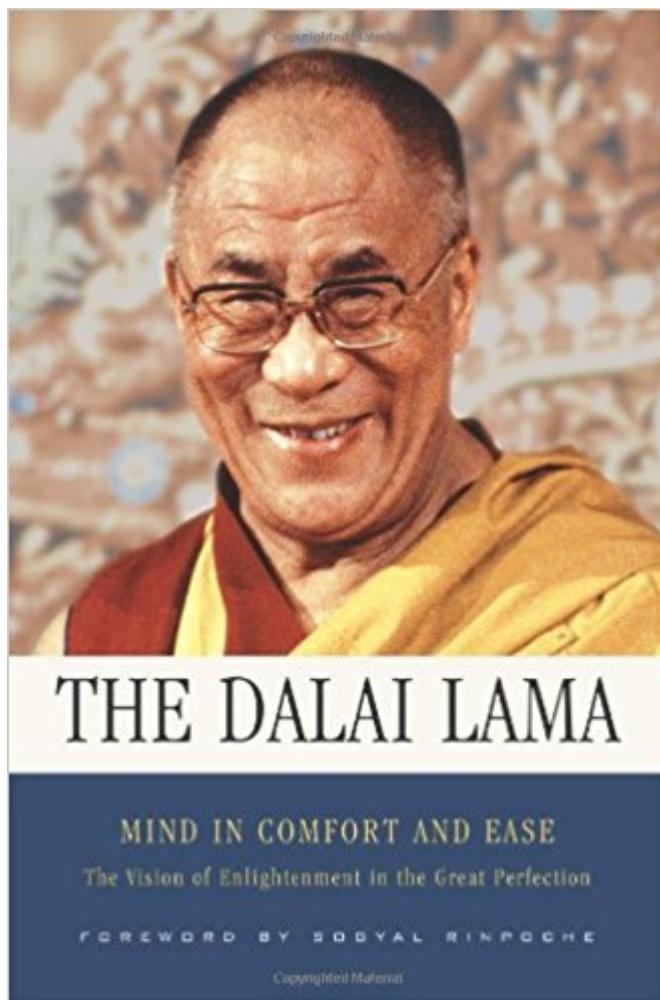


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# Mind In Comfort And Ease: The Vision Of Enlightenment In The Great Perfection



## 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 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) "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 *Coming to Our Senses* and Vice Chair of the Mind and Life Institute) "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*) "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)

Tenzin Gyatso, the Fourteenth Dalai Lama, is the spiritual leader of the Tibetan people. He frequently describes himself as a simple Buddhist monk. Born in northeastern Tibet in 1935, he was as a toddler recognized as the incarnation of the Thirteenth Dalai Lama and brought to Tibet's capital, Lhasa. In 1950, Mao Zedong's Communist forces made their first incursions into eastern Tibet, shortly after which the young Dalai Lama assumed the political leadership of his country. He passed his scholastic examinations with honors at the Great Prayer Festival in Lhasa in 1959, the same year Chinese forces occupied the city, forcing His Holiness to escape to India. There he set up the Tibetan government-in-exile in Dharamsala, working to secure the welfare of the more than 100,000 Tibetan exiles and prevent the destruction of Tibetan culture. In his capacity as a spiritual

and political leader, he has traveled to more than sixty-two countries on six continents and met with presidents, popes, and leading scientists to foster dialogue and create a better world. In recognition of his tireless work for the nonviolent liberation of Tibet, the Dalai Lama was awarded the Nobel Peace Prize in 1989. In 2012, he relinquished political authority in his exile government and turned it over to democratically elected representatives. His Holiness frequently states that his life is guided by three major commitments: the promotion of basic human values or secular ethics in the interest of human happiness, the fostering of interreligious harmony, and securing the welfare of the Tibetan people, focusing on the survival of their identity, culture, and religion. As a superior scholar trained in the classical texts of the Nalanda tradition of Indian Buddhism, he is able to distill the central tenets of Buddhist philosophy in clear and inspiring language, his gift for pedagogy imbued with his infectious joy. Connecting scientists with Buddhist scholars, he helps unite contemplative and modern modes of investigation, bringing ancient tools and insights to bear on the acute problems facing the contemporary world. His efforts to foster dialogue among leaders of the world's faiths envision a future where people of different beliefs can share the planet in harmony. Wisdom Publications is proud to be the premier publisher of the Dalai Lama's more serious and in-depth works. Sogyal Rinpoche is the author of *The Tibetan Book of Living and Dying* and the founder and spiritual director of Rigpa, an international network of more than one hundred Buddhist centers and groups in twenty-three countries around the world. He has been teaching for over thirty years and continues to travel widely in Europe, America, Australia, and Asia, addressing thousands of people on his retreats and teaching tours.

*Mind in Comfort and Ease*, *How to Practice* and *The Middle Way* give rise to a trilogy, written by HH the Dalai Lama, directed to advanced practitioners of Buddhism. These books must be studied. In other words, it is necessary to read them many times together with dharma practices.

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.

The book is interesting to read and provides a methodology for relaxation and enlightening. It is meant to be a "how to" book along with explanations and introduction to Meditation, however I have found it a bit complex to read although it was enjoyable. You really have to dedicate the time to it and train your mind to comprehend the content.

His Holiness the Dalai Lama XIV presents here pan in-depth commentary on the famous Longchen Rabjam's Samten Ngalso - the second part of Longchenpa's trilogy on Mind in Comfort and Ease. This root text gives a very concise outline on how to achieve stability in meditation. It offers sagely advice on the ideal location for meditation retreat, including the "feng shui" aspects of the landscape and finding a place suitable to one's own disposition as well. From there, the text gives many meditation exercises from the Dzogchen or Great Perfection approach (the pinnacle of all approaches in Buddhism), along with additional exercises to enhance and deepen one's meditation. His Holiness's commentary was drawn from a series of lectures he gave on the Great Perfection. He thoroughly describes the general approach of Dzogchen, and goes on to skillfully illustrate both the similarities and differences between Dzogchen and the other tantric traditions practiced in Tibetan Buddhism. Few scholar-practitioners, if any, possess the thorough multi-disciplinary and ecumenical training, knowledge and experience to cover this ground, and as expected, His Holiness does a masterful job. Easily readable and accessible to beginners and advanced students alike, this is a work that should be on the shelves of every serious student of Buddhism, and especially those interested in the Great Perfection teachings.--Jampa Mackenzie Stewart, author of *The Life of Longchenpa: The Omniscient Dharma King of the Vast Expanse*

This book is a powerful book.

This is a book for anyone ready to further themselves on the road to Enlightenment. This is an

excellent must read!

Anything written by His Holiness is precious and worth reading again and again. I always find deep and personal meaning and guidance in his words and presence.

Awesome!!!

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