



Clarifying the Natural State: A Principal Guidance Manual for Mahamudra

Dakpo Tashi Namgyal, Erik Pema Kunsang, Khenchen Thrangu Rinpoche

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A Buddhist Classic

A practical manual for both teacher and student alike, Clarifying the Natural State covers the path from mindfulness to complete enlightenment, simply and methodically. Presenting the profound and ultimate instructions of Mahamudra, it embodies the realization of India and Tibet's greatest masters.

The words of Dakpo Tashi Namgyal are unique. Adorned with plenty of pithy advice out of his personal experience, practitioners are greatly benefited by his instructions on how to remove hindrances and progress further. His methods for practicing Mahamudra are preeminent. This book is indispensable as it focuses exclusively on practice.

-Khenchen Thrangu Rinpoche

Elevate your experience and remain wide open like the sky. Expand your mindfulness and remain pervasive like the earth. Steady your attention and remain unshakable like a mountain. Brighten your awareness and remain shining like a flame. Clear your thought free wakefulness and remain lucid like a crystal.

- Dakpo Tashi Namgyal

16th Century

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