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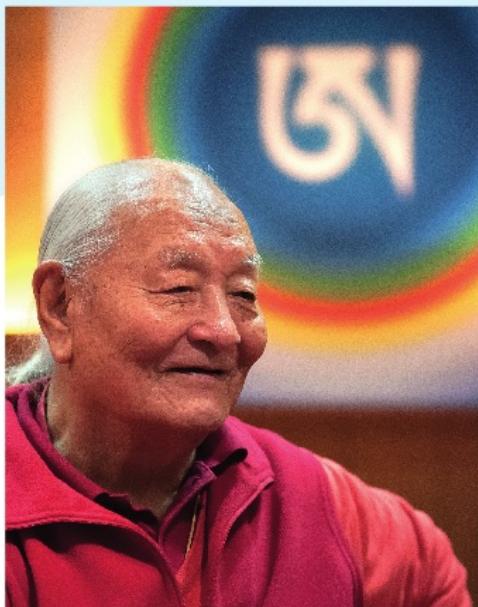
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Shang Shung Publications, founded by Dzogchen Master Chögyal Namkhai Norbu in 1983 and currently an imprint of the Shang Shung Foundation, is dedicated to the diffusion of the Dzogchen teaching as transmitted by the Master. It also publishes works written by the Master himself and other qualified authors on the traditional sciences of Tibetan culture, ranging from Tibetan history and literature to medicine and astrology.

In the course of more than thirty years, Shang Shung Publications has published close to four hundred books, and also includes in its catalog seventy video and forty-five audio products originally produced by Shang Shung Institute. Many of these books and media products are now available for downloading as well as in physical form.

A number of these works, originally published in English and/or Italian, have been translated into twenty major languages, resulting in a total of nearly eight hundred translations supervised and authorized by the auditors of the International Publications Committee linked to the publishing house.

This large publishing enterprise, based on the work and tireless leadership of Chögyal Namkhai Norbu, was made possible thanks to the commitment of a staff of specialists including translators from



Tibetan and other languages, editors, graphic artists, administrators, and logistics coordinators, as well as the collaboration of hundreds of volunteers who have offered their work gratuitously at all stages of production, from the transcription of the teachings to the printing of the completed works.

Finally, we are vitally dependent on thousands of sponsors who generously contribute donations, either spontaneously or in response to requests. In particular, we note the important support of the Complete Works of Chögyal Namkhai Norbu and Ka-ter projects, managed by the Shang Shung Institute of Austria, which continue to raise funds for the payment of the translators from Tibetan and for the training of qualified translators and editors.

We wish to express our heartfelt thanks to the Master and all the collaborators who have helped disseminate his words during these years. We are also grateful to our readers, who by purchasing our products express their deep interest and generous collaboration.

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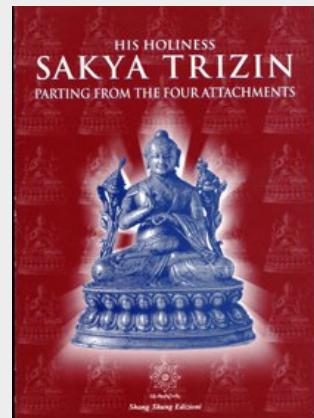


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S.S. Sakya Trizin

Abbandonare i quattro attaccamenti



Sua Santità Sakya Trizin ha trasmesso questi insegnamenti a Merigar nel giugno del 1998.

Questi insegnamenti risalgono al grande lama Sakyapa Kunga Nyingpo il quale, dopo aver completato un ritiro di sei mesi incentrato sulla pratica di Mañjushri, un giorno nella sua visione pura vide Mañjushri in persona seduto su un trono di gioielli, con le mani atteggiate nella mudra dell'insegnamento, affiancato da due Bodhisattva che gli facevano da assistenti, uno da ciascun lato. Mañjushri, che era la divinità principale, gli diede questo insegnamento composto di quattro versi. Tutte le vie del Sutrayana sono comprese in questi quattro versi. Attraverso questa pratica, Kunga Nyingpo raggiunse la visione profonda e poi trasmise l'insegnamento ai suoi figli. Da allora questo insegnamento è stato trasmesso senza interruzione da maestro a maestro fino a oggi.

DZOGCHEN &
BUDDHISM



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Chögyal Namkhai Norbu

Advice for Three Students of My Master

Translated from Tibetan by Adriano Clemente

The three songs translated in this collection were written by Chögyal Namkhai Norbu in the early summer of 1988 in eastern Tibet, during a visit to Khamdo Gar, once the residence of Rigdzin Changchub Dorje, his root teacher of Dzogchen.

The day of his departure, Chögyal Namkhai Norbu was asked by several old students of Changchub Dorje for advice about practice, and he then offered these three spontaneous songs containing the essence of Dzogchen in its three aspects of view, meditation, and conduct. The first song, *Advice to the Hermit Lama Namgyal*, expresses the essence of the Dzogchen path in just a few, succinct lines. It is dedicated to Lama Namgyal, a Nyingmapa monk who had lived for many years at Khamdo Gar. The second song, *Advice to Lama Tsega*, is dedicated to a practitioner who was originally a monk from the Drugpa lineage, here called by the Sanskrit equivalent of his name, Ayu. In this song, the principle of instant presence as the main point of meditation is presented with brilliant clarity. The last song, *Advice to Lama Pema Loden*, is a short, beautiful poem offered to Pema Loden, a relative of Changchub Dorje and at that time administrator of Khamdo Gar.

CHÖGYAL NAMKHA NORBU

ADVICE for THREE
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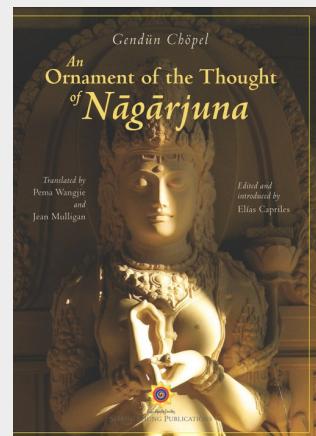


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Gendün Chöphel

An Ornament of the Thought of Nagarjuna



Translated from Tibetan by Pema Wangjié and Jean Mulligan, edited by Elías Capriles

From Chögyal Namkhai Norbu's Preface: "Gendün Chöphel, eminent scholar of 20th-century Tibet, was a master of both the traditional curricula of his time – the five branches of Buddhist wisdom and the five subjects of Tibetan culture – and of numerous modern subjects in such fields as philosophy, language, and history. I need not detail his accomplishments and life history here, as these are well known from other sources. The *Ludrub Gonggyen* (*kLu sgrub dgongs rgyan*) clearly demonstrates his profound knowledge of both Sutra and Tantra and his precise understanding of the essence of the teachings of Buddha and the thought of Nagarjuna. Careful study and analysis of this work – whether by scholars who approach it with impartial minds, practitioners who seek understanding of the Buddha's teachings, or those engaged in research – will lead to an understanding of the essential meaning of the Buddha's teachings."

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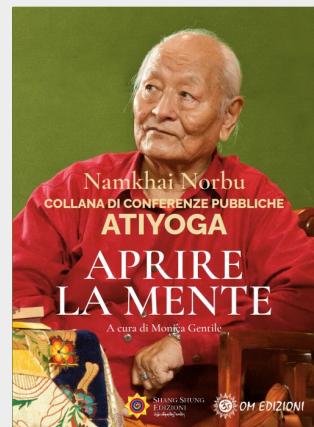
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L'infaticabile attività di insegnamento dell'autore Namkhai Norbu (1938-2018) non era basata su un intento missionario, ossia su uno sforzo per cercare di promuovere una filosofia o una religione, un tentativo di convincere, istruire, indottrinare e fare proseliti. Piuttosto era il contrario: com'egli stesso spiegava con grande chiarezza, insegnare una certa filosofia o predicare un sistema religioso, cercando di convincere gli altri con asserzioni fideistiche, assiomi e logica, è un condizionamento che si aggiunge ai tanti che già abbiamo. Il condizionamento in realtà ha luogo durante tutta la vita ad opera dei nostri genitori, della società, del sistema educativo e così via. Non c'è alcunché di intrinsecamente sbagliato in questo processo, che può risultare utile per vivere in un determinato contesto sociale, e tuttavia dobbiamo comprendere che tutti i condizionamenti sono relativi e limitanti.

Namkhai Norbu spiegava che, una volta compreso questo, abbiamo la possibilità di rivolgere la nostra attenzione non a

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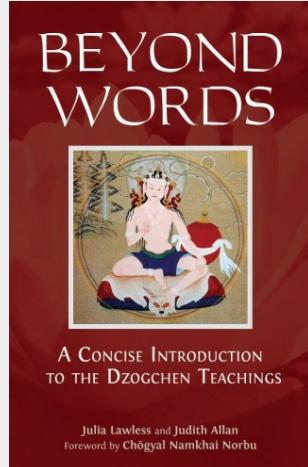


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Beyond Words

A Concise Introduction to the Dzogchen Teachings



Written for general readers, Beyond Words is a lucid introduction to the profound Total Perfection teachings (Dzogchen Atiyoga). Drawing on quotations from translated materials and secondary sources, the authors outline the philosophical, historical, and practical perspectives of Dzogchen, as presented by their mentor Chögyal Namkhai Norbu.

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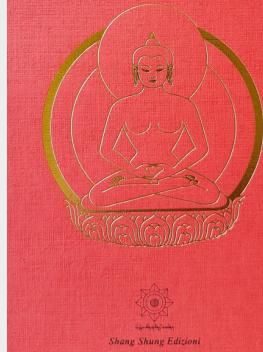


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Chögyal Namkhai Norbu

Canti dall'ospedale e altre poesie

CANTI
DALL'OSPEDALE
E ALTRE POESIE



Traduzione dal tibetano di Adriano Clemente

Il testo contiene cinque poesie scritte da Chögyal Namkhai Norbu: tre scritte nel dicembre 1994 e nei mesi di gennaio e febbraio 1995 durante una degenza presso lo Sloan Kettering Hospital di New York:

- Nello spazio puro sin dall'origine.
- Samantabhadra.
- Il Corpo Illusorio.

e due canti scritti nel 1985:

- Il piccolo canto che fa scendere il flusso potenziante della Mahamudra.
- Il piccolo canto dei quaranta senza.

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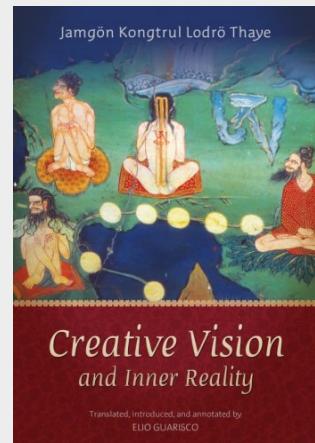


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Jamgön Kongtrul Lodrö Thaye Creative Vision and Inner Reality

Translated from Tibetan, introduced and annotated by Elio Guarisco

Creative Vision and Inner Reality is a translation of *Easing the Beginner's Way: The Essential Points of Creation and Completion*, written in verse at the age of twenty-seven by the amazing nineteenth-century realized master and profound scholar Jamgön Kongtrul Lodrö Thaye. Born in 1813 in Kham in eastern Tibet, Kongtrul offered this advice based on his own experiential understanding of these two basic methods in Tibetan Buddhist tantric meditation. The aspiring practitioner's way is eased by clear and extremely practical explanations of firstly, the phase of creation referring to the gradual imaginative process of recreating, with the aid of mantra and mudra, one's self as the deity and the environment as the mandala, while maintaining the awareness of the lack of real existence of these and all appearances and secondly, the phase of completion, referring to the dissolution of the visualization until the mind rests in its natural condition, the inseparability of bliss and emptiness, a state accomplished by, among other methods, concentration on one's so-called vajra body and its channels, winds, and vital essences.



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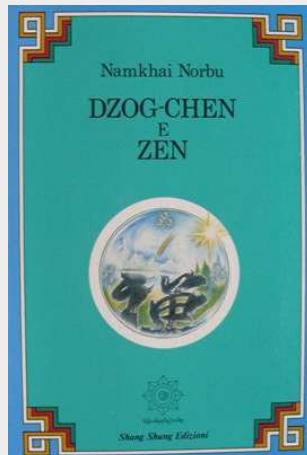
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శంశుంగ్ ప్రాచీన క్రితమాల్య

Dzogchen e Zen

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



In questa conferenza tenuta da Chögyal Namkhai Norbu nel 1981 all'Università della California, l'autore tratta del rapporto tra Ch'an (Zen in giapponese) e Dzogchen nell'ambito dell'incontro nei secoli dal settimo al nono, all'epoca della prima diffusione del Buddhismo in Tibet, tra buddhisti cinesi (Ch'an) e le varie correnti di buddhismo, sia sutra che tantra, provenienti dall'India. L'autore si concentra in modo particolare sull'insegnamento Dzogchen ritenuto la vetta dell'insegnamento tantra dalle varie scuole tibetane. La comprensione tra Zen (Ch'an) e Dzogchen è una questione quanto mai attuale. In occidente, il buddhismo tibetano e il buddhismo Zen continuano ad essere le forme di buddhismo più diffuse e praticate. Ciò non è un caso, dato che entrambe sono riuscite a conservare una loro vitalità nonostante secoli di decadenza del buddhismo. Questo è dovuto, almeno in parte, al loro approccio "diretto", non graduale all'insegnamento buddhista del quale rappresentano il culmine, rispettivamente, nella tradizione dei sutra e dei tantra.

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Various Authors

Dzogchen Invocations

Translated from Tibetan by Adriano Clemente

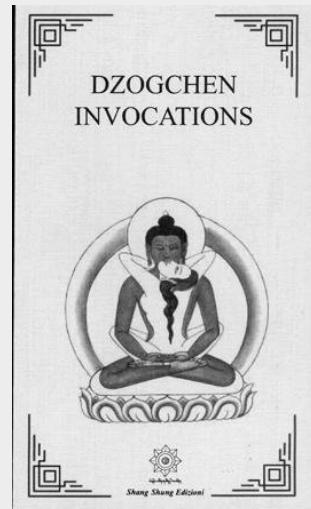
This booklet contains five invocations, the first four particularly tied to the principle of Dzogchen and the fifth to general Vajrayana. The “Invocation to Samantabhadra” belongs to the *Northern Treasures* cycle (*byang gter*) discovered by the tertön Rigdzin Gödem Chen.

The “Invocation to the Base, the Path, and the Fruit” belongs to the *Longchen Nyingthig* cycle of Jigmed Lingpa.

The “Invocation and Introduction to the Bardo” is found in the miscellaneous writings of Longchenpa.

The “Natural Vajra Energy of Instant Presence and Emptiness - An Invocation to the Inseparable Meaning of the Base, Path, and Fruit of Manjushri Dzogpa Chenpo” is a famous invocation by Ju Mipham Gyatso.

The “Invocation of the Lamp” belongs to the terma cycle *The Secret Treasure of the Vajra of Luminous Clarity* discovered by Adzom Drugpa.



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Chögyal Namkhai Norbu

Dzogchen La Nostra Vera Condizione

Un'Introduzione attraverso Domande e
Risposte

Dzogchen o “perfezione totale”, un insegnamento che racchiude l’essenza di tutte le tradizioni spirituali tibetane, è una conoscenza che consente l’evoluzione della nostra consapevolezza senza le costrizioni dei comportamenti esteriori. Praticare lo Dzogchen significa semplicemente mantenere la presenza della nostra vera condizione così com’è, favorendo la realizzazione di una autentica libertà, foriera di una nuova era di benessere e felicità per tutti noi.

Che cosa è lo Dzogchen? Che rapporto ha con la società odierna? Negli scritti qui raccolti il maestro Chögyal Namkhai Norbu risponde in modo molto chiaro ed esauriente a queste e altre domande poste a metà degli anni ’70 dai suoi primi studenti occidentali. Questo libro, corredata da un gran numero di citazioni, chiarimenti e consigli sui diversi aspetti della pratica e da una copiosa bibliografia, costituisce una preziosa introduzione allo Dzogchen.

Chögyal Namkhai Norbu

DZOG CHEN

LA NOSTRA VERA CONDIZIONE

Un'introduzione attraverso domande e risposte

Traduzione dal tibetano e cura
di Adriano Clemente

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Chögyal Namkhai Norbu

Dzogchen Our Real Condition

An Introduction in Questions and Answers

Dzogchen, or “Total Perfection,” a teaching encapsulating the essence of all Tibetan spiritual traditions, is a knowledge that enables the evolution of our consciousness, unfettered by the limitations of an external mode of conduct.

Practicing Dzogchen simply means maintaining presence of our real condition as it is, fostering the realization of an authentic freedom that can bring about a new era of well-being and happiness for all of us.

What is Dzogchen? How is it relevant in society? In the writings gathered here, Dzogchen master Chögyal Namkhai Norbu replies with great clarity and thoroughness to these and other questions asked in the mid-1970s by his first Western students. Informed by a wealth of sources, citations, clarifications, and advice on various aspects of the practice, this book constitutes a valuable introduction to Dzogchen. Chögyal Namkhai Norbu was one of the foremost Tibetan masters of Dzogchen and the first to transmit it in its entirety in the West. The core message of his teachings is to discover our limitations and overcome them by relaxing in our real condition.

Chögyal Namkhai Norbu

**DZOG
CHEN**
OUR REAL CONDITION

An Introduction in Questions and Answers

Translated from Tibetan and edited
by Adriano Clemente



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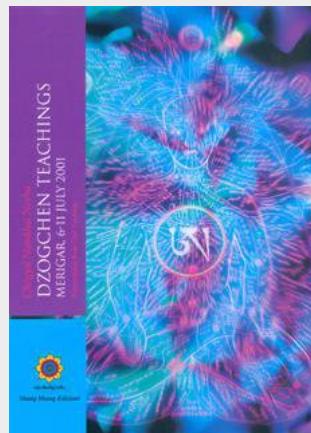
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Chögyal Namkhai Norbu

Dzogchen Teachings Merigar, 6-11 July 2001



"It is important when we are doing a retreat, that you try to listen to what is being transmitted and what is being said. You must be aware of this and try to listen attentively. I have had this experience again and again that I explain something today and repeat it again the next day. Then the day after that someone wants to talk to me and they ask me something that I had already just explained over the last couple of days. Then, I sometimes say, "But you didn't listen to what I told you". If you really listen well, then you will get all the answers. It is sufficient that you observe yourselves a little and listen carefully. This is important because the teaching is not only a technique about how you sit and how you do practice. The teaching is also about how to live your life within society. This is what we need to know above all. For example, even if the teaching doesn't tell you how to work in your shop, when you are there, it can show you how to work with your mind and your existence. Through the teaching, you can learn how to guide your mind and how to deal with your situation."

—Chögyal Namkhai Norbu

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This product is intended only for those who have received direct introduction from a qualified master.



