama and disciple and encourage us to step outside of our conceptual boxes in which spirituality only occurs in a formal ritual context. The power of these stories lies in their ability to set Dzogchen in its traditional context, and yet allow it to be completely relevant to our lives today. Readers familiar with the various standard phonetic methods for transcribing Tibetan terms will need to accustom themselves to the different spellings found in *The Crystal and the Way of Light*; however this should not discourage anyone from reading this excellent book.

This is perhaps Norbu's best and most fun book. It has enough of the magical and wonderful in it to give hope to all who read it. We all have to live our own lives. It is great to be able to read a book of good tidings and hope such as Norbu has done here. Some people have great missions in life, and it seems that writing a great book such as this is Norbu's.

I have been a student of philosophy and spirituality for many years. This book is one of my favorites. It is written by a great Tibetan master. He isn't just a great scholar, but one who is definitely an enlightened master in his own right. Dzogchen is a Tibetan Buddhist path to awakening originating in the Himalayan region many centuries ago. Its essence is Buddhist, but its terminology is different. Namkhai Norbu explains Dzogchen in a very clear and lucid manner. If you are interested in spirituality, psychology, Buddhism, or mysticism, then this book is a must have. Perhaps you will decide to choose Dzogchen as your path. Or at least you will learn something about such a wonderful and profound lineage.

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