



Present Fresh Wakefulness: A Meditation Manual on Nonconceptual Wisdom (Paperback)

By Chokyi Nyima Rinpoche

Rangjung Yeshe Publications, Nepal, Hong Kong, 2004.
Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Present Fresh Wakefulness is more than a set of general instructions on how to practice, it is the quintessential advice of an experienced, living master on what he considers to be the absolute necessities today s yogis to arrive at liberation and complete enlightenment. We should know how to make the distinction between self existing wakefulness and dualistic mind. Believing that we are sustaining the natural state of mind while we are caught up with ordinary thinking is not much use. We need to identify the genuine, the authentic -- this is important. We need to identify that which is utterly empty, utterly naked, not confined to anything, totally clear and cognizant yet not fixated on anything. Chokyi Nyima Rinpoche In this series of teachings and conversations, Chokyi Nyima Rinpoche, a revered abbot, Tibetan meditation master and author of Union of Mahamudra Dzogchen, Bardo Guidebook and Indisputable Truth, conveys the indispensable principles for arriving at the heart of Buddhist practice in his characteristic style, filled with humor, candor and wit.



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