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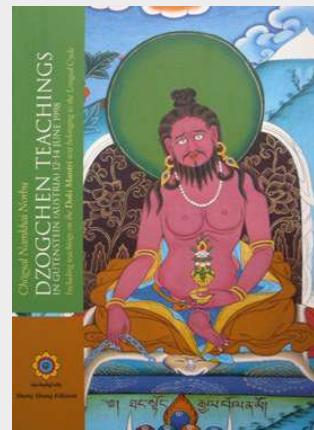


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Chögyal Namkhai Norbu

Dzogchen Teachings in Gutenstein, Austria, 12- 14 June, 1998

Including teachings on the Daki Mantri text
belonging to the Longsal Cycle



This book contains the transcription of the whole retreat held in Gutenstein in 1998, including the oral teachings on the *Daki Mantri* text of Thangtong Gyalpo belonging to the Longsal Cycle which is the collection of Chögyal Namkhai Norbu's rediscovered teachings (see *Longsal Teachings, Volume One*, Shang Shung Publications 2001). It contains the Tibetan text and a useful glossary of Tibetan names and words.

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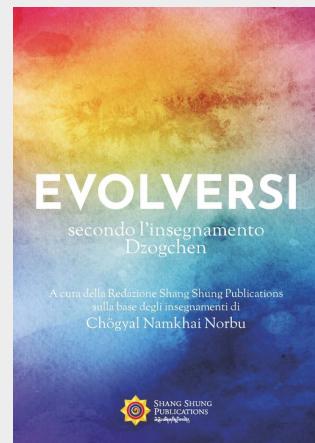
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Evolversi secondo l'insegnamento Dzogchen

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on the basis of the teachings of
Chögyal Namkhai Norbu



Compilazione di Alfredo Colitto

Quale sia lo scopo o il senso della vita è una domanda vecchia quanto il genere umano. Cosa ci facciamo qui? Perché siamo nati? L'esistenza umana ha un significato più profondo, qualcosa che ci è molto vicino, ma che rimane elusivo in attesa di essere scoperto?

Chögyal Namkhai Norbu, uno dei grandi maestri di vita della nostra epoca, ha trasmesso in tutto il mondo l'insegnamento della Perfezione Totale o Atiyoga, praticato da secoli tra le nevi del Tibet. Questa saggezza ci aiuta a scoprire la risposta a queste domande. La scoperta che l'essenza di ciò che siamo è completamente pura e spontaneamente perfetta è la chiave che ci permette di passare dal livello della confusa mente ordinaria al livello supremo della coscienza pura fin dall'origine. Al livello relativo della vita quotidiana l'applicazione di questa via ci permette di superare le paure esistenziali e di vivere una vita felice e rilassata.

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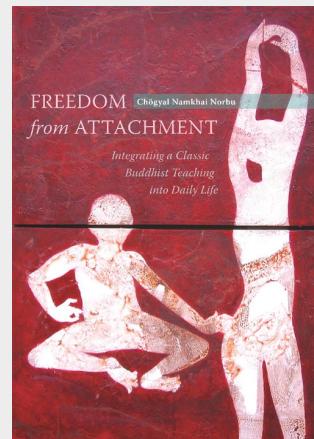


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Chögyal Namkhai Norbu

Freedom from Attachment

Integrating a Classic Buddhist Teaching into Daily Life



“Parting from the Four Attachments is a teaching on overcoming the four different kinds of attachment. Our understanding of this teaching must become something concrete; otherwise, it remains intellectual knowledge only. To make this knowledge concrete, we must integrate it into our condition in daily life. Teachings are not just for intellectual study or argument; they are for our life. Even if we are in a relative condition, if we apply this knowledge in the correct way it benefits us and we do not have problems. This is really the value of the teaching, but most of the time we are not aware of this. We think we are learning a tradition, but learning a tradition does not ultimately help. One day we will die, and when our life is finished we will not take our tradition with us. But the knowledge that we have integrated into our real nature has the potential to help us. If we are following a teacher, the real state of the teacher must be integrated into our condition. Each of us must become our own teacher. As a Dzogchen practitioner, you need to integrate the teachings of *Parting from the Four Attachments* within yourself.”

—Chögyal Namkhai Norbu

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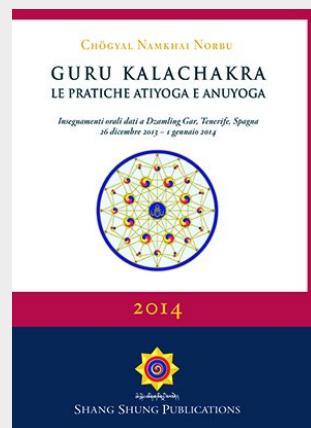
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Chögyal Namkhai Norbu

Guru Kalachakra Le pratiche Atiyoga e Anuyoga

Insegnamenti orali dati a Dzamling Gar
26 dicembre 2013 - 1 gennaio 2014

Il Kalachakra è un insegnamento molto famoso e storicamente si dice che sia stato trasmesso da Buddha Shakyamuni, in particolare a studenti umani di Shambhala. Nella tradizione moderna del buddhismo tibetano i tantra superiori, o Anuttaratantra, sono suddivisi in paterni, materni e neutri. Il Kalachakra è un tantra neutro, e quindi è considerato la non dualità dei tantra paterni e materni. Per questo motivo S.S. il Dalai Lama, e prima di lui anche il precedente Panchen Lama, hanno cominciato a darne l'iniziazione pubblicamente. Tuttavia il modo tradizionale di fare la pratica del Kalachakra è assai complesso, e quindi Chögyal Namkhai Norbu ha trasmesso due metodi più essenziali che sono particolarmente adatti ai discepoli occidentali. In una serie di sogni, collegati anche a Chögyal Dawa Sangpo, Rigden di Shambhala, Rinpoche ha ricevuto una pratica del Kalachakra molto essenziale, in stile Ati, collegata ai suoi insegnamenti Longsal. Inoltre Rinpoche ha trovato tra gli insegnamenti *terma* del suo maestro Changchub Dorje una versione Anuyoga del Kalachakra che ha trasmesso e spiegato in dettaglio nel ritiro di Dzamling Gar, Tenerife, alla fine del 2013.



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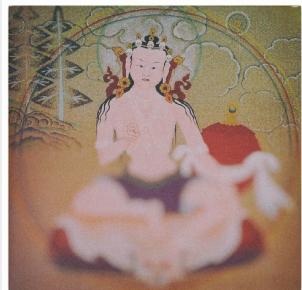


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Chögyal Namkhai Norbu

Guru Yoga of the White A [PRACTICE ONLY]



The practice of the Guru Yoga of the White A with Guru Garab Dorje, by Chögyal Namkhai Norbu.

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Guruyoga

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Chögyal Namkhai Norbu ha ripetuto infinite volte che il Guruyoga è la pratica principale dell'insegnamento Dzogchen: bisogna quindi cercare di trovarsi nello stato del Guruyoga in ogni istante della vita. Guruyoga in sanscrito vuol dire unione col Maestro, ma l'etimologia del tibetano *lamai naljor* ci permette di comprendere meglio il senso del Guruyoga: infatti *naljor* significa possedere la conoscenza della nostra condizione reale così com'è, che è la stessa conoscenza del Maestro.

Nel primo capitolo, dopo la spiegazione generale del lignaggio dello Dzogchen, del senso del Guruyoga e del modo di praticarlo in modo essenziale, sono presentati alcuni passi specifici sulle tre trasmissioni, l'importanza del lignaggio, le qualificazioni di un maestro e il significato del Guruyoga nel Tantra e nello Dzogchen. Il secondo capitolo è specificamente dedicato al modo di vedere. Il terzo capitolo tratta il tema della contemplazione e pone l'accento sul senso profondo del Guruyoga come pratica principale. Nel quarto capitolo è illustrato lo stretto rapporto che esiste tra il comportamento di un praticante Dzogchen e il Guruyoga.

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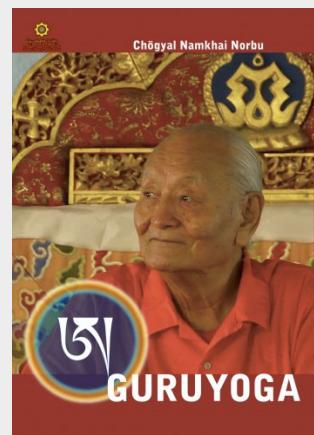
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Guruyoga

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In Dzogchen teaching, the practice of Guruyoga is indispensable because it is the root of all practices; if we follow the teaching, the first thing to do is Guruyoga. Some people learn highly complicated methods and are satisfied with that, but they do not do Guruyoga. It is as if the root of the teaching is missing: the connection to the teacher and the transmission.

Guruyoga practice according to Dzogchen means going directly to the essence. In fact, the teaching explains that the condition of Buddha or the dharmakaya coincides with our profound nature, so there is no need to look for it outside of ourselves. To be in the state of Guruyoga is to be in our own real nature and the real nature of our teacher in the same instant.

Many practices go by the name Guruyoga, but the essential meaning is to be in the state of instant presence that you were first introduced to by your teacher. Guruyoga permits us to find ourselves in that state again.

The first part of this book contains a general explanation of Guruyoga, its meaning and its aspects related to view, meditation, and behavior. The second part contains the main Guruyoga practices applied in the Dzogchen Community, the methods for introducing the state of rigpa, and the empowerments given by Chögyal Namkhai Norbu in worldwide transmissions of Guruyoga.

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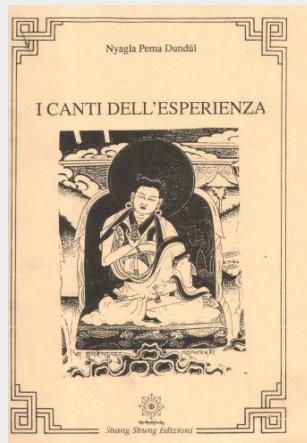
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Nyagla Padma Dündul

I canti dell'esperienza

Traduzione dal tibetano di Adriano Clemente

Nyagla Pema Dundül è stato uno dei personaggi più rilevanti nel rinnovamento spirituale avvenuto in Tibet orientale nel secolo XIX°. Maestro di Adzam Drugpa, Ayu Khandro, Changchub Dorje e altre figure nell'insegnamento Dzogchen, è noto per aver riscoperto il ciclo di terma "L'autoliberazione universale (Khakhyap Rangdrol)". Questa breve raccolta tratta dai "canti dell'esperienza" (nyams mgur), ha il solo scopo di "assaggiare" la saggezza spontanea di questo grande maestro. Un breve resoconto della sua vita, conclusasi con la realizzazione del corpo di luce ('ja 'lus), si può leggere ne "Il canto dell'energia" sempre pubblicato dalla Shang Shung Edizioni.



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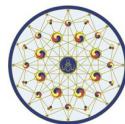
I Quattro Dharma di Longchenpa

Tsegyalgar East, 16 -20 luglio 2014

CHÖGYAL NAMKHAJ NORBU

I QUATTRO DHARMA DI LONGCHENPA

Tsegyalgar East, 16-20 luglio 2014



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Questa collana di trascrizioni degli insegnamenti di Chögyal Namkhai Norbu risponde al desiderio di fornire ai praticanti che partecipano ai ritiri del Maestro un resoconto letterale delle sue parole in tempi rapidi, in modo che gli interessati possano leggerle nero su bianco e trarne beneficio per la propria comprensione e la propria pratica, senza che passi molto tempo dalla trasmissione originale.

In origine i Quattro Dharma sono stati insegnati e sviluppati da Gampopa, lo studente principale di Milarepa. Questi quattro argomenti sono una chiave di tutti gli insegnamenti e sono diventati molto importanti e diffusi. Perciò Longchenpa usa questi quattro punti per spiegare tutti i metodi, tra cui il Vajrayana, l'Anuyoga e lo stato dello Dzogchen.



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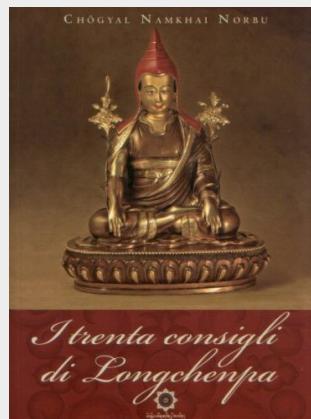
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Chögyal Namkhai Norbu

I trenta consigli di Longchenpa



Traduzione dal tibetano di Elio Guarisco

Longchenpa Trime Öser (1308-1363) è stato uno dei più importanti maestri tibetani di Dzogchen. La sua conoscenza delle scritture e la sua realizzazione erano pari a quelle dei famosi santi che hanno benedetto la terra dell'India. Fedele ai suoi consigli, Longchenpa condusse un'esistenza disciplinata, passata nelle foreste e negli eremi di montagna. I "Trenta consigli dal profondo del cuore" sono veri e propri gioielli che ci vengono offerti in palmo di mano per ispirare la nostra mente a rivolgersi verso una sincera e incontaminata pratica spirituale.

Con la sua limpida introduzione ai principi e alla pratica dello Dzogchen, Chögyal Namkhai Norbu colloca i trenta consigli nel loro giusto contesto e procede a spiegarli uno alla volta riferendoli all'esperienza spirituale di Longchenpa, ma rendendoli attuali anche per noi e i nostri contemporanei.

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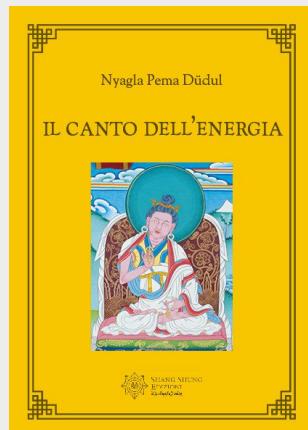


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Nyagla Padma Dündul Il canto dell'energia



“Il canto dell’energia della natura dell’esistenza” è un canto spirituale che racchiude in poche parole l’essenza dell’insegnamento dello Dzogchen, insegnamento presente in Tibet fin dai tempi più antichi e trasmesso da lignaggi ininterrotti di maestri che appartengono sia alla scuola Nyingma sia allo Yungdrung Bön, la religione pre-buddhista. Questo canto è particolarmente significativo per chi voglia ottenere una comprensione diretta dello Dzogchen. Concepito come consiglio indirizzato a due discepoli, esso non è una semplice esercitazione intellettuale, ma è un messaggio che comunica lo stato di illimitata libertà in cui l’autore si trova a vivere. Vissuto tra il 1816 e il 1872, Nyagla Padma Dündul fu un grande Maestro e Tertön che ottenne il Corpo di Luce (‘ja ’lus). Furono suoi discepoli Ayu Khandro e Changchub Dorje, maestri di Chögyal Namkhai Norbu.

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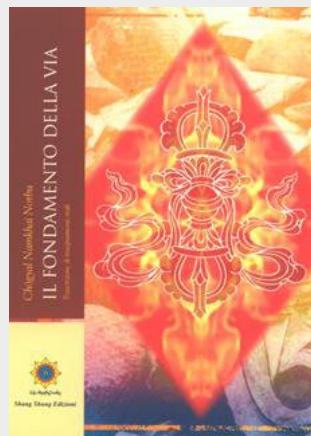
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Il fondamento della via

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Se osserviamo bene, la maggior parte di noi è proprio come una pietra nel mare. Magari parliamo del bodhicitta, di agire per il bene degli altri e di tante belle cose, e viviamo in un'atmosfera tutta rosa, ma poi restiamo come una pietra. Di solito le cose messe nell'acqua si ammorbidiscono, ma una pietra no, resta sempre dura perchè quella è la sua condizione, non si rilassa mai, e anche dopo secoli e secoli non ha la minima idea di integrarsi con l'acqua. Anche se sta per migliaia di anni nell'acqua, quando si rompe vediamo che dentro è secca. Così il nostro ego non si integra mai con l'insegnamento, è solo capace di pronunciare tante belle parole come un professore ben preparato che fa una conferenza e tutti dicono: "Ah, che bravo, che bel discorso ha fatto". Ma in realtà non ha integrato niente in se stesso e la sua condizione non è cambiata nemmeno di una virgola. Ecco, l'insegnamento non deve diventare così, l'insegnamento dev'essere integrato in se stessi, ma per integrarlo bisogna aprirsi un pochino, cioè bisogna osservare se stessi e comprendere la propria condizione.

In questa raccolta di insegnamenti sono esposte alcune della basi fondamentali per osservare se stessi e comprendere la propria condizione: le quattro consapevolezze, il rifugio, il bodhicitta, i tre allenamenti, i tre sacri fondamenti, lo stato del Vajra.

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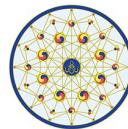
Il Guruyoga della A bianca con l'invocazione a Guru Garab Dorje

Insegnamenti orali dati a Varsavia, Polonia
31 luglio - 2 agosto 2015

CHÖGYAL NAMKHAJ NORBU

IL GURUYOGA DELLA A BIANCA
CON L'INVOCAZIONE A GURU GARAB DORJE

Insegnamenti orali dati a
Varsavia, Polonia 31 luglio / 2 agosto 2015



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Chögyal Namkhai Norbu dice:

“In generale nell'insegnamento Dzogchen abbiamo l'Ati Guruyoga, quello che applichiamo sempre, e anche in quello c'è la A bianca. Ma quando diciamo Guruyoga della A bianca parliamo di una pratica in cui ci sono delle invocazioni a Guru Garab Dorje.”

Questo libro contiene il commento orale a un testo del Longsal, *L'upadesha sul Guruyoga della A bianca*, che si trova nel sesto volume degli Insegnamenti Longsal. Nel testo radice si legge: “Il punto essenziale della pratica dell'Ati è il Guruyoga della A bianca. Per realizzare la non dualità fra la visione e la mente e aprire la grande porta delle esperienze, è raro trovare nell'universo uno yoga migliore del Guruyoga della A bianca.” In particolare questa pratica, che il Maestro ha inserito fin dall'inizio fra le principali pratiche collettive della Comunità Dzogchen, è molto efficace per favorire lo sviluppo della chiarezza, e di conseguenza è una delle pratiche fondamentali per preparare e applicare il ritiro al buio dell'insegnamento Yangti.

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Dzamling Gar, 28 dicembre 2017 - 1 gennaio
2018

CHÖGYAL NAMKHAJ NORBU

INSEGNAMENTI ATIYOGA

Dzamling Gar, Tenerife, Spagna
28 dicembre 2017 - 1 gennaio 2018



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“L’insegnamento di questo ritiro è l’Atiyoga: cercate di capirlo un po’ più concretamente nella vostra condizione. Dovete capire come potete entrare nella vostra vera natura. In generale si parla spesso della mente e della natura della mente. Che cosa è la mente? Possiamo capirlo benissimo perché noi giudichiamo e pensiamo continuamente: questa è la mente. Anche se non c’è niente di tangibile o di visibile, i nostri pensieri sorgono senza sosta uno dopo l’altro: questa è la mente. Ma della natura della mente non abbiamo conoscenza. Questa è l’essenza dell’insegnamento e questi sono gli argomenti che impareremo e applicheremo.”

