



# **Mahamudra: The Moonlight -- Quintessence of Mind and Meditation**

*Dakpo Tashi Namgyal*

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Mahamudra meditation is simultaneously the most profound of meditative disciplines and the most accessible for modern practitioners. Traditionally passed orally from teacher to disciple, mahamudra instructions point the meditator to the innate perfection of every experience.

When it first appeared in 1986, *Mahamudra: The Moonlight - Quintessence of Mind and Meditation* was the first presentation in English of a major Tibetan Buddhist work on meditation. This classic guide was composed in the sixteenth century by an eminent lama of the Kagyu school and is so comprehensive and practical that it is still widely used today as a manual. Divided into two major sections, it presents first the common approach and then the mahamudra approach to tranquility (*shamatha*) and insight (*vipashyana*) meditation.



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