



# Our Pristine Mind: A Practical Guide to Unconditional Happiness

*Orgyen Chowang*

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# Our Pristine Mind: A Practical Guide to Unconditional Happiness

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**Our Pristine Mind: A Practical Guide to Unconditional Happiness** Orgyen Chowang  
A Tibetan Buddhist master shows us how to go beyond mindfulness to journey deep into ultimate happiness and transform every area of our lives.

The true nature of our mind is brilliant, clear, and joyful. But we don't experience this reality amid the swirl of stresses, thoughts, and emotions of day-to-day life. *Our Pristine Mind* is a practical guide to uncovering our naturally comfortable state of mind and reconnecting with the unconditional happiness that is already within us. Using straightforward, accessible language, Orgyen Chowang Rinpoche leads us through the path of Pristine Mind meditation, a practice from the profound teachings known as Dzogchen. This book presents the entire journey of meditation, from the very beginning all the way to the complete happiness of enlightenment. It is a realistic, natural process that can be practiced and experienced by anyone.

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