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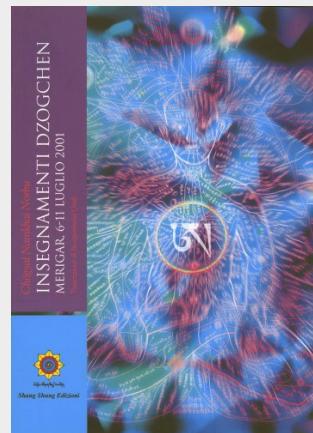
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Insegnamenti Dzogchen Merigar, 6-11 luglio 2001



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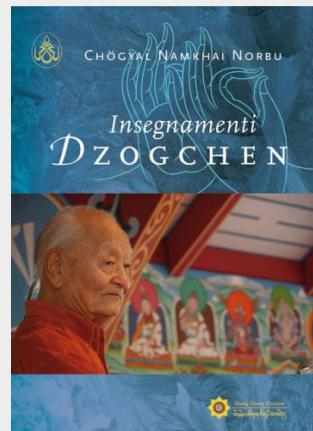
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Insegnamenti Dzogchen

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Questo libro è una raccolta dei preziosi insegnamenti che Chögyal Namkhai Norbu ha trasmesso affinché sia possibile comprendere e praticare lo Dzogchen. Pur essendo il veicolo più elevato del buddhismo tibetano, l'insegnamento Dzogchen non è una religione, una tradizione o una filosofia, è invece la via dell'autoliberazione che permette di scoprire la nostra vera natura. Lo Dzogchen, o “perfezione totale”, non è solo il nome di un insegnamento, ma è la nostra vera condizione, lo stato totalmente autoperfezionato che il Maestro trasmette affinché gli studenti possano averne un’esperienza diretta. Attraverso profonde spiegazioni e istruzioni chiare, precise e dirette, Chögyal Namkhai Norbu rende accessibili a tutti questi preziosi insegnamenti. I vari capitoli della raccolta contengono istruzioni utilissime sia per i principianti che per gli studenti avanzati, indipendentemente dalla tradizione che seguono, e affrontano vari argomenti che chiariscono l’essenza del Sutra, del Tantra e dello Dzogchen.

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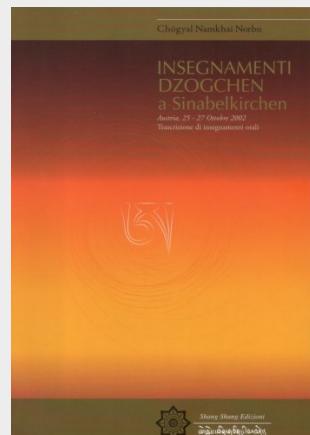
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Insegnamenti Dzogchen a Sinabelkirchen

Austria, 25-27 ottobre 2002

“Quando parliamo dell'insegnamento Dzogchen, prima di tutto dobbiamo capire cos'è lo Dzogchen: dobbiamo capire che lo Dzogchen non è un insegnamento, è la nostra vera condizione. Dzogchen significa “stato totalmente perfezionato”: questo vuol dire che noi possediamo le tre saggezze primordiali e le tre potenzialità primordiali, ma non basta saperlo intellettualmente e nemmeno averne solo una breve esperienza. Ci sono molti metodi per stabilizzare questa conoscenza, ossia per integrare in quello stato tutta la nostra esistenza del corpo, della voce e della mente. Se applichiamo questa pratica ogni giorno, rendendola sempre più abituale, alla fine possiamo ottenere la realizzazione totale.”



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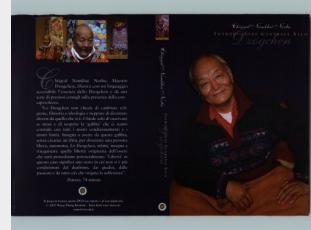
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Chögyal Namkhai Norbu

Introduzione generale allo Dzogchen dvd



Chögyal Namkhai Norbu, Maestro Dzogchen, illustra con un linguaggio accessibile l'essenza dello Dzogchen e da' una serie di preziosi consigli sulla presenza della consapevolezza. "Lo Dzogchen non chiede di cambiare religione, filosofia o ideologia e neppure di diventare diversi da quello che si e'. Chiede solo di osservare se stessi e di scoprire la "gabbia" che ci siamo costruiti con tutti i nostri condizionamenti e i nostri limiti. Insegna a uscire da questa gabbia, senza crearne un'altra, per diventare una persona libera, autonoma. Lo Dzogchen, infatti, insegna a riacquistare quella liberta' originaria dell'essere che tutti possediamo potenzialmente. "Liberta" in questo caso significa uno stato in cui no si e' piu' condizionati dal dualismo, dai giudizi, dalle passioni e da tutto cio' che origina la sofferenza".

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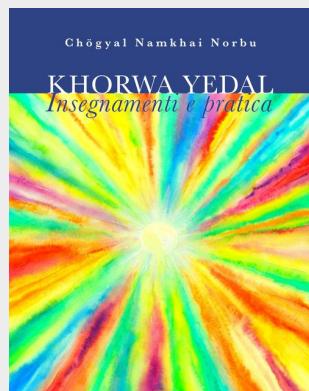
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Chögyal Namkhai Norbu

Khorwa Yedal

Insegnamenti e Pratica

Khorwa Yedalgyi Gongpa Ngotröd (*L'introduzione diretta allo stato della pervasività primordiale nel samsara*), in breve *Khorwa Yedal*, è uno straordinario metodo di introduzione diretta che appartiene al ciclo del Longsal e che è stato trasmesso a Chögyal Namkhai Norbu dal suo maestro radice Changchub Dorje. Questo libro contiene il commento orale che Chögyal Namkhai Norbu ha dato a New York nel luglio del 2014. Il testo tibetano originale di questo upadesha e la sua traduzione si trovano in *Insegnamenti Longsal*, Volume Decimo.



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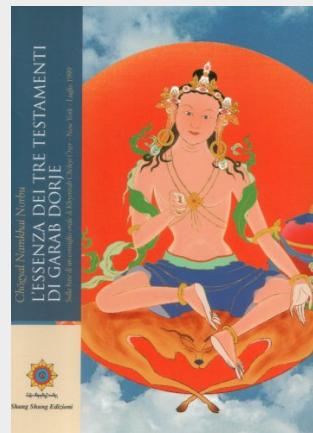


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Chögyal Namkhai Norbu

L'essenza dei tre testamenti di Garab Dorje

Sulla base di un consiglio orale di Khyenrab Chökyi Wözer



Questa trascrizione degli insegnamenti trasmessi a New York nel 1999 contiene il testo dei quattro versi scritti da Khyenrab Chökyi Wözer e il relativo commento di Rinpoche, che fra l'altro dice: "Oggi alcuni sostengono che l'insegnamento Dzogchen non richiede un maestro o una trasmissione e che è possibile imparare lo Dzogchen su un libro e poi lo si può applicare. Questo modo di vedere è molto sbagliato. Oggi nei paesi occidentali si sta sviluppando questo tipo di tradizione o di scuola, ma voi non dovete seguirla. Da Garab Dorje fino a oggi esiste una trasmissione ininterrotta, e se non c'è la trasmissione non si può entrare nella vera conoscenza, è impossibile. Ecco perché si dice che possiamo raggiungere la conoscenza solo se siamo collegati alle tre trasmissioni."

Il libro è corredata da una foto di Khyenrab Chökyi Wözer, che ci è stata gentilmente messa a disposizione da Rinpoche, e dal testo tibetano dei quattro versi tradotti da Adriano Clemente.

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L'insegnamento degli uccelli



Traduzione dal tibetano di Enrico Dell'Angelo

"Nei linguaggi degli dei, dei naga e degli yaksa, Nell'idioma degli spiriti e nelle lingue degli uomini, Nei linguaggi di tutti gli esseri, In tutte le favelle la dottrina è stata spiegata."

Questo piccolo gioiello della letteratura buddhista , è una favola tibetana ove si narra di un cuculo saggio che trasmette l'insegnamento del Buddha ai suoi simili. Intorno a lui, per ascoltarlo, si radunano gli uccelli dell'India e del Tibet e ognuno di essi esprime poi, con il proprio canto, il suo pensiero. Si avvicendano così, prendendo la parola, uccelli di tutte le specie, pavoni, pappagalli, gru, oche, avvoltoi, ecc. e tutti vengono ritratti con grazia e semplicità dall'autore. In questo modo, principi fondamentali del Buddhismo e concetti appartenenti alla saggezza popolare tibetana vengono espressi con tale spontaneità e freschezza che il lettore, anche il più lontano, per propria formazione, dai modi di pensare dell'oriente, viene subito incantato ed è posto in condizione di assaporare direttamente lo spirito vivo di quell'insegnamento che la lettura di un arido testo filosofico difficilmente potrebbe comunicarli.

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Kunga Tenzin

L'oro raffinato dell'insegnamento orale secondo la Mahamudra

"L'oro raffinato dell'insegnamento orale circa la pratica di vedere, di meditare e di comportarsi secondo la Mahamudra", è una sintesi che in poche parole riassume l'essenza dell'insegnamento della Mahamudra, punto di arrivo ultimo dei tantra superiori. Tra Dzogchen e Mahamudra nel loro stadio finale, non esiste nessuna differenza. Le diversità tra i due insegnamenti si riscontrano nella Via. Mahamudra è, infatti, il frutto supremo a cui porta la via della trasformazione e presuppone il compimento di pratiche basate sul Mantra e sulla visualizzazione. Lo Dzogchen, invece, è fin dal principio la via dell'autoliberazione in cui il praticante, senza trasformare o rinunciare, lascia lo stato della mente com'è, nel riconoscimento della sua perfezione primordiale. Ngawang Kunga Tenzin, l'autore di questo breve testo, è stato uno dei più grandi maestri tibetani della scuola Drukpa Kagyu. In tenera età fu riconosciuto come seconda reincarnazione, terzo quindi nel lignaggio, del primo Khamtrul Rinpoche Khampa Karma Tenphel e fu insediato nella residenza di questi, il famoso monastero Khampagar.



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La luce del sole

Commento a La preziosa mala dei quattro dharma di Longchenpa

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



Mille anni fa l'illustre discepolo prediletto del grande yogin tibetano Milarepa ha condensato l'intero sentiero buddhista in una concisa serie di istruzioni che è diventata famosa come *I quattro dharma di Gampopa*. Da allora molti eminenti maestri hanno utilizzato questo profondo insegnamento per trasmettere i capisaldi del sentiero buddhista: tra questi maestri spicca nel XIV secolo l'incomparabile Longchenpa, la cui brillante esposizione dei quattro dharma illustra il punto supremo della via secondo la prospettiva dello Dzogchen. *La luce del sole* presenta una nuova traduzione de *La preziosa mala dei quattro dharma* di Longchenpa insieme al testo tibetano, accompagnata dal chiaro e mirabile commento del maestro Dzogchen contemporaneo Chögyal Namkhai Norbu.

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Chögyal Namkhai Norbu

La porta per entrare nell'Insegnamento

ESTRATTI DA "IL VASO PREZIOSO"

La porta per entrare nell'insegnamento è stato concepito dall'autore, il maestro Dzogchen Namkhai Norbu, come un libro in grado di fornire utili conoscenze sulla natura e sulle caratteristiche degli insegnamenti del buddhismo tibetano nella loro totalità. Questo libro, basato su molte citazioni da testi originali, espone gli aspetti principali del Mahayana e del Vajrayana che un praticante deve conoscere e integrare nel corso del suo viaggio verso la realizzazione. In particolare, le spiegazioni sui diversi punti di vista dei vari yana sono basate sul famoso libro La collana delle visioni (Man ngag lta ba'i phreng ba), uno dei pochi testi composti dal maestro dell'VIII secolo Padmasambhava, qui spiegato sulla base di vari commentari esistenti.

CHÖGYAL NAMKHA NORBU

LA PORTA PER ENTRARE NELL'INSEGNAMENTO

ESTRATTI DA
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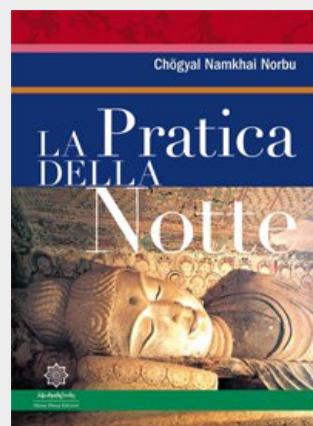
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La pratica della notte

Il ritiro al buio di ventiquattr'ore

Compiled by

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Chögyal Namkhai Norbu



Nello Dzogchen integrare la notte nella pratica è essenziale. Quando impariamo a essere consapevoli in sogno, la pratica che possiamo fare nel sonno è molto più efficace di quella che facciamo quando siamo svegli. L'approccio dello Dzogchen alla yoga del sogno è estremamente diretto e non richiede esercizi intellettuali o complesse visualizzazioni. La pratica della notte riveste la massima importanza perché rappresenta la migliore preparazione alla morte e allo stato del *bardo*.

Essenzialmente la pratica della notte non è altro che il Guruyoga, ma al momento di addormentarsi alcuni praticanti hanno difficoltà a rilassarsi nello stato della presenza. Il modo migliore per superare questo problema è il ritiro al buio.

Questo libro contiene le istruzioni per la pratica della notte e per il ritiro al buio preliminare di ventiquattr'ore.

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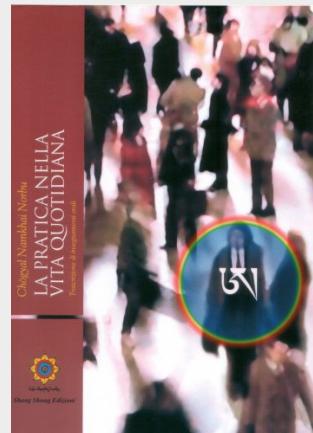
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La pratica nella vita quotidiana

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“Pensate a quello che fate dal mattino presto alla sera: quali sono le vostre possibilità? Tutti lavorano, ogni giorno noi andiamo a lavorare in fabbrica o in ufficio e domani cosa facciamo? Ripetiamo quello che abbiamo fatto ieri. E dopodomani cosa facciamo? Ripetiamo le stesse cose. Questo si chiama samsara, noi ripetiamo sempre le stesse cose perché mangiamo ripetutamente, consumiamo ripetutamente e andiamo avanti così. Questa è la nostra vita reale. Allora quando possiamo praticare? Dobbiamo praticare in base alle circostanze, dobbiamo integrare l'insegnamento nella vita quotidiana. Questo non significa diventare come Milarepa, rinunciare a tutto e andare in ritiro su una montagna. Magari alcuni possono farlo, ma nella società moderna è molto raro, noi abbiamo famiglia, figli, nipoti, e quindi dobbiamo mantenerli, dobbiamo lavorare per far soldi. Dobbiamo capire che non possiamo rinunciare a tutte queste cose, ma se non vi rinunciamo come possiamo praticare? Dobbiamo andare all'essenza dell'insegnamento. Non abbiamo molto tempo, non abbiamo molte possibilità e quindi non dobbiamo vivere nella fantasia.”

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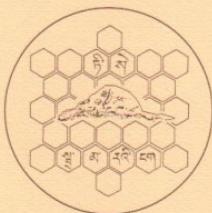
Chögyal Namkhai Norbu La voce dell'ape

Questo canto non ha bisogno di tante spiegazioni introduttive, è l'esposizione aperta e sincera dei sentimenti avvertiti dal maestro Chögyal Namkhai Norbu durante il viaggio che nell'agosto 1988 egli ha compiuto insieme ad un gruppo di discepoli della Comunità Dzogchen. Il viaggio, che ha avuto per metà il monte Kailash (Ti se), luogo sacro per i бонпо, i buddhisti e gli shivaiti, a causa di impedimenti e condizioni sfavorevoli ha subito una deviazione di molte migliaia di chilometri, per la durata di un mese. Durante questo periodo di difficoltà e privazioni trascorso quasi sempre in pullman, sembra che tutte le passioni, le limitazioni e la negatività della natura umana abbiano trovato il modo di venire a galla in maniera inconfondibile. Con estrema chiarezza e imparzialità le vediamo espresse in questo breve canto.

Namkhai Norbu

LA VOCE DELL'APE

Un canto sulle esperienze di viaggio durante
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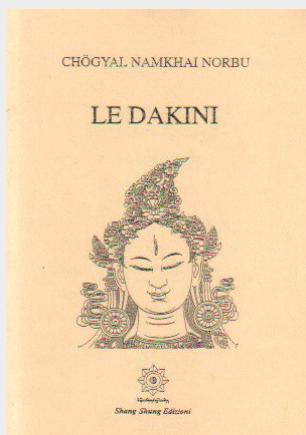
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Una breve spiegazione sulle Dakini e sulla loro classificazione.
Insegnamenti dati a Subiaco nel 1976.

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Lo Specchio

Un consiglio sulla presenza e la consapevolezza



Traduzione dal tibetano di Adriano Clemente

Lo specchio - Un consiglio sulla presenza e la consapevolezza, scritto durante un ritiro della Comunità Dzogchen tenutosi a Lu Cumitoni, in Sardegna, nel dicembre del 1977, è un breve testo che espone con incredibile semplicità e profondità i tre aspetti fondamentali della via dello Dzogchen: il modo di vedere, o comprensione intuitiva del proprio stato primordiale, la meditazione, o coltivazione di questa conoscenza, il comportamento, o integrazione della meditazione in tutte le attività quotidiane. In particolare questo testo è stato scritto per precisare il principio della consapevolezza e della sua presenza continua, unico sostituto di tutte le regole e le limitazioni proprie delle diverse tradizioni religiose. Il commento che segue il testo è tratto da un insegnamento orale che l'Autore stesso ha dato durante il ritiro nel presentare il libro ai suoi studenti.

Chögyal Namkhai Norbu ha detto spesso: "Lo Dzogchen non chiede di cambiare religione, filosofia o ideologia, e neppure di diventare diversi da quello che si è, chiede soltanto di osservare se stessi e di scoprire la gabbia che ci siamo costruiti con tutti i nostri limiti e condizionamenti. E insegna a uscire da questa gabbia senza crearne un'altra, in modo da diventare liberi e autonomi."

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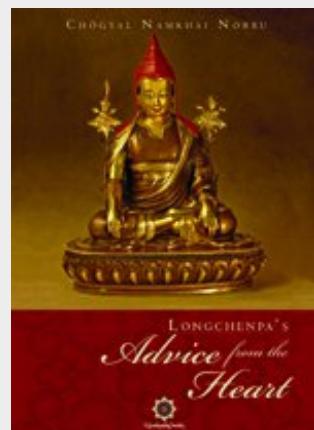


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Chögyal Namkhai Norbu

Longchenpa's Advice from the Heart



The root text of *Longchenpa's Thirty Pieces of Advice* translated from Tibetan by Elio Guarisco

Longchenpa Trimed Wözer (1308-1363) was one of the most important Dzogchen masters of Tibet. His scriptural learning and realization were equal to those of the famous saints who graced the land of India, and true to his words of advice, his was a disciplined life spent in forest and mountain hermitages.

After giving a clear and concise introduction to the principles and practice of Dzogchen, Chögyal Namkhai Norbu explains each verse in the context of Longchenpa's spiritual experience in a way that is relevant to us as individuals in our time.

