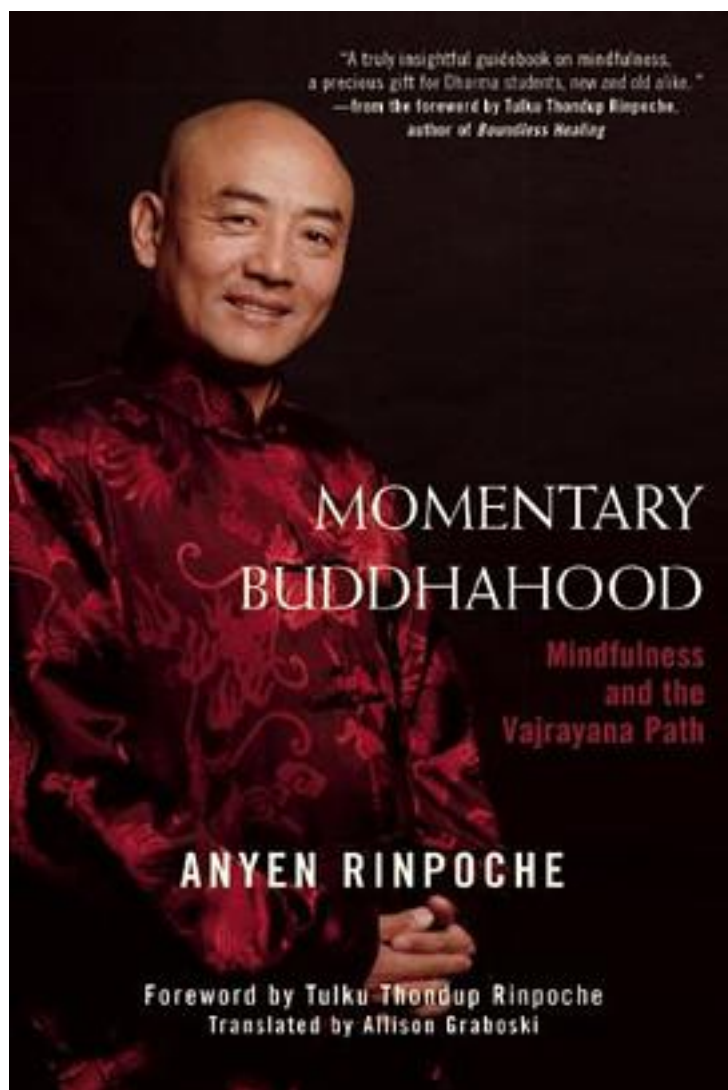


Momentary Buddhahood



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著者:Rinpoche, Anyen

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In this book, esteemed scholar Anyen Rinpoche dispels a common misconception among Western Vajrayana Buddhists: that mindfulness is a Zen teaching and thus not essential for tantric practice. Rinpoche is adamant that Vajrayana practitioners should fully understand the crucial support that mindfulness brings to the practice of tantric meditation, especially to Dzogchen meditation. He also clarifies the concept of mindfulness itself, giving it the true depth and meaning that is often lost in Western teachings.

作者介绍:

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