



# The Instructions Of Gampopa: A Precious Garland Of The Supreme Path (Dream Flag Series)

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Gampopa

Khensur Rinpoche Khenpo Karthar Sherab Gyaltsen, also known as Khenpo Karthar Rinpoche, is a highly realized master of the Kagyu lineage. In this commentary on the *Precious Garland*, one of Gampopa's masterworks, he outlines what practitioners of varying levels need to know to perfect their spiritual practice. He instructs on the correct view, meditation, and conduct, and offers frank answers to common questions concerning obstacles to Dharma practice.

Gampopa (1070–1153) was the father of the Kagyu tradition and foremost student of Milarepa.



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