



# Great Perfection: Outer and Inner Preliminaries (Heart Essence)

*Third Dzogchen Rinpoche*

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In the Nyingma School of Tibetan Buddhism, the Great Perfection is considered the most profound and direct path to enlightenment. The instructions of this tradition present a spiritual shortcut—a radically direct approach that cuts through confusion and lays bare the mind's true nature of luminous purity. For centuries, these teachings have been taught and practiced in secret by some of the greatest adepts of the Buddhist tradition. *Great Perfection: Outer and Inner Preliminaries* contains detailed instructions on the foundational practices of this tradition, from "The Excellent Chariot," a practice manual compiled by the Third Dzogchen Rinpoche.

Distilling the teachings of the *Heart Essence of the Dakinis* into an accessible, easy-to-practice format, *The Excellent Chariot* leads the reader through the entire Buddhist path, starting with basic Buddhist contemplations that work to dislodge deeply ingrained patterns of thinking and behaving, and continuing on to the most advanced and secret meditative practices of the Great Perfection. The teachings in this volume are drawn largely from the writings of the great Nyingma master Longchenpa and the root texts of the *Heart Essence of the Dakinis* itself. The Third Dzogchen Rinpoche begins by discussing the correct way to study and practice the Great Perfection teachings before presenting an overview of the Great Perfection lineage and an explanation on the meaning and importance of empowerment. In the chapters that follow, he presents practical instructions on the outer and inner preliminaries, the so-called "ng???" practices. These practices enable the practitioner to transform and purify the mind, preparing it for the advanced Great Perfection meditation of Trekch????d T????, the breakthrough and direct leap.

In addition to the translation mentioned above, *Great Perfection: Outer and Inner Preliminaries* contains a beautiful introduction by the Dzogchen Ponlop Rinpoche, a contemporary Great Perfection master, and an extensive glossary of key Great Perfection terminology.

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Precisely why? Because this Great Perfection: Outer and Inner Preliminaries (Heart Essence) is an unordinary book that the inside of the book waiting for you to snap the item but latter it will jolt you with the secret that inside. Reading this book beside it was fantastic author who have write the book in such remarkable way makes the content on the inside easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you because of not hesitating having this ever again or you going to regret it. This unique book will give you a lot of gains than the other book get such as help improving your expertise and your critical thinking means. So , still want to postpone having that book? If I were being you I will go to the guide store hurriedly.

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Great Perfection: Outer and Inner Preliminaries (Heart Essence) can be one of your beginner books that are good idea. We all recommend that straight away because this guide has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The author giving his/her effort to put every word into joy arrangement in writing Great Perfection: Outer and Inner Preliminaries (Heart Essence) although doesn't forget the main position, giving the reader the hottest and also based confirm resource details that maybe you can be certainly one of it. This great information can easily drawn you into fresh stage of crucial considering.

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