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# Crystal Clear: Practical Advice For Mahamudra Meditators



## Synopsis

Crystal Clear, by the learned and realized Tibetan Master Thrangu Rinpoche, is a companion volume to the classic meditation manual *Clarifying the Natural State*. In his straightforward and lucid style Rinpoche gives us an indispensable guidebook for insight practice (vipashyana). For people who want more than just theory, this is a handbook that begins with watching the breath and leads practitioners through stages of realization, all the way to complete enlightenment. In Mahamudra, as one takes the path of direct perception, a person can obtain true and complete enlightenment within the same body and lifetime. Whatever the situation, Mahamudra provides appropriate methods and techniques. So, whether one is able to undertake a lot of hardship or not, whether one is very diligent or not, whichever type of person you might be there is always great benefit in practicing Mahamudra. The practice can be done in the solitude of retreat or while involved in the daily complexities of modern life. Mahamudra training is always applicable in any situation, at any moment of life. — Khenchen Thrangu Rinpoche

## Book Information

Paperback: 176 pages

Publisher: Rangjung Yeshe Publications (May 18, 2004)

Language: English

ISBN-10: 9627341517

ISBN-13: 978-9627341512

Product Dimensions: 5.5 x 0.5 x 8.5 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 10 customer reviews

Best Sellers Rank: #18,195 in Books (See Top 100 in Books) #14 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #543 in Books > Religion & Spirituality > New Age & Spirituality

## Customer Reviews

"In Mahamudra, as one takes the path of direct perception, a person can obtain true and complete enlightenment within the same body and lifetime. Whatever the situation, Mahamudra provides appropriate methods and techniques. So, whether one is able to undertake a lot of hardship or now, whether one is very diligent or not, whichever type of person you might be there is always great benefit in practicing Mahamudra. The practice can be done in the solitude of retreat or while involved in the daily complexities of modern life. Mahamudra training is always applicable in any

situation, at any moment of life."- Khenchen Thrangu Rinpoche

This book will help you 'recognize' your experience, especially, if you had it still at the preliminary stage. Now, as soon as one says 'your experience' one is strengthening "I" who experienced it (which in fact needs to be forgotten or transcended or weakened), however, keeping this subtlety aside Rinpoche has very clearly demonstrated what one needs to do and how. It also allows you with a point of entry (every time you want to meditate) and allows you to continue with your meditation. This is a beautiful and also a practical book.

This small book is a gem of practical step-by-step instruction - providing careful and heartfelt guidance for both the beginning meditator and the more experienced one.

**VALUABLE BOOK** An incredible text for mid-level practitioners . . . Succinct yet full of treasure, to be read and pondered many times.

Fantastic book for new meditators as well as those that have been practicing for years. Wish I this had been available when I first started meditating. I highly recommend this and all books by Khenchen Thrangu Rinpoche. He writes in a clear and personable manner without losing Buddha's teachings.

Thrangu Rinpoche has published commentaries on a number of the finest Mahamudra (MM) works including the 9th Karmapa's "Ocean of Definitive [& Ultimate] Meaning" & "Pointing Out the Dharmakaya" (POD) & this one based on talks he gave on Dakpo [or Takpo] Tashi Namgyal's "Clarifying the Natural State" (CNS) which, unlike the others, is also available in translation. Namgyal's other famed text, "Moonbeams of Mahamudra" is available in English: "MM: The Quintessence of Mind & Meditation." The 9th Karmapa's 3rd text is also available: "Mahamudra: Eliminating the Darkness of Ignorance." Along with the 3rd Karmapa's MM Prayer (see Tai Situ's book on this), these are the best MM primary texts available in English translation/commentary. Jamgön Kongtrül (p. 164). said POD & CNS were the most practical & easiest to apply. Thrangu's commentaries tend to be rather loose & not stanza-by-stanza. He attempts to reveal the work's essence & elaborate on difficult points. In this book, he gives the best exposition I've read on the relation between Mind-Only and Madhyamaka/MM views-- p. 72: "The Mind-Only School as well as Vajrayana, teaches that all external perceptions are mind." He also provides information on p.

142: "The 2nd type is the `skipping-the-grades type" (in addition to the instantaneous & gradual types of students) & p. 158: innate vs. imputed emotions. He elucidates Namgyal's expositions on mingling meditation & post-meditation [I'd call it meta-meditation], the 4 MM yogas compared with the 10 bhumis & 5 paths. While the mapping seems a bit contrived to me, these are, after all, simply models. Models are a type of analogy & no analogy is perfect. I do wish translators would avoid negative terms-i.e. "impermanent" rather than "transient" which I find more meaningful. He also makes some controversial, pithy statements which succinctly summarize the text: p. 70: "We have wavelike thoughts." [like an EEG]p. 73: "Actually the mind and the mental image are of one identity, and cannot be separated."p. 78: "The word `emptiness' is used expediently to dispel the tendency to cling to a concrete nature in phenomena."pp. 79-80: `We train in innate mind essence as Dharmakaya and innate perception as the light of Dharmakaya...One also trains in seeing that innate thoughts are the expression of Dharmakaya."p. 100: "Everything is meditation training when you have naturally aware presence of mind, and nothing is meditation when you are distracted."In summary, it's a fine book-especially if you haven't yet read the original in translation. If you have, it's still a nice refresher-and repetition can be valuable. In any case, it's beneficial to read the original too.

A very good service and book. Thank you

Wonderful book explaining the very highest and profound teachings of the Buddha according to Tibetan Buddhism. The author makes it clear that concepts such as emptiness or essence are not to be believed, but to be experienced and understood firsthand. Only then is there no doubt for the seeker. Meditation is a way for this to happen, and the techniques and rationale for this are clearly given. This is a wonderful stand-alone book and practical guide as well as a companion commentary on Clarifying the Natural State.

If one has some knowing of meditation and wishes to grow in the Mahamudra path then this is a good concise book. It is one that delivers what the title promises practical advice. Read it again and again then keep it handy as a basic 'GPS' for the journey towards enlightenment. I have not experienced everything that is discussed in the book but the clarity of the message makes it a reassuring read that this is a worthy path.

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