



# Cycle of Day and Night

*Namkhai Norbu*

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## **Cycle of Day and Night** Namkhai Norbu

The Cycle Of Day And Night by Namkhai Norbu is a practical guide to a fundamental practice of the Dzogchen system of Tibetan Buddhism, presented in a clear and direct manner, written by an acknowledged contemporary master of this ancient tradition. Central to Dzogchen, the "Great Perfection", is contemplation- the immediate experience of the primordial state of the individual, the unconditioned nature of the mind. This nature of the mind transcends the specific contents of mind, the incessant flow of thoughts reflecting our social, cultural, and psychological conditioning. Based on the teaching by Garab Dorje, the first human master of the Dzogchen lineage, The Cycle Of Day And Night gives a translation of the author's Tibetan Text, together with a commentary drawn from the author's extensive oral explanations. Actual methods are given for entering into contemplation and integrating it with our activities during the 24 hour cycle of day and night. Midwest Book Review

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