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Questa pratica della serie Upadesha dello Dzogchen permette al praticante di riconoscere lo stato del sogno e di utilizzarlo per la pratica, sviluppando così la chiarezza dello stato della contemplazione. Insegnamenti dati a Subiaco nel luglio del 1976.

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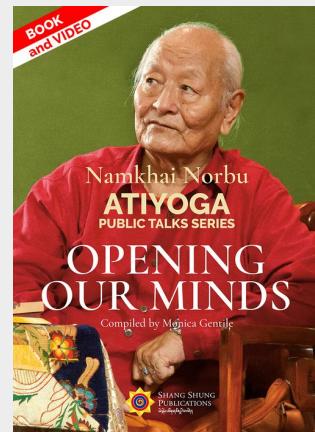


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The tireless teaching activity of the autor Namkhai Norbu (1938- 2018) was not based on some missionary sense, an effort of trying to promote a philosophy or a religion, an attempt to convince, instruct, indoctrinate. It was rather the opposite: as he used to explain with great clarity, upholding a certain philosophy or preaching a religious system, trying to convince people with assumptions of faith or axioms and logics, is just a kind of conditioning. Another conditioning adding to the many layers already present in each of us. Conditioning in fact happens throughout all our lives, through the actions of our parents, society, education systems and so on. There is nothing intrinsically wrong with this process, it might be useful for living in a particular social environment, however we need to realize that all conditioning is relative and limiting.

Namkhai Norbu explained that after having understood this, we have the possibility to turn our attention not to a new belief system but to directly discover our nature that exists beyond all relative conditioning. This very nature is what is

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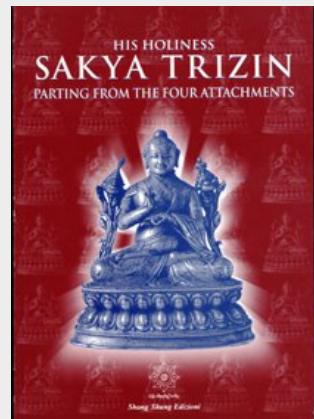
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His Holiness Sakya Trizin Parting from the Four Attachments



H.H. Sakya Trizin delivered these teachings at Merigar during his visit in June 1998. At the beginning he explained: "This teaching, the path of all Buddhas of the past and of the future that contains all the deep meanings of all the sutras combined in a practical way, is known as the Mind Training or Pith Instructions, presented by the great masters in the most practical way through their own experience." This book is particularly useful for deepening the knowledge of the Base level of Santi Maha Sangha.

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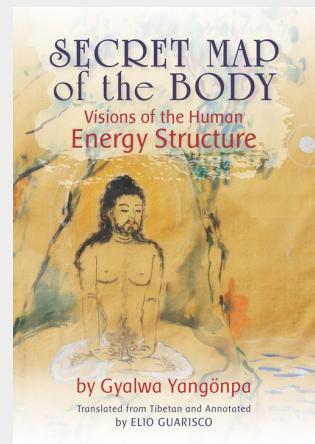


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Gyalwa Yangönpa

Secret Map of the Body

Visions of the Human Energy Structure



Translated from Tibetan and Annotated by Elio Guarisco

Yangönpa's *Hidden Description of The Vajra Bodypresents* the triad constituting the Vajra Body – the channels, energy-winds, and vital essences – as the basis for the application of experiential yogic techniques. Buddhism often relegates the body to a role subordinate to that of the mind; the focus of Yangönpa's *Hidden Description* is the body itself, with its manifold layers – coarse, subtle, and very subtle.

In his presentation of the human body's energetic structure he contends that it is not simply the means to achieve enlightenment, but enlightenment itself, blending the Highest Tantra notion of the body as the method with the Total Perfection (*rdzogs chen*) principle of inherently present enlightenment as the fundamental nature of all phenomena.

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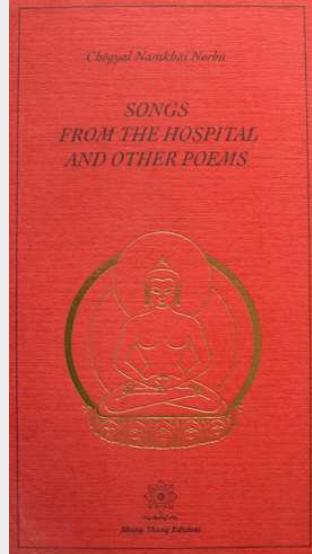


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Chögyal Namkhai Norbu

Songs from the Hospital and Other Poems



This book contains three poems written by Chögyal Namkhai Norbu in December 1994 and January and February 1995, during his stay at the Sloan Kettering Hospital in New York (In the Space Pure from the Beginning, Samantabhadra and Illusory Body) as well as two songs written in 1985 (The Little Song for Bringing Down the Blessings of the Mahamudra, The Little Song of the Forty Withouts).

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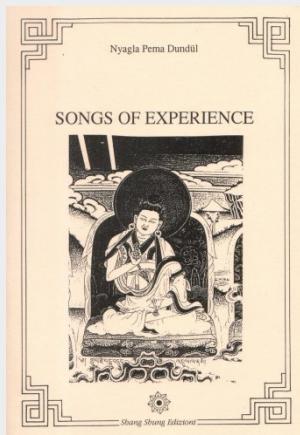
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Nyagla Pema Dundul
Songs of experience

This brief collection aims to give a 'taste' of the spontaneous wisdom of Nyagla Pema Dundul, master of Adzam Drugpa, Ayu Khandro, Changchub Dorje and other important Dzogchen masters.



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An Introduction to
the Ancient Teaching of Dzogchen

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Starting
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according to the Atiyoga Teachings
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Compiled by Alfredo Colitto

The question of the purpose or meaning of life is as old as humanity itself. What are we doing here? Why have we been born? Is there some deeper meaning in human existence, something that is very close to us but remains elusive, waiting to be discovered?

The ancient teachings of Total Perfection or Ati Yoga, practiced for centuries in the snowy land of Tibet and recently introduced to the West, help us to discover the answer to these questions. They present the core of our being as being both completely pure and spontaneously perfect. These teachings, presented here by Chögyal Namkhai Norbu, also provide a way to move from the level of the ordinary confused mind to the deepest level of the primordially pure consciousness. At a relative level, they can help us overcome existential fears and live a relaxed and happy life.

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Superare l'Attaccamento

applicando l'insegnamento Dzogchen nella
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All'inizio del XII secolo in Tibet il grande maestro Sachen Kunga Nyingpo ebbe la visione di un bodhisattva della saggezza che gli trasmise un insegnamento essenziale composto da quattro versi:

*Se sei attaccato a questa vita, non sei un vero praticante spirituale;
se sei attaccato ai tre regni (del samsara) non sai rinunciare;
se sei attaccato al tuo interesse personale, non hai il bodhicitta;
se sorge l'attaccamento ai concetti, non hai il modo di vedere
(corretto).*

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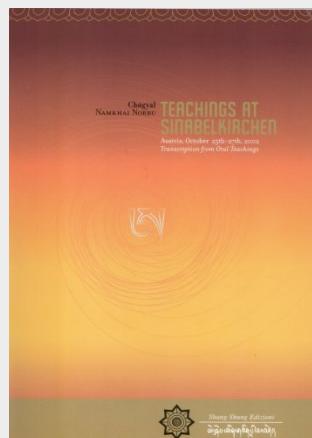
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Chögyal Namkhai Norbu

Teachings at Sinabelkirchen

Austria, October 25-27, 2002

Transcription from Oral Teachings



“When we speak of the Dzogchen teaching, first of all we need to understand what Dzogchen is: we must understand that Dzogchen is not a teaching but is our real condition. Dzogchen means the totally perfected state, which means that we have three primordial wisdoms and three primordial potentialities. Since we already have these, everything is perfected. If we are really in that condition, then we are no different to the Buddha or a Bodhisattva and realized beings. It is not enough only to have an idea of this, even to have just a small experience. Of course it is useful to have this small experience of the state of Dzogchen but then there are ways to increase this knowledge, which means that there is the possibility of integrating all our experience of body, speech and mind into that state. We apply this practice day after day, becoming more and more familiar with it, and in the end we have total realization.”

—Chögyal Namkhai Norbu

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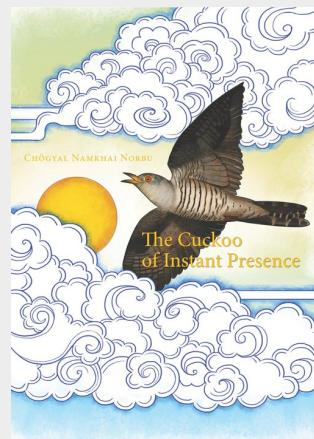


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The Cuckoo of Instant Presence

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



This book is based on a teaching retreat on *The Six Vajra Verses*, an original Dzogchen text also known as *Rigpai Khujug: The Cuckoo of Instant Presence*, held at Merigar in Arcidosso, Italy, from December 23, 1985, to January 5, 1986, the first complete oral commentary he gave on this important text in the West.

The Six Vajra Verses is divided into three equal parts of two verses each, each explaining the base, the path, and the fruit of the Dzogchen teaching. Ultimately it becomes clear that all three are facets of the primordial state, our real condition as it is and always has been. The *Rigpai Khujug* teaching is presented here first in a concise explanation followed by a detailed one. An appendix titled *A Brief Guide to the Methods and Traditions of Tibetan Buddhism* follows, a teaching given by Rinpoche during a weekend retreat in London in the late 1980s. Our hope is that the Dzogchen teaching can thus be more clearly understood in the context of other Buddhist traditions.

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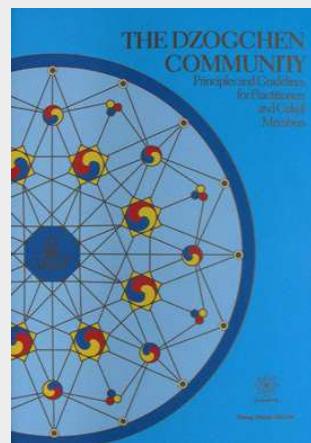
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Chögyal Namkhai Norbu

The Dzogchen Community



This book contains the main documents and teachings on the Dzogchen Community that Chögyal Namkhai Norbu wrote or said during the last twenty years, therefore it is very useful to all practitioners interested in Dzogchen teachings and especially to the most active members engaged in the Gakyils and other activities of the Dzogchen Community. This book was first published on behalf of the International Gakyil in 2001, but the present reprint is an abridged version because many details and guidelines on the organization and management of the Dzogchen Community are now changing because of the reorganizing work in progress within the International Dzogchen Community.

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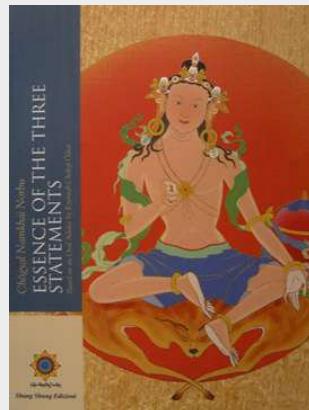


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Chögyal Namkhai Norbu

The Essence of the Three Statements of Garab Dorje

Based on Oral Advice by Khyenrab Chökyi Özer



This transcription of the teachings transmitted in New York in 1999 contains the text of the four lines written by the master Khyenrab Chökyi Özer and the related oral commentary by Rinpoche. Among other things Chögyal Namkhai Norbu says: "Some people say that to practice the Dzogchen teachings you don't need a teacher or transmission, you can learn it from a book and then you can apply it. This is a very wrong view. In Western countries today they are developing this kind of tradition or school but you must not follow it... Since Garab Dorje until today the transmission has continued without interruption. If there is no transmission you cannot enter into real knowledge, it's impossible. That is why here it says that you can only have that knowledge if you are connected with the three transmissions... To really enter into this knowledge by just reading books is a fantasy."

This book contains a picture of Khyenrab Chökyi Özer, courtesy of Rinpoche himself, and the Tibetan text of the four lines written by his Master, translated by Adriano Clemente.

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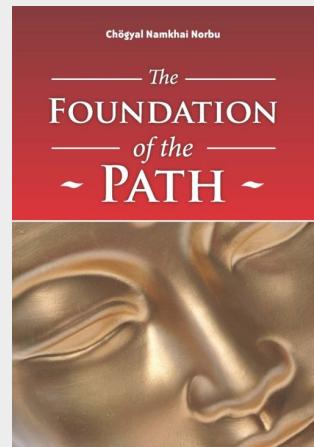
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The Foundation of the Path

*Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu*



"If we observe well we can see that most of us are like a stone in water. Maybe we talk about bodhichitta, about acting for the good of others, and many other nice things, and maybe we live in a rosy atmosphere, but then we remain like a stone. Usually things that are left in water get soft, but not a stone, it always remains hard because that is its condition, it never relaxes and even after centuries it does not have the least idea of integrating with the water. Even if it stays in the water for thousands of years, if we break it open it is still dry inside. In this way our ego never integrates with the teaching, all it is capable of doing is uttering a lot of nice words, like a scholarly professor who gives a talk and everyone says, 'Ah, how erudite he is, what a good talk.' But really he has not integrated anything in himself and his condition has not changed one bit. So the teaching must not become like this, we must integrate it in ourselves, but in order to integrate it we must open a bit, that is, we must observe ourselves and understand our condition."

—Chögyal Namkhai Norbu

This collection of teachings contains the foundation for observing ourselves and understanding our real condition: the Four Awarenesses, the Three Sacred Principles (Refuge, Bodhichitta, dedication of merit), the Three Trainings, and the Vajra state.

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Chögyal Namkhai Norbu

The Four Dharmas of Longchenpa

Tsegyalgar East, July 16-20, 2014

During the retreat held in Tsegyalgar East, July 16-20, 2014, Chögyal Namkhai Norbu explained Longchenpa's Four Dharmas — similar to the Four Dharmas of Gampopa — together with the instructions on how to integrate their essential meaning with the daily life of aspiring Dzogchen practitioners.

CHÖGYAL NAMKHAJ NORBU
THE FOUR DHARMAS OF
LONGCHENPA

Tsegyalgar East, July 16-20, 2014



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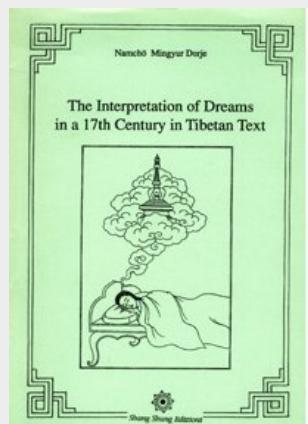
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Namcho Mingyur Dorje

The Interpretation of Dreams in a 17th Century Tibetan Text

Author: Mingyur Dorje

This short text belongs to a series of thirteen volumes transmitted by the terton Master Minjyur Dorje called Namcho, 'The Teaching of the Sky'. This brief text is not sufficient as an exhaustive study on dreams, but does provide a wide perspective enabling the reader to have a general idea of a way of interpreting dreams.



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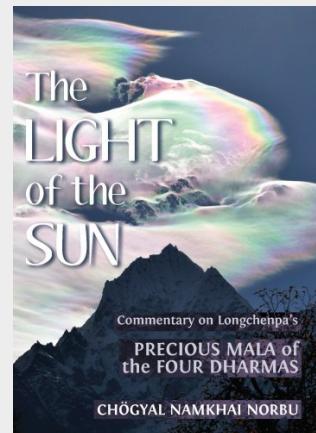


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The Light of the Sun

Commentary on Longchenpa's Precious Mala
of the Four Dharmas

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



The root text of the *Precious Mala of the Four Dharmas*
translated by Jacob Braverman

One thousand years ago, Gampopa, the illustrious heart son of Tibet's great yogin Milarepa, essentialized the entire Buddhist path in a concise set of pith instructions that became known as the Four Dharmas of Gampopa. Since that time, this profound teaching has been used by many eminent masters as a vehicle for imparting the key points of Buddhist practice, including, in the fourteenth century, the incomparable Longchenpa, whose brilliant exposition of the Four Dharmas illuminates the culmination of the path from a Dzogchen perspective.

The Light of the Sun presents a new translation of Longchenpa's *Precious Mala of the Four Dharmas* alongside the original Tibetan text, with the lucid, accessible, and relevant commentary of contemporary Dzogchen master Chögyal Namkhai Norbu.

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Chögyal Namkhai Norbu

The Little Song of Do As You Please

Translated from Tibetan by Enrico Dell'Angelo and Adriano Clemente

“On the morning of the 20th of January, 1985, while I was teaching in a Buddhist temple in the city of Sidney, Australia, a young man who said he belonged to a center of the glorious and unequalled Riwo Ganden tradition asked me: ‘How can you practice the Dharma and teach others when you live as an ordinary lay person?’

On the morning of the 22nd of January, while on a plane from Sidney to Coolangatta, I, the Dzogchenpa Namkhai Norbu, spontaneously composed this little song that contains the meaning of my response to that question.

May this be auspicious!”

—from the colophon by Chögyal Namkhai Norbu

CHÖGYAL NAMKHA NORBU

THE LITTLE SONG
of DO AS YOU PLEASE



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Chögyal Namkhai Norbu

The Luminous Clarity of the Universe - A Clear Exposition of the Primordially Pure Tregchöd

Ka dag khregs chod kyi dgongs pa gsal bshad klong chen 'od gsal



The Luminous Clarity of the Universe: A Clear Exposition of the Primordially Pure Tregchöd, (Ka dag khregs chod kyi dgongs pa gsal bshad klong chen 'od gsal), is one of the earliest books on Dzogchen authored by Chögyal Namkhai Norbu.

Originally conceived as a compendium of instructions drawn from Dzogchen Upadeśa tantras and the writings of Longchenpa and Jigmed Lingpa on the basis of personal knowledge and experience, in 2005 the Author enriched it with the verses of The Upadeśa on the Primordially Pure Tregchöd from his own rediscovered cycle of teachings known as Longsal. This precious book is a marvelous guidance to the essence of our being through the knowledge of one of the most ancient teachings of timeless, primordial wisdom.

HOMAGE

"I pay homage to the Guru, whose kindness is unequaled. Essence of all the Sugatas of the three times, Lord Guru who reveals the equality of the four times, Now that I call you with my yearning voice Always hold me with your great love and compassion. Having been cared for by kind masters of the fortunate kalpa Due to the strong power of merits accumulated over many kalpas, I shall set down the essence of primordial purity transmitted to me. the fortunate one."

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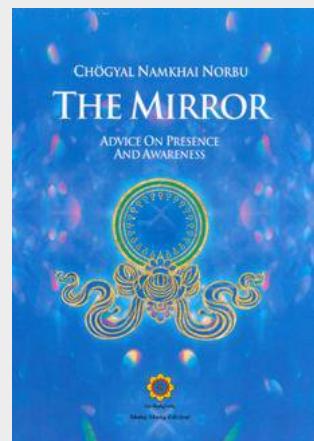
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Chögyal Namkhai Norbu The Mirror

Advice on Presence and Awareness



Translated from Tibetan by Adriano Clemente

The Mirror: Advice on Presence and Awareness was written during a gathering of the Dzogchen Community held at Lu Cumitoni in Sardinia at Christmas 1977. It is a brief text that with astonishing simplicity and depth expounds the three fundamental aspects of the Dzogchen path: the view, or intuitive understanding of one's primordial state; the meditation, or the application of this knowledge; and the conduct, or the integration of meditation with all one's daily activities.

