



Wild Awakening: The Heart of Mahamudra and Dzogchen

By Dzogchen Ponlop Rinpoche

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Wild Awakening: The Heart of Mahamudra and Dzogchen By Dzogchen Ponlop Rinpoche

Mahamudra and Dzogchen are perhaps the most profound teachings within all of Tibetan Buddhism. The experience of *Mahamudra*, or "great symbol," is an overwhelming sense of extraordinary clarity, totally open and nondualistic. *Dzogchen*, or "great perfection," is the ultimate teaching according to the Nyingma tradition and also represents the pinnacle of spiritual development. These are the two paths that provide practitioners with the most skillful means to experience the fully awakened state and directly taste the reality of our mind and environment. And yet these concepts are notoriously difficult to grasp and challenging to explain. In *Wild Awakening*, Tibetan Buddhist master Dzogchen Ponlop Rinpoche presents these esoteric teachings in a style that reveals their surprising simplicity and great practical value, emphasizing that we can all experience our world more directly, with responsibility, freedom, and confidence. With a straightforward approach and informal style, he presents these essential teachings in a way that even those very new to Tibetan Buddhism can understand.

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Editorial Review

Review

"I know of no more complete, practical, and accessible guide to the paths of Mahamudra and Dzogchen. One of the most brilliant Tibetan Buddhist teachers of his generation, Dzogchen Ponlop Rinpoche explains with striking clarity and richness the heart of the 'practice lineage,' as, step by step, he leads us through the Sutra, Mantra, and Essence Mahamudra, and the nine vehicles that culminate in the Great Perfection: *Dzogpachenpo*."—Sogyal Rinpoche, author of *The Tibetan Book of Living and Dying*

"Dzogchen Ponlop Rinpoche is an amazing human being. For seven lifetimes he has been a recognized master of Mahamudra and Dzogchen meditation. In this lifetime, he was first in his class at the Nalanda Institute of Buddhist Philosophy. He has studied modern psychology and has an intimate understanding of the Western mind, having lived and taught in Europe and North America for many years. This book he has written is like a shining lamp that illuminates the path to realizing your own basic nature. Read it and let it open you up to the wish-fulfilling jewel of your own true nature of mind."—Khenpo Tsultrim Gyamtso, author of *The Sun of Wisdom*

"A fascinating and daring description of the tantric journey by one of the very finest contemporary Tibetan teachers. Deeply informed by impeccable scholarship, this book is a profound and subtle evocation of the experience of Mahamudra and Dzogchen that modern people will find clear, inspiring, and compelling."—Reginald A. Ray, author of *Indestructible Truth* and *Secret of the Vajra World*

From the Inside Flap

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About the Author

Dzogchen Ponlop Rinpoche, born in 1965 in northeast India, was trained in the meditative and intellectual disciplines of Indian and Tibetan Buddhism under the guidance of many of the greatest masters from Tibet's pre-exile generation. He is a widely celebrated teacher, known for his skill in making the full richness of Buddhist wisdom accessible to modern minds, and devotes much of his energy to developing a vision of a genuine Western Buddhism. For more information, go to www.rebelbuddha.com.

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Roger Alford:

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