

Finding Rest In The Nature Of The Mind Trilogy Of Rest Volume 1 English Edition By Longchenpa

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A new translation of Longchenpa's famous work that presents the entire scope of the Buddhist view combined with pith instructions pointing out the nature of one's mind. Longchenpa's classic Buddhist manual for attaining liberation teaches us how to familiarize ourselves with our most basic nature—the clear, pristine, and aware mind. Written in the fourteenth century, this text is the first volume of Longchenpa's Trilogy of Rest, a work of the Tibetan Dzogchen tradition. This profound and comprehensive presentation of the Buddhist view and path combines the

scholastic expository method with direct pith instructions designed for yogi practitioners. This first part of the Trilogy of Rest sets the foundation for the following two volumes: Finding Rest in Meditation, which focuses on Tibetan Buddhist meditation practice, and Finding Rest in Illusion, which focuses on post-meditation yogic conduct. The Padmakara Translation Group has provided us with a clear and fluid new translation to Finding Rest in the Nature of the Mind along with selections from its autocommentary, The Great Chariot, which will serve as a genuine aid to study and meditation. Here, we find essential instructions on the need to turn away from materialism, how to find a qualified guide, how to develop boundless compassion for all beings, along with the view of tantra and associated meditation techniques. The work culminates with pointing out the result of practice as presented from the Dzogchen perspective, providing us with all the tools necessary to traverse the Tibetan Buddhist path of finding rest..

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