This text was written in particular to define the principle of awareness and its continuous presence, which is the only substitute for all the rules and limitations of the diverse religious traditions. The commentary accompanying the text is based on an oral teaching given by the Author himself when he presented the book to his students.

Chögyal Namkhai Norbu often said: "Dzogchen doesn't ask you to change your religion, philosophy, or ideology, nor to become something other than what you are. It asks you only to observe yourself and to discover the cage you have built with all your conditioning and limits. And it teaches you how to get out of the cage without creating another one, in order to become a free, autonomous person."

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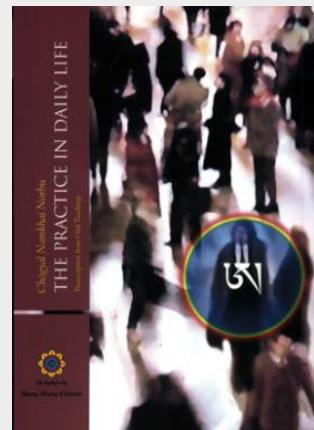
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The Practice in Daily Life

Transcription from Oral Teachings

Compiled by

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"What do we do from the early morning until the evening? Everybody works. In the daytime we go to our job in an office or in a shop, and tomorrow what do we do? We repeat what we did yesterday. The day after tomorrow what do we do? We repeat. This is called samsara, we are always repeating. Repeating because we eat repeatedly, we consume repeatedly, and we go ahead that way. This is our concrete life. So when can we do our practice? In this case we have to deal with it in relation to time: we must integrate the teaching in our daytime. But integrating doesn't mean becoming like Milarepa, renouncing everything and going to live on a mountain. Some people may have that possibility, but it is very rare in this modern society; we have our family, our children, our children's children, we have to help them, and we have to work to make money. We must understand that we can't renounce all these things. But if we don't renounce them how can we practice? We have to go to the essence of the teaching. There is not much time, there is not much possibility, so we should not live in a fantasy."

—Chögyal Namkhai Norbu

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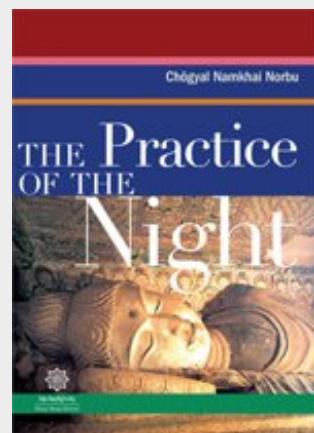
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The Practice of the Night and the Dark Retreat of Twenty-Four Hours

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



Integrating nighttime into our practice is crucial in Dzogchen. Once we learn to become aware in our dreams, we can practice far more effectively in our dreams than when we are awake. The Dzogchen approach to dream yoga is extremely straightforward and requires no intellectual training or complex visualizations. And yet it is one of the most important practices we can do since it prepares us for death and the bardo state. Essentially, the practice of the night is nothing other than Guruyoga, but some practitioners find it difficult to relax in the state of presence as they fall asleep. The best method for overcoming this kind of problem is dark retreat. This book covers instructions for the practice of the night as well as for a preliminary dark retreat lasting twenty-four hours.

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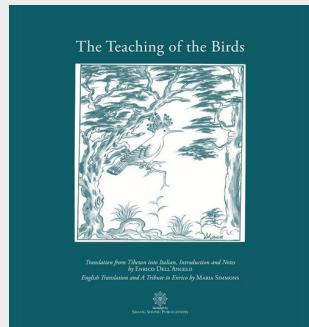
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Enrico Dell'Angelo

The Teaching of the Birds



This small jewel of Buddhist literature is a Tibetan fable wherein a wise cuckoo transmits teachings of the Buddha to his avian kin. Around him listening and responding are birds of India and Tibet, each one expressing his thoughts through his own song. Coming together like this, birds of all species speak their minds, peacocks, parrots, cranes, geese, vultures, and so forth, all portrayed with grace and simplicity by the anonymous author. Thus the fundamental principles of Buddhism and the concepts of Tibetan folk wisdom are expressed with spontaneity and a fresh outlook so that readers, even those whose culture is most distant from Eastern thought, are enchanted and able to savor the living spirit of that teaching.

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Chögyal Namkhai Norbu

The Voice of the Bee

Translated from Tibetan by Adriano Clemente

The Voice of the Bee: A Song of Experience from a Pilgrimage to Mount Kailash is the open and sincere expression of Dzogchen Master Chögyal Namkhai Norbu's feelings during a journey undertaken in August 1988 together with a group of people from the Dzogchen Community. The destination was Mount Kailash (*gangs ti se*), a place sacred to Bönpos, Buddhists, and Shaivites. Due to obstacles and unfavorable conditions, a detour had to be taken, involving several thousand miles and lasting one month. During that month of hardship and deprivation, spent almost entirely on board buses, all the emotions, limitations, and negativities of human nature came unmistakably to light. We find them expressed with extreme clarity and impartiality in this short song.

CHÖGYAL NAMKHAJ NORBU

THE VOICE of THE BEE



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Chögyal Namkhai Norbu

Tre canti dedicati ai discepoli di Changchub Dorje

I tre canti tradotti in questa raccolta furono scritti dal Maestro Chögyal Namkhai Norbu nell'estate del 1988, in occasione di una visita a Khamdo Gar nel Tibet orientale, un tempo residenza di Changchub Dorje (1826 - 1961) suo principale maestro di Dzogchen. Il giorno della partenza alcuni vecchi discepoli di Changchub Dorje chiesero al Maestro dei consigli sulla pratica, e nacquero così questi tre canti spontanei, nei quali è contenuta l'essenza dello Dzogchen.

CHÖGYAL NAMKHA NORBU

TRE CANTI
DEDICATI AI DISCEPOLI
DI CHANGCHUB DORJE



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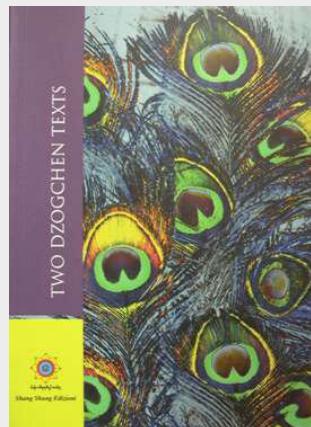
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Edited by Jim Valby

Two Dzogchen Texts

Translated from Tibetan by Jim Valby

This book contains two Dzogchen texts translated from Tibetan by Jim Valby. The first text is the Semde *lung* named *The Primordial State of the King of Space* (*Byang chub sems nam mkha'i rgyal po*). The second text is the ninth chapter about the mandala from the principal Longde tantra *The King of the Infinite Primordial Dimension* (*Klong chen rab byams rgyal po*). Since the meaning of these original Dzogchen texts is very condensed, the two word commentaries written by Jim Valby are a very useful key for understanding them. The Tibetan text is included.



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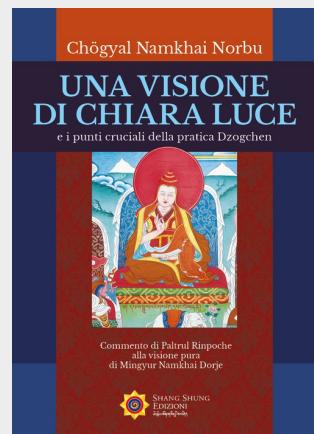


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Chögyal Namkhai Norbu

Una Visione di Chiara Luce e i Punti Cruciali della Pratica Dzogchen

Commento di Patrul Rinpoche alla Visione Pura di Mingyur Namkhai Dorje



Nell'autunno del 2007 Chögyal Namkhai Norbu ha tenuto un ritiro incentrato sulla profonda comprensione della Grande Perfezione esposta da Patrul Rinpoche nel testo intitolato Una visione di chiara luce e i punti cruciali della pratica Dzogchen.

Il testo descrive la visione pura del famoso maestro Mingyur Namkhai Dorje durante la quale il suo maestro Jigmed Gyalwai Nyugu, in modo conciso, gli conferisce il proprio testamento spirituale che indica i punti essenziali della pratica Dzogchen e le istruzioni essenziali sul Tregchöd dello Dzogchen Upadesha. Patrul Rinpoche, a sua volta discepolo di Jigmed Gyalwai Nyugu, ha messo per iscritto la descrizione della visione di Mingyur Namkhai Dorje e l'ha commentata sulla base della propria esperienza.

Chögyal Namkhai Norbu (1938-2018) affronta i punti salienti del testamento di Jigmed Gyalwai Nyugu e del commento di Patrul Rinpoche, illustrandoli con chiarezza e semplicità in modo da renderli direttamente accessibili al lettore.

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Chögyal Namkhai Norbu

[E-Book] Un consiglio dal profondo del cuore a mia madre (PDF)

Questo breve componimento, scritto dal maestro Chögyal Namkhai Norbu all'età di diciannove anni, racchiude in poche parole il modo di vedere e di meditare dell'insegnamento Dzogchen. Dedicato a sua madre al momento di un commiato che si rivelerà definitivo, stupisce per la freschezza e la profondità del linguaggio, del tutto privo di speculazioni intellettuali e artifici retorici. È un messaggio diretto, da cuore a cuore, che comunica l'essenza dell'illuminazione così come si rivela a chi osserva la natura della propria mente, la cui spontanea saggezza si manifesta come compassione infinita verso tutti gli esseri, nostre madri.

Chögyal Namkhai Norbu

UN CONSIGLIO DAL
PROFONDO DEL CUORE
A MIA MADRE
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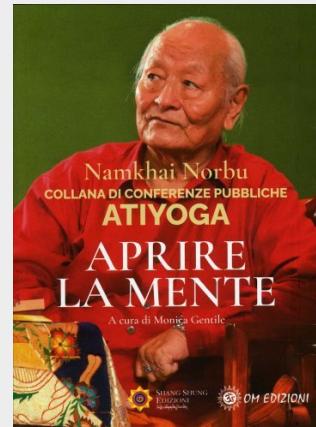


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L'infaticabile attività di insegnamento dell'autore Namkhai Norbu (1938-2018) non era basata su un intento missionario, ossia su uno sforzo per cercare di promuovere una filosofia o una religione, un tentativo di convincere, istruire, indottrinare e fare proseliti. Piuttosto era il contrario: com'egli stesso spiegava con grande chiarezza, insegnare una certa filosofia o predicare un sistema religioso, cercando di convincere gli altri con asserzioni fideistiche, assiomi e logica, è un condizionamento che si aggiunge ai tanti che già abbiamo. Il condizionamento in realtà ha luogo durante tutta la vita ad opera dei nostri genitori, della società, del sistema educativo e così via. Non c'è alcunché di intrinsecamente sbagliato in questo processo, che può risultare utile per vivere in un determinato contesto sociale, e tuttavia dobbiamo comprendere che tutti i condizionamenti sono relativi e limitanti.

Namkhai Norbu spiegava che, una volta compreso questo, abbiamo la possibilità di rivolgere la nostra attenzione non a

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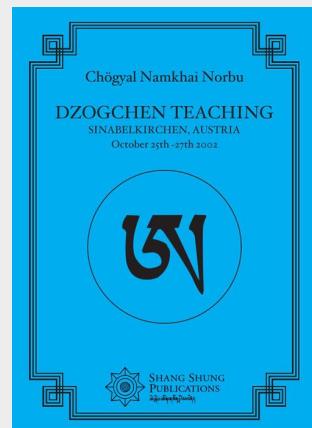


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Chögyal Namkhai Norbu

[ebook] Dzogchen Teachings in Sinabelkirchen, Austria (pdf)

Austria, October 25-27, 2002
Transcription from Oral Teachings



“When we speak of the Dzogchen teaching, first of all we need to understand what Dzogchen is: we must understand that Dzogchen is not a teaching but is our real condition. Dzogchen means the totally perfected state, which means that we have three primordial wisdoms and three primordial potentialities. Since we already have these, everything is perfected. If we are really in that condition, then we are no different to the Buddha or a Bodhisattva and realized beings. It is not enough only to have an idea of this, even to have just a small experience. Of course it is useful to have this small experience of the state of Dzogchen but then there are ways to increase this knowledge, which means that there is the possibility of integrating all our experience of body, speech and mind into that state. We apply this practice day after day, becoming more and more familiar with it, and in the end we have total realization.”

—Chögyal Namkhai Norbu

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Namchö Mingyur Dorje

[ebook]

L'interpretazione dei sogni in un testo tibetano del XVII secolo (epub, mobi)



Questo breve testo appartiene ad una serie di insegnamenti conosciuti con il nome di Namchö, l'Insegnamento del Cielo. I tredici volumi che compongono questa raccolta furono trasmessi dal maestro Mingyur Dorje nell'arco di soli tre anni. Mingyur Dorje (1645 - 1667) era un tertön, uno scopritore di tesori, e senza dubbio, uno dei personaggi più interessanti del Buddhismo Tibetano. Vissuto solo 23 anni nel breve arco della sua vita produsse una quantità impressionante di testi, ricevuti nella propria mente attraverso visioni e dettate al suo maestro Karma Chagme che aveva incontrato, dopo sogni premonitori, quando aveva 10 anni. Ancora giovanissimo Mingyur Dorje lasciò il corpo fra segni portentosi, dopo aver trasmesso gli insegnamenti da lui rivelati a Karma Chagme, al tertön Dündul Dorje e ad altri maestri e monaci. Questo breve testo, evidentemente, non è sufficiente per uno studio esaustivo dell'argomento, ma fornisce comunque, una panoramica abbastanza ampia e permette di farsi un'idea generale di un modo di interpretare i sogni molto diverso da quello a cui siamo abituati dagli studi occidentali.

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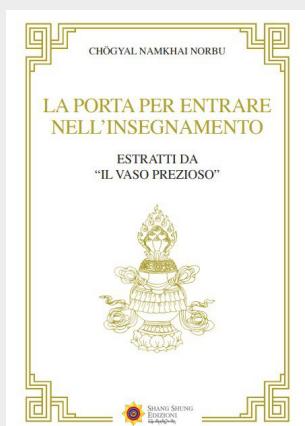


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ESTRATTI DA “IL VASO PREZIOSO”



La porta per entrare nell'insegnamento è stato concepito dall'autore, il maestro Dzogchen Namkhai Norbu, come un libro in grado di fornire utili conoscenze sulla natura e sulle caratteristiche degli insegnamenti del buddhismo tibetano nella loro totalità. Questo libro, basato su molte citazioni da testi originali, espone gli aspetti principali del Mahayana e del Vajrayana che un praticante deve conoscere e integrare nel corso del suo viaggio verso la realizzazione. In particolare, le spiegazioni sui diversi punti di vista dei vari yana sono basate sul famoso libro La collana delle visioni (*Man ngag lta ba'i phreng ba*), uno dei pochi testi composti dal maestro dell'VIII secolo Padmasambhava, qui spiegato sulla base di vari commentari esistenti.

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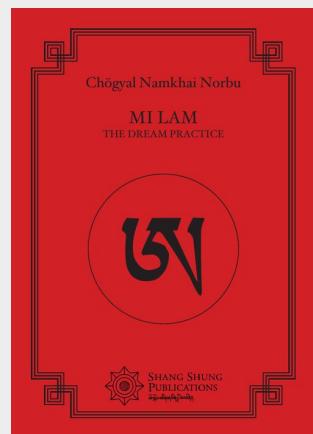
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Subiaco 1976

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This practice from the Upadesha series of Dzogchen allows the practitioner to recognize the state of the dream and to use it for practice thus developing clarity of the state of contemplation. Teachings given at Subiaco (Italy) in July 1976.

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Dugu Choegyal Rinpoche

[ebook] Sfogliando la cipolla (epub,mobi)

Scoprire la natura della mente



Gli insegnamenti contenuti in questo piccolo libro, sono stati offerti da Drugu Choegyal Rinpoche in risposta alle richieste di molti praticanti della Comunità Dzogchen in occasione della sua terza visita a Merigar nel gennaio 1995 durante la quale, Rinpoche, ha portato il suo prezioso contributo alla decorazione del Tempio della Grande Liberazione.

Offerti nello stile informale che predilige, questi insegnamenti uniscono alla freschezza della spontaneità l'immediatezza e la profondità che derivano dalla sua grande esperienza di praticante. Ci giungono come sintesi illuminanti di visioni e realtà spesso difficili da avvicinare per noi chiusi nella nostra visione dualistica delle cose.

Drugu Choegyal ci prende per mano e con delicatezza ci accompagna sui sentieri della pratica indicandoci pericoli e possibili errori, e mostrandoci con umiltà sincera e partecipe atteggiamenti e percorsi corretti.

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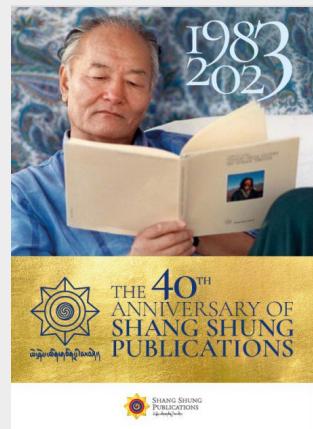
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[ebook] The 40th Anniversary of Shang Shung Publications (epub)

THE FIRST 40 YEARS: 1983–2023



We are pleased to offer this e-booklet in celebration of the fortieth anniversary of Shang Shung Publications, a publishing house dedicated to preserving and continuing the cultural and spiritual heritage of the Tibetan people as well as to exploring new frontiers of knowledge. Our founder, Prof. Namkhai Norbu, made unparalleled contributions in the realm of Tibetan studies and was one of the most important masters of our time of the teaching of Atiyoga (meaning “primordial knowledge” in Sanskrit).

This booklet contains a short, but profound piece composed by Namkhai Norbu for an early student, “*Advice to Antonio Morgione: An Ornament of Vowels and Consonants*”. Hitherto unpublished, this concise teaching in the form of a poem reflects the Author’s supreme capacity to communicate knowledge with great beauty and with the intent of helping practitioners grasp the real essence of the Path. We thank Master Namkhai Norbu and his student Antonio Morgione for having kindly shared this precious teaching with us.

Note: translations of Namkhai Norbu’s text into Italian, Chinese, Russian, Spanish and German are available via link inside.

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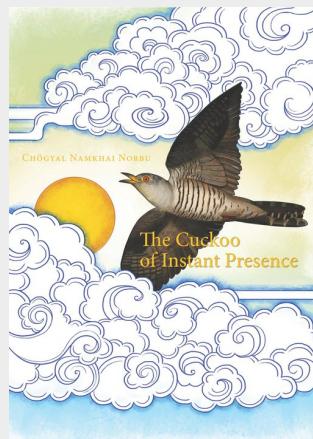


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[ebook] The Cuckoo of Instant Presence (epub)

Compiled by
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on the basis of the teachings of
Chögyal Namkhai Norbu



This book is based on a teaching retreat on *The Six Vajra Verses*, an original Dzogchen text also known as *Rigpai Khujug: The Cuckoo of Instant Presence*, held at Merigar in Arcidosso, Italy, from December 23, 1985, to January 5, 1986, the first complete oral commentary he gave on this important text in the West.

