



# Steps to the Great Perfection: The Mind-Training Tradition of the Dzogchen Masters

*Jigme Lingpa*

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## **Steps to the Great Perfection: The Mind-Training Tradition of the Dzogchen Masters** Jigme Lingpa

The mind-training practices contained in the Dzogchen tradition of Tibetan Buddhism have never before been presented in the English language. The main text translated here, *The Steps to Liberation*, will be of great interest to Western practitioners, since its instructions are pithy and direct, and experiential rather than scholarly. The contemplations on core Buddhist principles like impermanence and karma, intended for beginning meditators, unfold as dramatic stories in which the meditator is to vividly imagine himself or herself as the main character who undergoes a sequence of experiences that result in transformative realizations. They distill the most essential teachings of the Buddha into a practical system that can be easily implemented in a daily meditation practice. At the same time, they bring together the most foundational Buddhist teachings with the profound methods of the Vajrayana (the esoteric teachings of Buddhist tantra). This is the hallmark of Dzogchen mind training and what sets it apart from other mind-training lineages.

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