



Moonbeams of Mahamudra: The Classic Meditation Manual

Traleg Kyabgon

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The Mahamudra path of direct perception is the pre-eminent method of the Dakpo Kagyu tradition. This definitive manual systematically explains its approach to meditation, complete with definitions, pointing-out instructions, and advice for the many pitfalls and errors that beset practitioners. Central to these errors is our failure to acknowledge the difference between understanding and experience, and our tendency to fixate on meditative experiences and mistake them for realization. This translation conveys the freshness and immediacy of these instructions. Belonging to the generation of teachers to first bring Tibetan Buddhism across cultures, Traleg Kyabgon (1955-2012) presents these Mahamudra instructions in a direct, relaxed, and intimate style.

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