The Six Vajra Verses is divided into three equal parts of two verses each, each explaining the base, the path, and the fruit of the Dzogchen teaching. Ultimately it becomes clear that all three are facets of the primordial state, our real condition as it is and always has been. The *Rigpai Khujug* teaching is presented here first in a concise explanation followed by a detailed one. An appendix titled *A Brief Guide to the Methods and Traditions of Tibetan Buddhism* follows, a teaching given by Rinpoche during a weekend retreat in London in the late 1980s. Our hope is that the Dzogchen teaching can thus be more clearly understood in the context of other Buddhist traditions.

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Chögyal Namkhai Norbu

[ebook] The Luminous Clarity of the Universe - A Clear Exposition of the Primordially Pure Tregchöd (epub)

Ka dag khregs chod kyi dgongs pa gsal bshad klong chen 'od gsal



The Luminous Clarity of the Universe: A Clear Exposition of the Primordially Pure Tregchöd, (Ka dag khregs chod kyi dgongs pa gsal bshad klong chen 'od gsal), is one of the earliest books on Dzogchen authored by Chögyal Namkhai Norbu.

Originally conceived as a compendium of instructions drawn from Dzogchen Upadeśa tantras and the writings of Longchenpa and Jigmed Lingpa on the basis of personal knowledge and experience, in 2005 the Author enriched it with the verses of The Upadeśa on the Primordially Pure Tregchöd from his own rediscovered cycle of teachings known as Longsal. This precious book is a marvelous guidance to the essence of our being through the knowledge of one of the most ancient teachings of timeless, primordial wisdom.

HOMAGE

"I pay homage to the Guru, whose kindness is unequaled.
Essence of all the Sugatas of the three times,
Lord Guru who reveals the equality of the four times,
Now that I call you with my yearning voice
Always hold me with your great love and compassion.
Having been cared for by kind masters of the fortunate kalpa
Due to the strong power of merits accumulated over many kalpas,
I shall set down the essence of primordial purity transmitted to me. the fortunate one."

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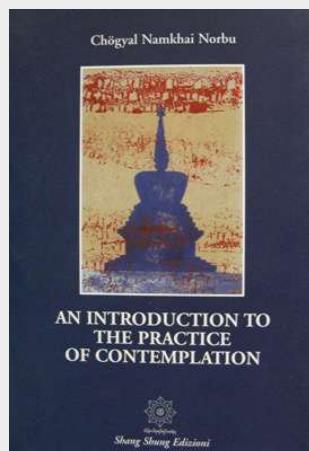
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An Introduction to the Practice of Contemplation

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



In 1980, during a retreat held at Monte Faito, Chögyal Namkhai Norbu transmitted a complete and step-by-step method for entering the practice of contemplation according to the teachings of Dzogchen Semde. The present book has been edited by Costantino Albini, with clear explanations of each phase of the practice.

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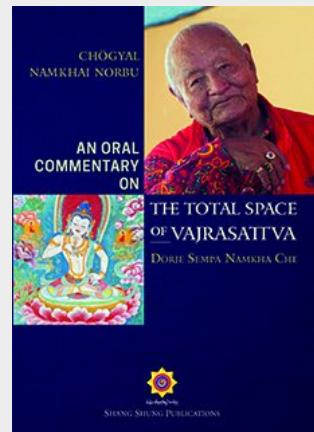


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Chögyal Namkhai Norbu

An Oral Commentary on The Total Space of Vajrasattva

Dorje Sempa Namkha Che



Dorje Sempa Namkha Che, The Total Space of Vajrasattva, definitively presents the ultimate essence of all the profound points of Ati Dzogpa Chenpo.

Chögyal Namkhai Norbu said: "Since it is extremely important that all of us in the Dzogchen Community have knowledge of the principles of this root text, we should gradually study and reflect on the special principles expressed in the root verses by means of discussion. Although the time of our life is passing quickly, I hope that all those who wish to practice and experience in their state the authentic principle of Ati Dzogpa Chenpo may hear the message of presence and awareness and foster a special interest in it, and that genuine knowledge of Ati Dzogpa Chenpo beyond all limitations and partiality may thus quickly arise in them."

This book reflects the Master's 52-section structure corresponding to the 52 weeks of a year and also contains his oral commentary on each quatrain. It is an indispensable companion to the edition presenting the commentary of Vairochana.

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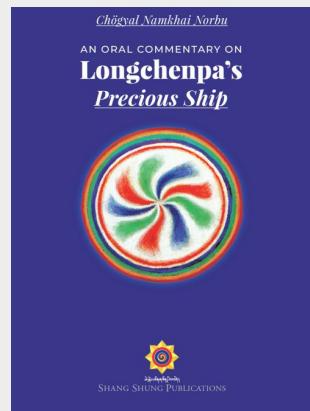
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An Oral Commentary to Longchenpa's Precious Ship

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A wonderful and extensive explanation, given in California in 1986, of Longchenpa's *Precious Ship*. Covering all of the major subjects of the Dzogchen teachings according to the famous *Kunjed Gyalpo* root tantra of Semde, it is a fundamental text for every practitioner interested in deepening their understanding of contemplation. The book includes an appendix on *Kunjed Gyalpo Guruyoga* and an index of Tibetan terms compiled by Jim Valby.

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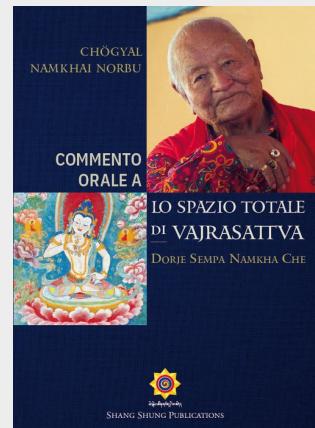


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Chögyal Namkhai Norbu

Commento orale a Lo spazio totale di Vajrasattva

Dorje Sempa Namkha Che



Il Dorje Sempa Namkha Che, Lo spazio totale di Vajrasattva, racchiude la quintessenza di tutti i significati più profondi dell'Ati Dzogpa Chenpo.

Chögyal Namkhai Norbu ha detto:

“È molto importante che tutti noi della Comunità Dzogchen conosciamo i principi di questo testo radice: di conseguenza dobbiamo studiare e approfondire poco alla volta gli speciali principi espressi nei suoi versi radice attraverso la discussione. La nostra vita passa molto rapidamente, ma io spero che tutti coloro che desiderano praticare e sperimentare nel proprio stato l'autentico principio dell'Ati Dzogpa Chenpo possano sentire il messaggio della presenza e della consapevolezza e possano sviluppare un preciso interesse nei suoi confronti. In questo modo spero che in loro possa sorgere rapidamente l'autentica conoscenza dell'Ati Dzogpa Chenpo al di là di tutti i limiti e di tutte le parzialità.”

Questo libro presenta la suddivisione del testo in 52 sezioni, corrispondenti alle 52 settimane dell'anno, proposta dal Maestro, e contiene i suoi commenti a ogni quartina: di conseguenza è un indispensabile complemento dell'edizione che contiene il testo radice commentato da Vairochana.

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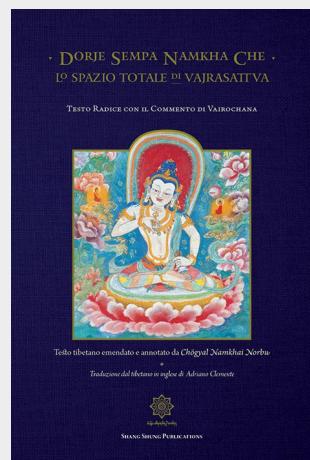
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DORJE SEMPA NAMKHA CHE Lo spazio totale di Vajrasattva

Testo radice con il commento di Vairocana



Traduzione dal tibetano di Adriano Clemente

Il *Dorje Sempa Namkha Che*, o *Lo spazio totale di Vajrasattva*, si dice sia stato recitato spontaneamente da Garab Dorje all'età di sette anni. Quale uno dei principali *lung*, o testi essenziali, dello Dzogchen Semde, è un insegnamento straordinariamente profondo. Scritto in un linguaggio criptico e pieno di riferimenti, diretti e indiretti, agli altri veicoli di realizzazione secondo la classificazione dell'antica tradizione del buddhismo tibetano, il *Dorje Sempa Namkha Che* è difficile da comprendere senza un commento. In questo libro il testo radice viene pubblicato insieme al *Chagdrel*, o *Commento di Ferro*, di Vairocana, rivisto e annotato nella versione tibetana da Chögyal Namkhai Norbu.

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Vairochana

Dorje Sempa Namkha Che: The Total Space of Vajrasattva

Root Text with Commentary by Vairochana

• DORJE SEMPA NAMKHA CHE •
THE TOTAL SPACE OF VAJRASATTVA

ROOT TEXT WITH COMMENTARY BY VAIROCHANA



Tibetan text edited and annotated by Chögyal Namkhai Norbu

Translated from the Tibetan into English by Adriano Clemente



Translated from Tibetan by Adriano Clemente

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The Dorje Sempa Namkha Che, or *The Total Space of Vajrasattva*, is said to have been recited spontaneously by Garab Dorje when he was just seven years old. One of the main *lungs*, or essential texts, of Dzogchen Semde, it is an extraordinarily profound teaching. Replete with cryptic language and references, direct and indirect, to the other vehicles of realization according to the ancient tradition of Tibetan Buddhism, the *Dorje Sempa Namkha Che* is extremely difficult to understand without a commentary. In this book the root text appears together with the *Chagdrel*, or Iron Commentary, edited and annotated in the Tibetan version by Dzogchen master Chögyal Namkhai Norbu.

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Due commenti alla Nave Preziosa di Longchenpa

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



Questo libro contiene la trascrizione di due ritiri in cui Chögyal Namkhai Norbu ha trasmesso e commentato le istruzioni di Longchenpa sul senso essenziale e la pratica del famoso tantra radice del Semde, il *Kunjed Gyalpo*. La prima trascrizione riguarda un ritiro tenuto in California nel 1986, la seconda un ritiro tenuto a Merigar nel 1988.

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Il Meraviglioso Stato Primordiale

Il Tantra Mejung
Prefazione di Chögyal Namkhai Norbu

Il meraviglioso stato primordiale della Grande Perfezione è un testo radice molto importante che appartiene alla Serie della Mente dello Dzogchen.

Questo antico testo contiene tutti i principi essenziali dell'Ati Dzogchen che possono essere riassunti nel modo di vedere senza fissazioni, nella contemplazione al di là dei concetti e nel frutto ottenuto senza percorrere una via. Pertanto, l'antico manoscritto de *Il meraviglioso stato primordiale* contiene l'essenza di tutti i sutra e i tantra dell'insegnamento del Buddha: non manca nulla.

Chögyal Namkhai Norbu

Poiché la radice dei tre veleni è stata recisa, in me non c'è causa ed effetto dei tre mondi.
Io sono l'heruka che uccide ciò che non ha vita.
Al di là dell'attaccamento e dell'avidità, sono circondato dagli otto cimiteri senza restrizioni.
Nel mio regno puro non si può uscire, non si può entrare, non ci sono oggetti né organi di senso.
Senza esterno e interno, accesso e dimora, è la grande vastità della realtà interiore.
Al di là di corpo, voce e mente, è la suprema grandezza. Al di là di mantra e mudra, non conosce violazioni di impegni.
Perfetto in quanto grandezza totale, è meraviglioso.



IL TANTRA MEJUNG

UN TESTO FONDAMENTALE DELLO DZOGCHEN SEMDE

Traduzione dal tibetano di
ELIO GUARISCO, ADRIANO CLEMENTE E JIM VALBY

con il prezioso aiuto di
CHÖGYAL NAMKHA NORBU

Introduzione e cura di
ELIO GUARISCO



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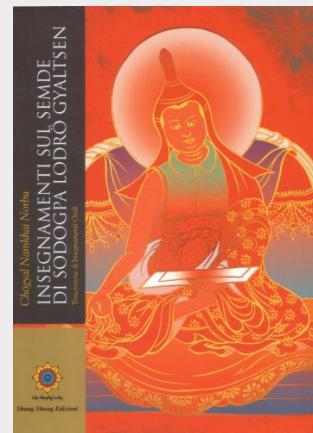


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Insegnamenti sul Semde di Sodogpa Lodrō Gyaltsen

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on the basis of the teachings of
Chögyal Namkhai Norbu

Durante il ritiro tenuto a Merigar nel Natale 1991 Chögyal Namkhai Norbu ha commentato un testo del maestro Sodogpa Lodrō Gyaltsen intitolato *Istruzioni sullo Dzogchen Semde secondo il sistema di Nyang*. Il testo di Sodogpa, oltre a fornire i metodi per scoprire lo stato della contemplazione, contiene interessanti riferimenti alle esperienze meditative della Mahamudra secondo i maestri di tradizione Drugpa Kagyüpa.



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Le quattro contemplazioni del Semde

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Nel ritiro di Natale del 1986 a Nea Macri (Grecia), Chögyal Namkhai Norbu ha dato un insegnamento sulle quattro contemplazioni del Semde che chiarisce come anche la meditazione più semplice, ad esempio lo Shine, si possa eseguire in un'ottica Dzogchen per arrivare allo stato della contemplazione.

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Shine and Lhagthong in the Dzogchen Teaching

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The Dzogchen Semde series explains that after having been introduced to knowledge of the primordial state by a qualified teacher, it is of paramount importance for practitioners to dedicate themselves to specific methods to stabilize their understanding of the non-duality of Shine and Lhagthong. Realization is none other than the integration of such a state in one's awareness in every moment of daily life.

This book is divided into three parts related to the three aspects of the path: view, meditation, and behavior.

The first part is composed of passages explaining how Shine and Lhagthong are presented in the Dzogchen teachings, referring to the system of the four contemplations of Dzogchen Semde and comparing the Dzogchen view with that of Sutra and Tantra.

The second part consists of instructions related in particular to the practice of mediation written in the sixteenth century by Sodogpa Lodrö Gyaltsen, dating back to Vairochana, known as Nyang system.

Part Three offers the Master's instructions concerning the integration of Shine and Lhagthong in behavior through the continuous application of presence and awareness in every moment of daily life.

CHÖGYAL NAMKHAJ NORBU

SHINE AND LHAGTHONG
IN THE DZOGCHEN TEACHING



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Shine e Lhagthong nell'insegnamento Dzogchen

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La serie dello Dzogchen Semde contiene le istruzioni per comprendere e applicare la non dualità di Shine e Lhagthong. La realizzazione non è altro che l'integrazione di tale stato nella vita quotidiana. Il testo è diviso in tre parti relative ai tre aspetti della via: modo di vedere, meditazione e comportamento. La prima parte spiega come Shine e Lhagthong siano presentati nell'insegnamento Dzogchen in riferimento alle quattro contemplazioni del Semde. La seconda parte è costituita dal commento alla pratica della meditazione scritta nel XVI secolo da Sodogpa Lodrö Gyaltsen, risalente a Vairochana, nota come sistema di Nyang. La terza parte contiene le istruzioni per integrare Shine e Lhagthong nel comportamento attraverso l'applicazione continua della presenza e della consapevolezza in ogni momento della vita quotidiana.

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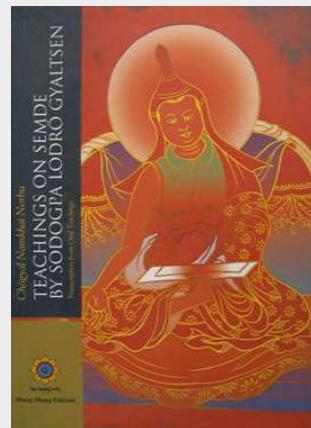
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Teachings on Semde by Sodogpa Lodrö Gyaltsen

Compiled by
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These teachings on Dzogchen Semde present a method that is complementary and parallel to the better known one of the Four Yogas or Four Contemplations. They are contained in the Instructions on Dzogchen Semde According to Nyang's System by the master Sodogpa Lodrö Gyaltsen (1552-1624), who wrote down an oral tradition going back to Vairochana the Translator and subsequently known as The System of Nyang, transmitted by the master Nyang Chograb Zhönnu. As well as furnishing methods for discovering the state of contemplation in a more or less direct way according to the practitioner's capacity, this text also contains interesting references to the meditative experiences of Mahamudra according to masters of the Drugpa Kagyüpa tradition.

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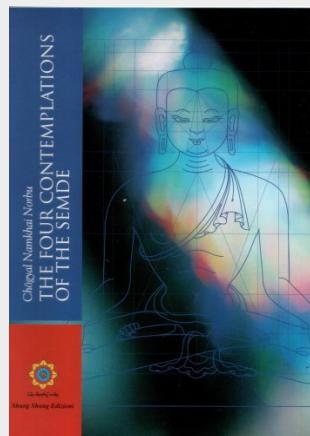
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The Four Contemplations of Semde

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The Four Contemplations (*nepa*, *miyowa*, *nyamnyid*, and *lhundrub*) are used in Dzogchen Semde as a means for progressing in our practice and directly discovering our real state.

Semde means “series of the mind.” In general, Dzogchen is considered to be not a method of the mind but of rigpa, instant presence. The way of the mind is created by the mind and is subject to mental judgment. In the method of transformation, for example, at the beginning, you need to apply transformation with the guidance of the mind; only later when the practice is developed is it possible to find yourself in the presence of the manifestations. The state of complete integration and presence beyond judgment is called the contemplation of clarity. The way of the mind uses reasoning, while the method of the Dzogchen teachings is to go directly, from the beginning, to the state of presence. Thus, in Semde, the word *sem*, “mind,” does not refer to ordinary mind but to an abbreviation of the Tibetan expression *changchubsem* (in Sanskrit *bodhicitta*), which indicates our real condition, also called the primordial state.

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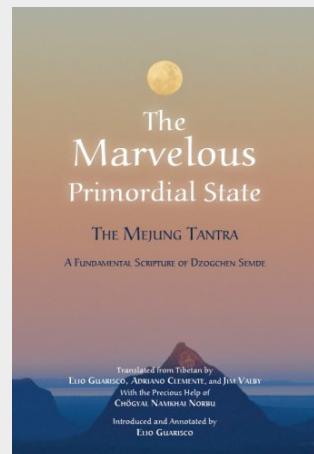
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The Marvelous Primordial State

The Mejung Tantra



Translated by Jim Valby, Elio Guarisco, and Adriano Clemente

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The Marvelous Primordial State of Great Perfection is a profoundly important root text of the Mind series of Dzogchen. Although this ancient text is not as large, nor has it as many chapters as *The Supreme Source*, it teaches all the essential principles of Ati Dzogchen that can be subsumed in the view without fixations, contemplation beyond concepts, and the fruit that is not obtained by treading a path. Therefore, this book contains the essence of all sutras and tantras of the Buddha's teaching, with nothing missing.

