

The Nature of Mind: The Dzogchen Instructions of Aro Yeshe Jungne

By Khenchen Sherab, Khenpo Tsewang Dongyal, Patrul Rinpoche

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Patrul Rinpoche's collection of the Dzogchen teachings of Aro Yeshe Jungne illuminated by practical meditation instructions that can be applied on-the-go in daily life by students of all backgrounds.

Patrul Rinpoche, the beloved nineteenth-century master best known for *Words of My Perfect Teacher*, collected the teachings of the tenth-century adept Aro Yeshe Jungne and synthesized them into the short text translated here as *Clear Elucidation of True Nature.* How to put these essential teachings into practice is the subject of the lively commentary by the two Khenpo brothers, the late Khenchen Palden Sherab Rinpoche and Khenpo Tsewang Dongyal Rinpoche.

The Dzogchen meditation instructions of the Aro lineage are divided into nine sets, or nine levels, with specific instructions for each on how to identify the nature of the mind, how to abide in it as a way of life, and how to liberate turbulent thoughts and emotions when they arise. The commentary enfolds this instruction into a broad general teaching suitable for beginners that serves as an introduction to Dzogchen meditation, to the Nyingma tradition, and to basic Buddhism.

Succinct and easy to read, the text encapsulates the entire path of the nine levels of study and practice described in the Nyingma school of Tibetan Buddhism. As a result, it has much to offer both beginners and longtime meditators to support their understanding and practice.

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Editorial Review

Review
"I am so happy to hear that this book is being published! Having such texts is our great good fortune. Patrul Rinpoche was a living buddha, a bodhisattva in the flesh, so of course his teaching can be trusted and relied on completely. He wouldn't lie to us! Moreover, Khenchen Palden Sherab and Khenpo Tsewang Dongyal are exceptional, compassionate masters of our time, not ordinary lamas. I think there is no better way to practice than by following their commentary precisely. It is my prayer that these teachings not only will be read widely but also that each practitioner will bring them into their heart with faith and sincerity. "—Gyatrul Rinpoche, author of *Meditation, Transformation, and Dream Yoga*

"Aro Yeshe Jungne's inspirational teachings on the nature of mind, which derive from the mind class of the Great Perfection, flourished during the tenth to twelfth centuries. A native of Langtang Dolma on the banks of the Yangtze in Kham, Aro possessed the instructions of seven successive masters of both Indian and Chinese lineages. His teachings were revived during the nineteenth century when they were recompiled by Patrul Rinpoche. Aro offers access to the Dzogchen perspectives on the nature of mind to persons of nine different capacities, ranging from those in whom this realization is spontaneously and effortlessly present to those who acquire it through the applications of calm abiding and superior insight. The present volume contains Sarah Harding's clear and lucid translation of Patrul Rinpoche's work, along with the contemporary oral commentary of the late Khenchen Palden Sherab Rinpoche and Khenpo Tsewang Dongyal Rinpoche. It is through their kindness that these vital teachings are now widely accessible. "—Gyurme Dorje, translator of *The Complete Nyingma Tradition from Sutra to Tantra: Books 15 to 17: The Essential Tantras of Mahayoga*

About the Author
PATRUL RINPOCHE (1808-1887) was a prominent lineage master from eastern Tibet whose teachings and writings remain widely influential in the Nyingma lineage.

KHENCHEN PALDEN SHERAB RINPOCHE (1938-2010) and his brother KHENPO TSEWANG DONGYAL RINPOCHE (b. 1950) escaped their homeland of eastern Tibet in 1959, and in the mid-1980s came to New York, where they founded the Padmasambhava Buddhist Center. PBC is now a network of over twenty centers worldwide whose mission is to spread the Buddhist teachings, particularly those of the Nyingma lineage of Tibetan Buddhism. Together the Khenpos have published more than twenty-five books in English, with the aim of preserving and propagating the authentic teachings of the Nyingma lineage.

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