

practice of dzogchen in pdf

Dzogchen (Wylie: rdzogs chen) or "Great Perfection", Sanskrit: à¤¸...à¤¸à¤¸à¤¸; à¤¸-à¤¸à¤¸—, is a tradition of teachings in Tibetan Buddhism aimed at discovering and continuing in the natural primordial state of being. It is a central teaching of the Nyingma school of Tibetan Buddhism and of Bon. In these traditions, Dzogchen is the highest and most definitive path of the nine vehicles to liberation.

Dzogchen - Wikipedia

Origin and lineage. Bajrayogini Temple is a Tantrik temple located at Sankhu in Nepal's Kathmandu Valley. It is also well known as Bodhisattva's Temple.

Vajrayogini - Wikipedia

We are told that "the eyes are the windows of the soul". If that is true, how can you make use of this fact to improve your meditation practice? Here is where the techniques of Trataka meditation come in. In this article, I explore the relationship between the eyes and the brain from a ...

Trataka Meditation: Still Eyes, Still Mind | Live and Dare

Basic Chakra Meditation Techniques Meditation is the process of expanding your awareness. Meditation is the process of silencing your thoughts and

Basic Chakra Meditation Techniques

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