Our English translation of *The Marvelous Primordial State*, an ancient and extraordinary text the likes of which is rarely found in the world and whose value is immeasurable, has been made for the benefit of those fortunate ones who wish to gain an understanding of the real meaning of Ati Dzogpa Chenpo. I truly hope and wish that it will serve to open the doors of their minds and engender a genuine understanding of the principle of Ati Dzogpa Chenpo.

—Chögyal Namkhai Norbu

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Un'introduzione alla pratica della contemplazione

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Durante il ritiro di Monte Faito del 1980 Chögyal Namkhai Norbu ha trasmesso un metodo completo e progressivo per chi desidera intraprendere concretamente la pratica della contemplazione nella tradizione Dzogchen. Questo libro, curato da Costantino Albini, vuol essere un manuale di contemplazione utilizzabile da tutti i praticanti interessati all'insegnamento Dzogchen. Dalla trascrizione degli insegnamenti di quel ritiro sono stati estratti i capitoli riguardanti la contemplazione, e questo materiale è stato suddiviso in tre parti che, seguendo la tradizionale successione fissare-sciogliere-continuare, descrivono e alimentano il graduale sviluppo delle capacità contemplative.

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Chögyal Namkhai Norbu

When You Discover One, You Discover All

Practice Instructions Related to
Changchubsem Gompa Dola Serzhun By
Manjusrimitra

In the Tibetan texts belonging to the Dzogchen Semde series, the most ancient texts are considered the first five translations of Vairochana, namely Rigpai Khujug, Tsalchen Trugpa, Khyungchen

Dingwa, Dola Serzhün, Minubpai Gyaltsen (also called DorjeSempa Namkha Che), and the Mejung, amounting at six.

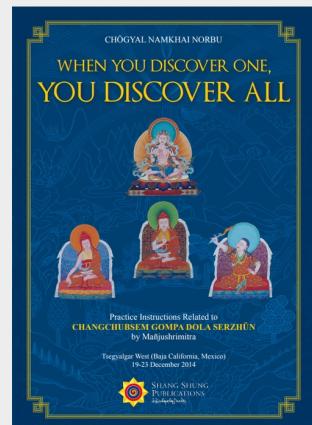
In relatively recent times, 1971, a text was discovered containing essential instructions on the way to apply the practice related to these six original texts in a pure Dzogchen style. These practice

instructions, attributed to Nubchen Sangye Yeshe, are therefore extremely precious for Atiyoga practitioners.

In this retreat, Chögyal Namkhai Norbu explains the instructions of how to integrate and apply the knowledge of Changchubsem Gompa Dola Serzhün written by Mañjushrimitra:

“Regarding all phenomena, all existence, here it says that nothing arises, nothing starts. Just how it is. Even if different kinds of phenomena exist, when you are in your real nature, all phenomena are also at that level. For this reason in the Dzogchen teaching we say chig she kun drol. It means that when you discover one, you discover all.

What have you discovered? Your real state, your real nature. Then you discovered all. Because when you are in that state, these distinctions of subjects/objects, outside/inside, do not exist. When you discover what is sweet in a small piece of chocolate, you have discovered all kinds of sweets. This is a



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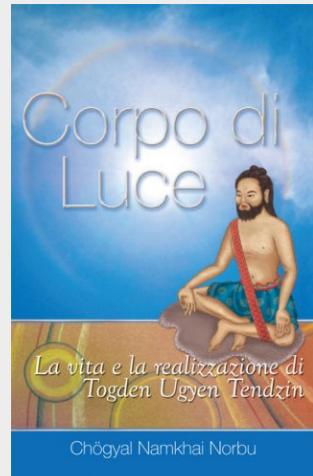


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Chögyal Namkhai Norbu

Corpo di luce

La vita e la realizzazione di Togden Ugyen
Tenzin



Traduzione dal tibetano di Adriano Clemente

Il corpo di luce è una delle più elevate realizzazioni dell'antico sentiero spirituale chiamato Dzogchen, che è riconosciuto come il veicolo supremo del buddhismo tibetano. Questo ottenimento è possibile grazie alla trasmutazione dei propri costituenti fisici nell'essenza dei cinque elementi, in virtù della quale al momento del trapasso non restano spoglie mortali. Questo libro descrive la vita di Togden Ugyen Tenzin, zio dell'Autore, uno yogin tibetano del XX secolo (1888-1962) che ha realizzato il corpo di luce. Questo evento eccezionale, avvenuto nel Tibet orientale, ebbe come testimoni oculari i suoi compatrioti, ma lasciò confusi e sgomenti anche i funzionari cinesi che lo avevano in custodia. Togden era discepolo di Adzom Drugpa, Drodul Pawo Dorje (1842-1924), uno dei più grandi maestri Dzogchen del secolo scorso, rinomato per la profondità e la chiarezza dei suoi insegnamenti. Il volume include una breve biografia di questo maestro e della yogini Lhundrub Tso (1864-1946), devota discepola di Adzom Drugpa e nonna dell'Autore.

BIOGRAPHIES



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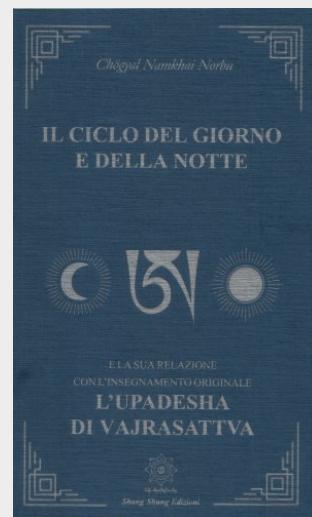


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Chögyal Namkhai Norbu

Il ciclo del giorno e della notte

e la sua relazione con l'upadesha di Vajrasattva



Traduzione dal tibetano di Adriano Clemente

Il ciclo del giorno e della notte è uno straordinario upadesha che spiega come realizzare la capacità della contemplazione totale nella propria vita. Chögyal Namkhai Norbu lo ha scritto spontaneamente nel 1983, scoprendo solo in seguito che il testo era basato su un insegnamento del *Vai ro rgyud 'bum*, intitolato *L'upadesha di Vajrasattva*, anch'esso ricevuto in sogno dall'autore. La storia della scoperta e i due testi vengono presentati qui per la prima volta a scopo comparativo.

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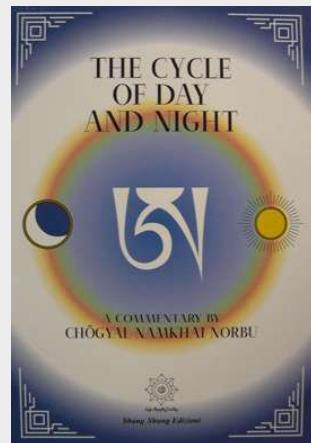
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Il ciclo del giorno e della notte - Commento orale

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Trascrizione degli insegnamenti orali dati a Merigar dal 24 al 27 luglio 1998 sul testo *Il ciclo del giorno e della notte*, scritto dal Maestro nel 1983 in occasione di un ritiro a Conway negli Stati Uniti. Si tratta di un insegnamento molto essenziale che è particolarmente legato ai principi dello Dzogchen Longde.

Il ciclo del giorno e della notte è la vita, così dobbiamo scoprire come applicare l'insegnamento sia di giorno che di notte per tutta la vita.

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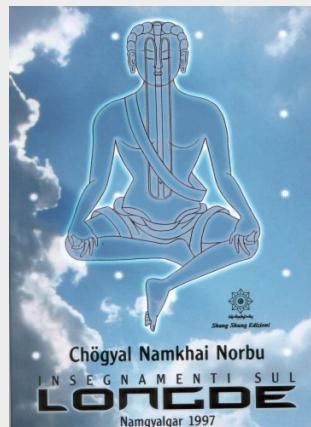
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Insegnamenti sul Longde

Questi insegnamenti, che sono stati trasmessi a Namgyalgar (Australia) nel 1997, contengono le istruzioni per la pratica dei Quattro Da del Longde sulla base dei testi originali scritti da Vairochana e Dzin Dharmabodhi. Alcuni disegni illustrano precisamente le posizioni della pratica.



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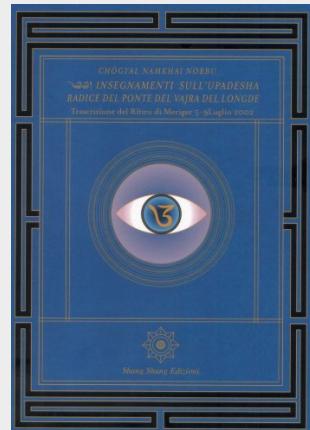
Insegnamenti sull'Upadesha Radice del Ponte del Vajra del Longde

Questo libro contiene la trascrizione integrale del ritiro di insegnamenti Dzogchen che si è tenuto a Merigar nel luglio del 2002. Nel corso di questo ritiro Chögyal Namkhai Norbu ha dato in particolare la trasmissione di un suo *terma* del Longde intitolato *L'upadesha radice sul Ponte del Vajra del Longde*. Durante il ritiro Rinpoche ha spiegato: "Il metodo dello Dzogchen Longde chiamato *dorje zampa* - che significa ponte del Vajra- ha tante spiegazioni diverse, ma è molto usato nella pratica del Longde ed è caratteristico di questo metodo.

Cosa vuol dire ponte del Vajra? Secondo alcuni vuol dire che questo metodo è il ponte tra il corpo fisico e il corpo di luce. Infatti molti praticanti dello Dzogchen Longde hanno realizzato il Corpo Arcobaleno perché il loro corpo fisico si è dissolto nella sua vera natura che è la luce dei cinque elementi.

Secondo un'altra interpretazione, siccome lo Dzogchen Semde lavora principalmente con l'introduzione diretta, mentre l'Upadesha, avendo già la conoscenza dello stato primordiale, lavora soprattutto con l'integrazione in quello stato, lo Dzogchen Longde si trova in mezzo, e perciò collega questi due metodi come un ponte."

Il testo originale tibetano, l'autocommento e la relativa traduzione si trovano in *L'upadesha radice sul ponte del Vajra del Longde, Commenti Longsal, Volume Primo*.



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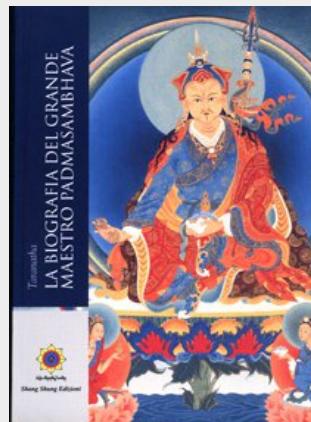


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Jetsun Taranatha

La biografia del Grande Maestro Padmasambhava



Traduzione dal tibetano di Cristiana De Falco

Padmasambhava, avendo introdotto il buddhismo tantrico in Tibet, è anche il guru più importante nei lignaggi tibetani. Perciò qualsiasi testimonianza attendibile riguardo alla sua vita è estremamente preziosa per coloro che studiano e praticano il buddhismo tibetano in Occidente. Taranatha (1575-1634), l'autore della biografia tradotta in questo libro, è stato uno dei maggiori storici tibetani della sua epoca. La sua testimonianza è tutt'ora considerata affidabile dai tibetani, e la fonte delle sue opere si trova nella tradizione kama. In questo testo Taranatha tratta la storia di Padmasambhava col metodo di uno storico moderno tenuto all'oggettività dei fatti e utilizza le fonti più certe a sua disposizione, facendo riferimenti accurati per dissipare ogni dubbio riguardo all'autenticità della sua versione.

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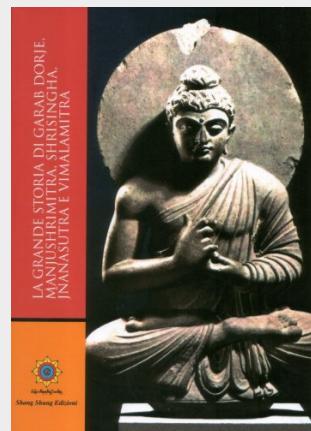
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La grande storia di Garab Dorje, Manjushrimitra, Sriringha, Jnanastra e Vimalamitra



Questo libro contiene la traduzione delle pagg. 84-165 de La grande storia dell'essenza ultima dello Dzogchen. E' possibile che nel XIV secolo Longchenpa abbia scritto questa storia dei Maestri Dzogchen che sono vissuti tra il III e il IX secolo d.C.

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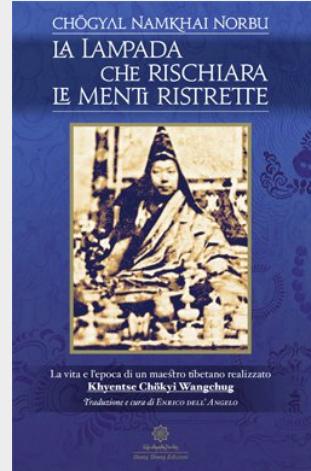


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Chögyal Namkhai Norbu

La lampada che rischiara le menti ristrette

La vita e l'epoca di un maestro tibetano realizzato, Khyentse Chökyi Wangchug



Traduzione dal tibetano di Enrico Dell'Angelo

BIOGRAPHIES

La biografia di Jamyang Khyentse Chökyi Wangchug è stata scritta nel 1985 dal nipote Chögyal Namkhai Norbu sulla base dei ricordi personali, delle note scritte da giovane e dei resoconti di altre persone vicine al Maestro. La biografia è stata poi rivista e completata dall'autore stesso nel 1999. L'opera appartiene alla categoria dei *namthar*, ovvero biografie o agiografie che, oltre a contenere le informazioni biografiche, si propongono spesso di introdurre il lettore al significato più profondo della pratica spirituale dei maestri realizzati. Infatti Chökyi Wangchug era considerato una reincarnazione del grande maestro Jamyang Khyentse Wangpo (1820-1892), e il suo elevato livello di realizzazione ne costituì un'evidente conferma. Il fatto che Chökyi Wangchug, oltre a essere uno dei principali maestri di Chögyal Namkhai Norbu, fosse anche suo zio materno, ha messo l'autore in una posizione di osservatore privilegiato permettendogli di avere una comprensione degli eventi che ad altri non sarebbe stata possibile. La narrazione della vita di Khyentse Rinpoche, avvincente per il comune lettore per l'abbondanza di eventi straordinari che vi sono riportati e per le vivide descrizioni di un mondo che si è irrimediabilmente dissolto dopo l'annessione cinese, è anche un'eccelsa fonte d'ispirazione per coloro che hanno una connessione con il lignaggio di questo maestro e con la trasmissione dei suoi insegnamenti.



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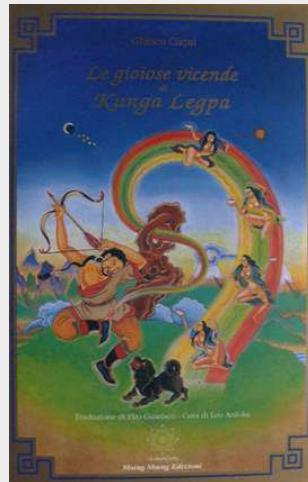
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శంశుంగ్ ప్రాచీన కుటుంబమ్

Gheshe Chapu

Le gioiose vicende di Kunga Legpa



Traduzione dal tibetano di Elio Guarisco

Kunga Legpa, detto Drugkpa Kunlè, è il più popolare santo tibetano. Famoso e venerato quanto Milarepa, egli nacque in Tibet nel 1455 e condusse una vita da yoghi itinerante. Discendente del puro lignaggio spirituale che risale agli antichi Mahasiddha indiani Naropa, Tilopa e Sahara, Kunga Legpa è molto conosciuto anche e non solo per il suo comportamento trasgressivo e irriverente. I suoi discorsi e la sua biografia costituiscono perciò un grande insegnamento che genera la comprensione del lettore con molta semplicità, aiutandolo contemporaneamente a rompere i propri limiti.

*"Realizzando il modo di vedere della grande uguaglianza
Si scopre l'amore verso tutti.
La meditazione priva di illusioni e del bisogno di meditare
Pone finalmente l'essere nella sua condizione originaria.
Il libero comportamento che abbraccia i quattro periodi del giorno
Non discrimina tra condizioni favorevoli e sfavorevoli"*

BIOGRAPHIES



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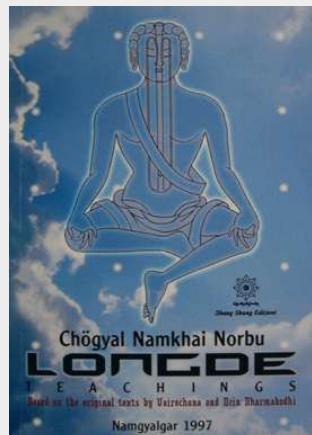


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શંગ શુંગ પ્રાઇવેટ લિમિટેડ

Chögyal Namkhai Norbu

Longde Teachings

Based on the Original Texts by Vairochana
and Dzin Dharmabodhi



These teachings, given at Namgyalgar in 1997, contain the instructions for the Longde practice of the Four Das according to the original texts written by Vairochana and Dzin Dharmabodhi. Several drawings illustrate precisely the positions for the practice. This book should be read only by practitioners who have received the transmission of Dzogchen Longde from a qualified master.

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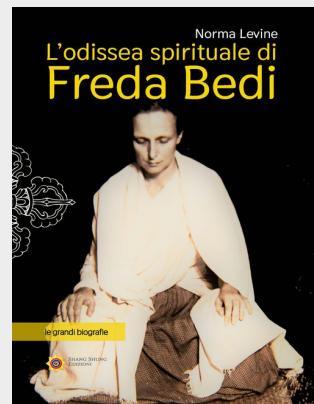
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Norma Levine

L'Odissea Spirituale di Freda Bedi



Freda Bedi aveva un grande cuore e ha avuto una grande vita.
Caposcuola secondo

l'ordinamento scolastico inglese, laureata a Oxford, moglie di Baba Bedi XVI
(discendente del fondatore del sikhismo, Guru Baba Nanak) e
madre affettuosa
di tre figli (tra cui il noto attore Kabir Bedi), operatrice
sociale e giornalista investigativa,
docente universitaria e traduttrice dal tibetano, militante del
satyagraha
(resistenza passiva, nonviolenza) di Gandhi e monaca
buddhista: chi era Freda
Bedi, Gelongma Palmo, affettuosamente chiamata Mummy-la
(Mammina) da tutti
i tibetani, inclusi Sua Santità il XVI Karmapa e Sua Santità il
Dalai Lama? Chi era
quella signora che camminava con passo felpato, ma che ha
lasciato un'impronta
indelebile, in ombra, ma non dimenticata? Senza paura anche
alla fine, Freda è morta
seduta in meditazione e senza manifestare il rigor mortis: il
suo corpo è rimasto
rilassato per quattro giorni conservando il calore nella zona
del cuore.

