

New book on BÖNPO DZOGCHEN

by

Yongdzin Lopön Tenzin Namdak

MASTERS
of the
ZHANG ZHUNG NYENGYUD

**Pith Instructions from the
Experiential Transmission of Bönpo Dzogchen**



ཚོགས་པ་ཆེན་པོ་ཞང་ཁུང་སྐན་རྒྱུད་ཀྱི་ཉམས་རྒྱུད་སྐུ་ཏུ་བཞུགས་པ་ལེགས་སོ།།

Teachings by

Yongdzin Lopön Tenzin Namdak

Transcribed and edited by
Carol Ermakova and Dmitry Ermakov

*Preface by Geshe Gelek Jinpa
Introduction by Dmitry Ermakov*

Masters of the Zhang Zhung Nyengyud:
Pith Instructions from the Experiential Transmission of Bönpo Dzogchen
Teachings by H.E. Yongdzin Lopön Tenzin Namdak Rinpoche

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This volume contains Bönpo Dzogchen Masters' quintessential pith instructions on the Clear Light meditation. These teachings have come down to us over many thousands of years directly from the primordial Buddha Kuntu Zangpo through an unbroken lineage which is still transmitted and practised today. Here these heart teachings are delivered in a free and inspiring style by the current lineage holder, Yongdzin Lopön Tenzin Namdak Rinpoche, along with his own instructions on the practices of Guru Yoga, Trekchö and Thögal. This is the first time he has made his teachings on the Experiential Transmission publically available in English.

Masters of the Zhang Zhung Nyengyud is a beautifully produced hardback, 154 pages, with over forty-five full colour illustrations; in keeping with tradition, each master's instructions appear alongside his image from a set painted in Tibet before the Chinese takeover.

Another unique feature of this book is the lineage tree diagram thanks to which we can easily trace the various branches of the *Zhang Zhung Nyengyud* lineage from its source to the present day. This is the first time such a diagram has been compiled.

"The key instructions contained in the Zhang Zhung Nyengyud are extremely important as by following them it takes only one lifetime to achieve Buddhahood; through practising these teachings, many great practitioners - including the Masters here as well as Shardza Tashi Gyaltsen and his students - achieved Rainbow Body in one lifetime."

Geshe Gelek Jinpa

"Zhang Zhung Tripen asked his Master: "What is the meaning of the Nature of Mind?"

His Master replied:

"Look at a thought. There is neither colour, form nor anything material. It is like the sky. Yet this sky or space encompasses all that exists. This Nature cannot be fixed in words, neither can it be apprehended by consciousness; not even a Buddha can see it by means of consciousness. Without attempting to see through consciousness, the way to remain in Nature is to simply leave it as it is without searching, finding or focusing on anything. Leave it as it is and that is excellent meditation."

Darma Bode, eighth Master of the *Zhang Zhung Nyengyud*

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For further information and pre-order please visit:

<http://www.boandbon.com/Masters%20of%20ZZNG.html>