



Der große Augenblick: Das wilde Erwachen zur wahren Natur des Geistes (German Edition)

Dzogchen Ponlop Rinpoche

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Mahamudra und Dzogchen: esoterischer Buddhismus in zeitgemäßer Form.

Der große Augenblick ist auf einmal einfach da: das Erwachen, die volle Realisierung der wahren Natur des Geistes kann sehr plötzlich geschehen. Die Mahamudra- und Dzogchen-Lehren des Tibetischen Buddhismus beschreiben zwei verschiedene Schulungswege, die den Geist auf diesen besonderen Moment vorbereiten und ihn überhaupt erst ermöglichen. Jeder trägt das Potenzial zur Buddhaschaft in sich. Mahamudra und Dzogchen legen es frei. Diese beiden Übertragungslinien repräsentieren die Essenz der Lehren des Buddha und erlauben uns, den Erleuchtungsgeist im eigenen Herzen zu entdecken. Dzogchen Ponlop Rinpoche erklärt überaus klar und anschaulich, mithilfe welcher Methoden die Mahamudra- und Dzogchen-Praxis zur Erleuchtung führt. Dabei setzt er immer wieder bei unserer alltäglichen Erfahrung von Leiden an und zeigt auf, wie Freiheit realisiert werden kann.

Mit einem Vorwort des vierzehnten Dalai Lama und des siebzehnten Karmapa

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