



The Dzogchen Primer: Embracing the Spiritual Path According to the Great Perfection

Marcia Schmidt

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The

Tibetan Buddhist meditation practice known as

Dzogchen

(pronounced ZOG-chen) is a practical method for accessing the pristine, clear awareness that lies beneath the chatter and confusion of our daily thoughts.

The

Dzogchen Primer

provides the keys for understanding Dzogchen and putting it into practice.

Marcia

Schmidt, a long-time Buddhist practitioner, has gathered here the most accessible, down-to-earth writings published on this subject and has organized them into a study guide for the serious beginner on the Buddhist path. The collection includes writings from such well-known and venerable masters as Milarepa, Padmasambhava, Shantideva, Chögyam Trungpa, and Tulku Urgyen.

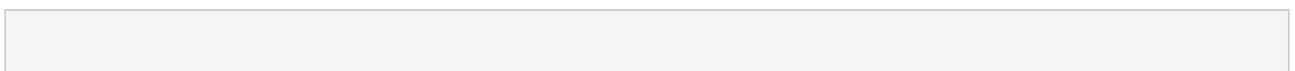
The

concept of Dzogchen is said to lie beyond the confines of our beliefs, our intellectual constructs, our ordinary understanding. A Dzogchen master writes, "We need to dismantle our fixation on the permanence of what we experience. A normal person clings to his experiences as being 'real,' concrete, and permanent. But if we look closely at what happens, experience is simply experience, and it is not made out of anything. It has no form, no sound, no color, no taste, no texture; it is simply empty cognizance."

The

Dzogchen Primer

includes an informative editor's preface as well as two forewords by prominent Tibetan masters that provide fundamental background information that will be helpful to readers new to this subject. The book also includes short, descriptive guiding notes intended to assist both independent students and teachers leading workshops.



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