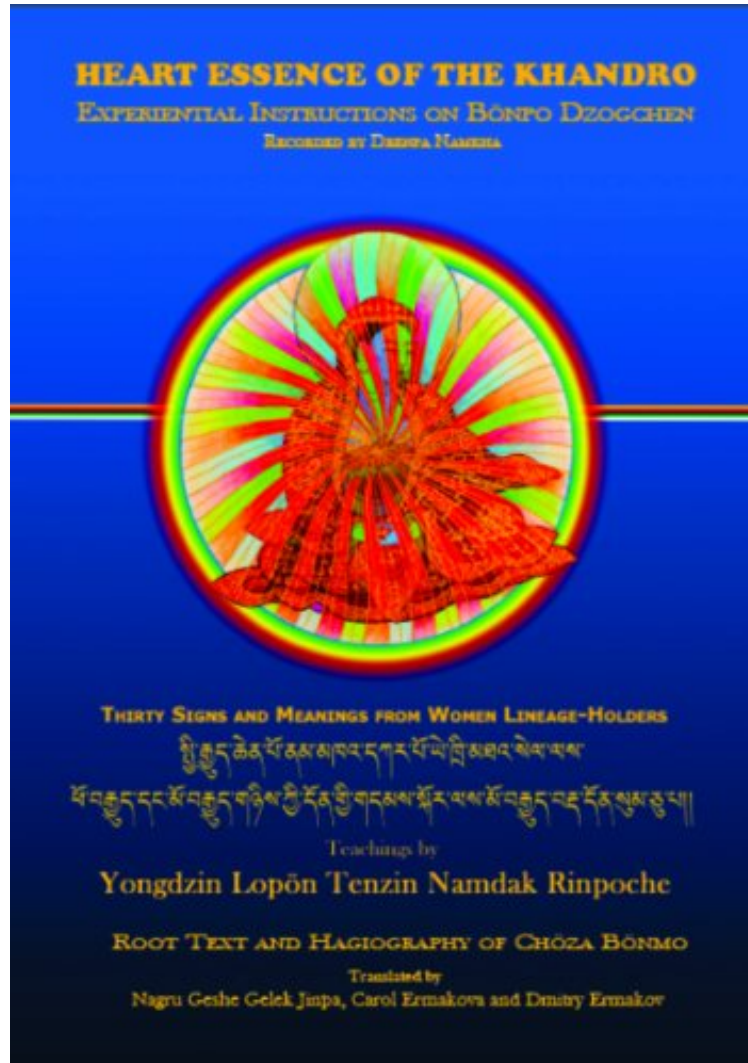


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Heart Essence of the Khandro: Experiential Instructions on Bonpo Dzogchen - Thirty Signs and Meanings from Women Lineage-Holders (English and Tibetan Edition)

Yongdzin Lopon Tenzin Namdak Rinpoche
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Yongdzin Lopon Tenzin Namdak Rinpoche : Heart Essence of the Khandro: Experiential Instructions on Bonpo Dzogchen - Thirty Signs and Meanings from Women Lineage-Holders (English and Tibetan Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Heart Essence of the Khandro: Experiential Instructions on Bonpo Dzogchen - Thirty Signs and Meanings from Women Lineage-Holders (English and Tibetan Edition):

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This Book contains thirty short instructions sum up what each Khandro learnt and then, finally, what she experienced and taught her disciple. The inspiring biography of one of these great ladies, Choza Bonmo, traces her path to achieving full insight into the true Nature of her own Mind, a path which, with the guidance of the teaching translated here, we can all aspire to follow. This is truly a rare and precious gift for western students. However,as Yongdzin Rinpoche point out: " Whoever reads or looks into this book must not harbour any negative thoughts about Dzogchen. If you think that Dzogchen is nothing more than emptiness or even empty Nature - it is too simplistic. In fact,- Dzogchen is much more than that."

About the AuthorYongdzin Lopon Tenzin Namdak Rinpoche was born in Kham, Eastern Tibet in 1926. After studying for four years in a remote cave with his Master, he later obtained his Geshe degree and became head teacher of Menri Monastery in Tsang, Central Tibet. Today he is the supreme lineage holder and teacher of Yungdrung Bon. In exile yongdzin renpoche established two monasteries, Menri in Dolanji, India and Triten Norbutse in Kathmandu, Nepal and in 2005 he opened Shenten Dargye Ling, an international centre for study and practice of yungdrung Bon in Blou, France he has been teaching Dzogchen regularly in Europe and the USA since 1989