



Mind of Mahamudra: Advice from the Kagyu Masters (Tibetan Classics Book 3)

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The Mind of Mahamudra is the third volume in the Tibetan Classics series, which aims to make available accessible paperback editions of key Tibetan Buddhist works drawn from Wisdom Publications' Library of Tibetan Classics.

Enjoy six key texts on the cornerstone meditation practice of the Kagyu school of Tibetan Buddhism by some of its most celebrated forebearers.

The Mind of Mahamudra highlights *mahamudra*, the central meditation practice of the Kagyu school of Tibetan Buddhism. The six texts range in date from the twelfth to the seventeenth century and include such celebrated authors as Lama Shang and the Third Karmapa. Mahamudra is essentially a simple, direct method for looking beyond our thoughts to the very nature of conscious experience. *Mahamudra* literally means "the great seal" and masters of this tradition have explained it to mean that everything is sealed with buddhahood, and there is no liberation to be attained other than what is already present. Mahamudra, it is said, is not attained not because it is too difficult, but because it is too easy; not because it is too far, but because it is too close; and not because it is hidden but because it is too evident. Because of its universality and directness, mahamudra meditation is particularly suited to the modern West. Eminent scholar Peter Alan Roberts draws on his thirty-plus years of experience of translating for Tibetan lamas to illuminate these benchmark translations.

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