BIOGRAPHIES



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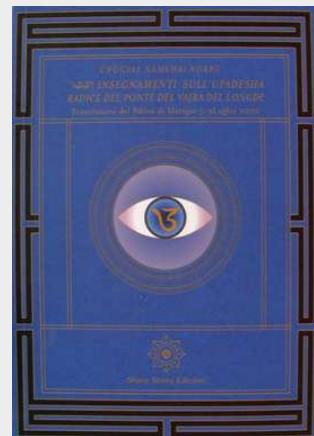
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ମଧ୍ୟବାଣୀଶ୍ଵରପିଲାଲମ୍ବନ

Chögyal Namkhai Norbu

Oral Commentary of the Root Upadesha on the Vajra Bridge of Longde

Merigar , July 5 - 9 2002



"The method of Dzogchen Longde called Dorje Zampa or Vajra Bridge has many different explanations, but it occurs frequently in Longde practice and it is characteristic of this teaching. Some people say that Vajra Bridge is the bridge between our physical body and the Body of Light, because many Dzogchen Longde practitioners realized the Rainbow Body. When our real physical body dissolves in its real nature, that is, in the lights of the five elements, the manifestation of that dimension is called Rainbow Body. This is one concrete explanation of the term. Another explanation is related more to the method of teachings. Dzogchen Semde works mainly with direct introduction while Dzogchen Upadesha, since one already has knowledge, works mostly towards integrating in that state. Dzogchen Longde is between these two methods, so it connects them like a bridge."

—Chögyal Namkhai Norbu

This book is based on teachings given by Chögyal Namkhai Norbu at Merigar in July 2002.

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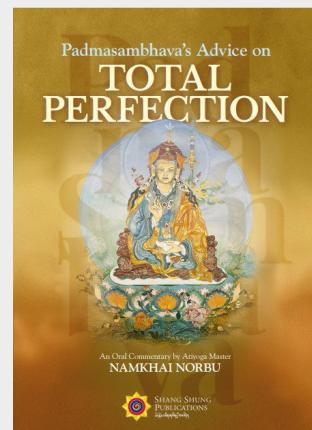


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శంశుంగ్ ప్రాచీన క్రిష్ణామాల్య

Chögyal Namkhai Norbu

PADMASAMBHAVA'S ADVICE ON TOTAL PERFECTION

A Hidden Treasure Discovered by Dorje
Lingpa
An Oral Commentary



The teachings of the profound path of Total Perfection or Dzogchen allows any interested individual to discover their true essence. This volume offers a commentary on an ancient Tibetan text, unearthed by the revered fourteenth-century master Dorje Lingpa. With insights that are as relevant today as they were centuries ago, these teachings provide a direct route for practitioners to directly experience the nature of their minds. Incisive commentary by a contemporary Dzogchen master Namkhai Norbu, seamlessly integrated with meticulous translations of the root text, underscores the quintessence of spiritual practice, emphasizing its core over its aspects relative to the conditions of any given epoch or place. The essence of Dzogchen can be integrated seamlessly into the commotion of daily life, letting dedicated individuals achieve spiritual heights like those of the Tibetan yogis. This book serves as a bridge, merging ancient wisdom with the reality of modern living. Selected passages from Dorje Lingpa's The Most Profound Mind Essence were chosen by Namkhai Norbu and clearly explained. These passages remind us to focus on the heart of spiritual practice, offering invaluable advice and guidance. Additionally, this volume presents a complete translation from Tibetan of the selected passages. Namkhai Norbu believed that the teachings of

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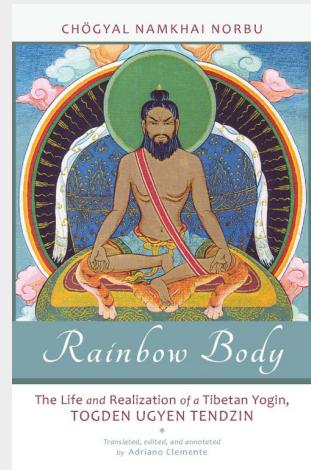
Chögyal Namkhai Norbu Rainbow Body

The Life and Realization of Togden Ugyen
Tendzin

Translated from Tibetan by Adriano Clemente

One of the highest attainments of Dzogchen, an ancient spiritual path recognized as the supreme vehicle of Tibetan Buddhism, the rainbow body is the transmutation of the physical constituents of the body into the essence of the five elements. This book traces the life story of twentieth-century Tibetan yogin Togden Ugyen Tendzin (1888-1962), whose amazing realization of the rainbow body at his death was witnessed in Eastern Tibet.

The author of this fascinating biography is Chögyal Namkhai Norbu (1938-2018), one of the great masters of Dzogchen, and nephew, on the paternal side, of the Togden, a title meaning “endowed with realization,” an expression accorded to highly realized yogins in Tibet. The Author, who received profound teachings from his uncle, based his book on extensive notes he took while with Togden in 1954 in Derge, and on information given to him by Sala Kama Samten (1919-1993), also a disciple and nephew of the yogin. Togden’s master was Adzom Drugpa, Drodul Pawo Dorje (1842-1924), one of the greatest Dzogchen masters of the last century, renowned for the depth and clarity of his teachings. A short biography of this master is here included, together with a biography of the yogini Lhundrub Tso (1864-1946), also a close student of Adzom Drugpa and grandmother of the Author.



BIOGRAPHIES

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Yeshe Dorje

The Cloud of Nectar

The Life and Liberation of Nyagla Pema
Düdul

Translated from Tibetan by Oriol Aguilar

The Cloud of Nectar is an annotated translation of the biography written by Yeshe Dorje of Nyagla Pema Düdul, a nineteenth-century master, tertön, and well-known exponent of the practice and realization of Total Perfection (Dzogchen). Born in the rugged eastern Tibetan region of Kham, as a fatherless youth Pema Düdul suffered great personal loss, severe deprivation, and repeated violence. A social outcast, his early attempts to obtain spiritual instruction were cruelly thwarted. Increasingly recognized for his spiritual attainments, he sought and exchanged teachings with some of the region's leading figures of Buddhist and Bön learning and practice. But despite his fame and spiritual influence, Pema Düdul never held a position in any religious hierarchy, choosing instead the austere yet joyous lifestyle of a wandering yogi and remaining in solitary meditation retreat for extended periods until, upon his passing, he attained the Rainbow Body.

In this important scholarly work, through his substantial introduction Oriol Aguilar precisely places his subject in that fertile time and place in which both the struggle to preserve traditional learning and practice and exceptional spiritual creativity flourished against a backdrop of social and political unrest.

THE CLOUD OF NECTAR

The Life and Liberation of Nyagla Pema Düdul



Translated from the Tibetan, edited and annotated by
ORIOL AGUILAR

BIOGRAPHIES



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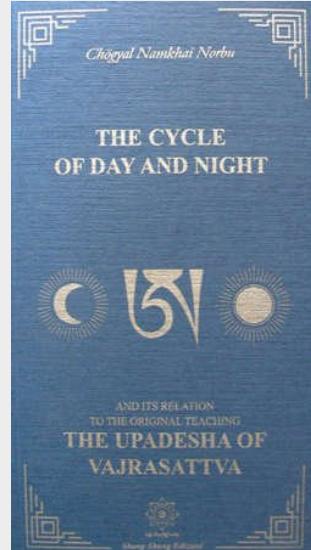


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శంశుంగ్ ప్రస్తుతి

Chögyal Namkhai Norbu

The Cycle of Day and Night and Its Relation to the Original Teaching. The Upadesha of Vajrasattva

The Upadesha of Vajrasattva



Translated from Tibetan by Adriano Clemente

*The Cycle of Day and Night or The Application of the Path of the Primordial Yoga called 'The Cycle of Day and Night' (gDod ma'i rnal 'byor gyi lam khyer nyin mtshan 'khor lo ma zhes bya ba) is an extraordinary upadesha on how to achieve the capacity of total contemplation in one's life. Chögyal Namkhai Norbu wrote it spontaneously in 1983, and later he discovered that it was based on a teaching found in the Vai ro rgyud 'bum called *The Upadesha of Vajrasattva* (rDo rje sems dpa'i man ngag), which he had also received in a dream. The history of its discovery and the two texts for comparison are presented here for the first time. The Tibetan text is included.*

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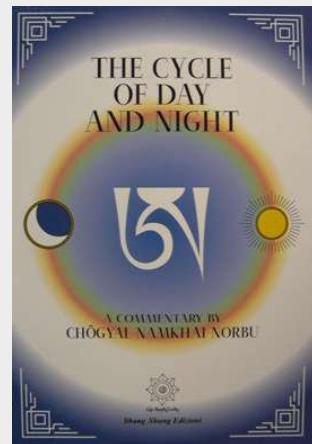
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Chögyal Namkhai Norbu

The Cycle of Day and Night. An Oral Commentary



Root text translated by John Reynolds

An oral commentary, delivered by Rinpoche at Merigar in July 1998, to his own text *The Cycle of Day and Night* written in 1993, a very essential Dzogchen teaching linked to the principles of Dzogchen Longde. This book contains both the original text translated by John Reynolds and Chögyal Namkhai Norbu's oral commentary.

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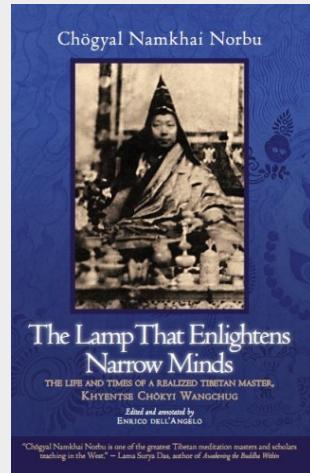


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Chögyal Namkhai Norbu

The Lamp That Enlightens Narrow Minds

The Life and Times of a Realized Tibetan
Master, Khyentse Chökyi Wangchug



Translated, edited, and annotated by Enrico Dell'Angelo

The Lamp That Enlightens Narrow Mind tells the remarkable story of Khyentse Chökyi Wangchug (1909-1960), a realized Tibetan trulku (reincarnated lama or teacher) and reincarnation of the great nineteenth-century master Jamyang Khyentse Wangpo. Author, Dzogchen Buddhist scholar, and internationally known teacher Chögyal Namkhai Norbu, Chökyi Wangchug's maternal nephew and disciple, and himself a high-ranking tulku, describes in intimate detail the important events of Chökyi Wangchug's life, his spiritual practices, and the challenges he faced at a time of vast change and political upheaval in Tibet. Throughout his life, he maintained his sense of equanimity and dedication to the Buddhist teachings, even while navigating the complexities of Tibetan religious hierarchy and facing the immensely difficult situation in 1950s Tibet.

BIOGRAPHIES



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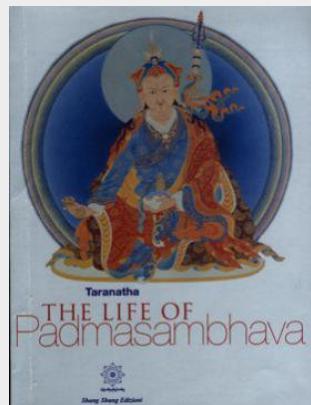
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SHANG SHUNG
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శంశుంగ్ ప్రాచీన కుటుంబమ్

Taranatha

The Life of Padmasambhava



Translated from Tibetan by Cristiana De Falco

The text contained in this book is a biography of Padmasambhava, one of the most important figures in Tibetan Buddhism and the main originator of its introduction and diffusion in Tibet. There are many biographies in Tibetan of this great yogi, some of which have been translated into Western languages. Since it was Padmasambhava who brought Tantric Buddhism to Tibet, he is the most important guru in its lineages. Therefore, any reliable testimony regarding his life is extremely valuable for those who study and practice these teachings in the Western world.

Taranatha (1575-1634), the author of this biography, is one of the major Tibetan historians of his time. His testimony is still considered reliable by Tibetans, and the source of his writings is part of the *kama* tradition. In this work he deals with the history of Padmasambhava as a modern historian would, wishing to satisfy a need for objectivity, using the most reliable sources available to him, and making accurate references to them in his text, so as to dispel any doubts regarding the authenticity of his account.

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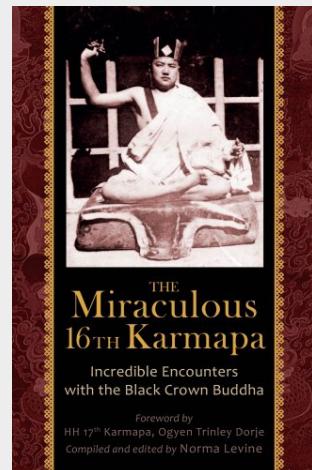


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శంశుంగ్ ప్రాస్‌రిహల్

Norma Levine

The Miraculous 16th Karmapa

Incredible Encounters with the Black Crown Buddha



Who was this extraordinary individual with the spiritual signs of a buddha, the Sixteenth Karmapa, Holder of the Black Crown? Norma Levine has travelled to Tibet, India, Europe and North America to record the stories of this memorable man and the impact he had on the people who met him. His Holiness was the greatest enlightened lama I ever met... Many lamas of his time were in awe of his all-seeing wisdom, endless compassion, and his prodigious powers of clairvoyance and prognostication, particularly his obvious ability to see through people.

—Lama Surya Das: Buddhist writer and teacher

This book gives us a rare and intimate insight into the personality of the man who was the 16th Karmapa. His mere presence, akin to a powerful force of nature, deeply affected those around him; his cosmic laughter, like a lion's roar proclaiming supremacy, could be heard streets away. He was able to teach anywhere, at any time, when the moment was right, and was followed wherever he went by his beloved entourage of birds who travelled with him and sang his mantra: Karmapa Khyenno, Master of Activity, Be With Me.

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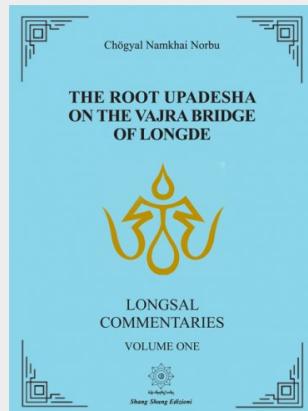


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శంగ్ శంగ్ పుస్టకాలింగమ్

Chögyal Namkhai Norbu

The Root Upadesha on the Vajra Bridge of Longde

Longsal Commentaries, Volume One



Translated from Tibetan by Adriano Clemente

The Root Upadesha on the Vajra Bridge of Longde (*Klong sde rdo rje zam pa'i man ngag gi rtsa ba*) was written down in 1983. It offers fundamental guidance on the main points of the practice of the four Das of Dzogchen Longde, the oral tradition of which is known as the Vajra Bridge (*rDo rje'i zam pa*). This tradition originated with eighth-century Tibetan master Vairochana, who transmitted it to Pang Mipham Gönpo. It flourished in Tibet until the fourteenth century, with the result that many practitioners achieved the Rainbow Body. The dreams through which the Upadesha was discovered are connected to Vairochana himself, to Negyab Rinpoche, and to Chögyal Namkhai Norbu's root guru Rigdzin Changchub Dorje (1826-1961). The auto-commentary, *Brilliant Moon: Commentary on the Root Text of the Upadesha on the Vajra Bridge of Longde* (*Klong sde rdo rje zam pa'i man ngag gi rtsa' grel rab gsal zla ba*), written in 2005, includes many quotations from the traditional texts of the *Vajra Bridge of Dzogchen Longde* that clarify and expand on numerous topics contained in the root text.

This book is intended only for those who have received the related transmissions of the teaching from the Master or the Longsal Root Initiation.

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Norma Levine

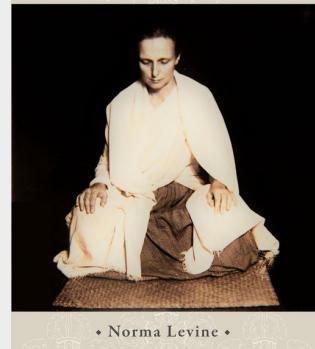
The Spiritual Odyssey of Freda Bedi

Freda Bedi had a big heart and a big life. An English head prefect and Oxford graduate, a devoted Indian wife and doting mother of three, a hands on social worker and investigative journalist, a university teacher and Tibetan translator, a Gandhi satyagraha and Buddhist nun: who was Freda Bedi, Gelongma Palmo, affectionately called Mummy-la by all the Tibetans including His Holiness the 16th Karmapa and His Holiness the Dalai Lama? Who was this lady who tread so lightly yet left an indelible footprint, obscured but not forgotten? Fearless even in death, Freda died sitting in meditation with no rigor mortis, her body remaining supple for four days with warmth around the heart.

“Mrs. Freda Bedi whom we all lovingly called Mummy was truly a giver of life for thousands of Tibetan refugees. But she was much more. She delved deep into ancient Tibetan wisdom and became a living representative of its value to the rest of the world when it was being destroyed in Tibet. The history of Tibetan Buddhism in the West would not be complete without her.”

—Ringu Tulku, author of *Mind Training, Confusion Arises as Wisdom, and Path to Buddhahood*

THE SPIRITUAL ODYSSEY
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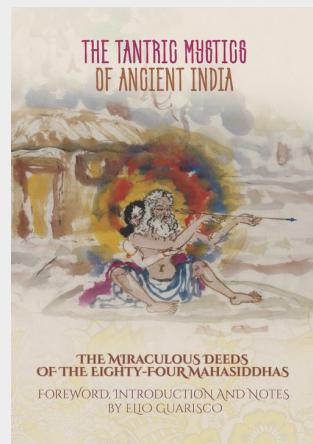
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Abhayadatta

The Tantric Mystics of Ancient India

The Miraculous Deeds of the Eighty-Four Mahasiddhas



Translated from Tibetan by Elio Guarisco

The siddhas appeared during a time of widespread diffusion of Buddhism in India when the monasteries with their preference for formal study of doctrine and philosophy marked by a strong intellectual bias enjoyed great prosperity and success within the societal structure. However, the spirit of the teachings of the Buddha became arid under the scholasticism of the large monastic universities in the north of India where hundreds of scholars were trained.

Appearing in this climate, the siddhas revitalized the spiritual quest by abandoning the monasteries and preferring cemeteries, caves, the haunts of the untouchables, and royal palaces as locations for their exploits. The siddhas revealed that those at the base of the social pyramid, the beggars, prostitutes, and butchers inhabiting the peripheries of the cities, had the spiritual potential to progress on the path of awakening. The revolutionary message of the siddhas which offered the possibility of inner development in the heart of Buddhism without denying the pleasures of this life also found favorable ground in royal and aristocratic palaces where the renunciation of the world in monasticism had found no place.

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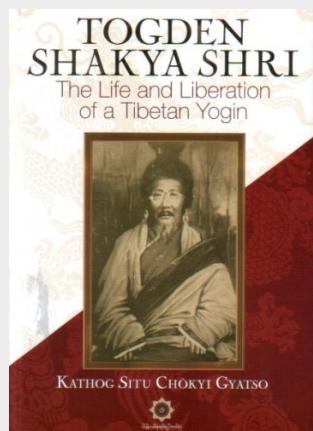
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Kathog Situ Chökyi Gyatso

Togden Shakya Shri: The Life and Liberation of a Tibetan Yogin



Translated from Tibetan by Elio Guarisco

This *namthar*, or traditional Tibetan biography, welcomes the reader to the extraordinary dimension of a realized yogin. Its pages recount the inspiring milestones in the life of the revered Togden of Drugu (1853-1919), a portrayal that is at once a precious mirror of a vanished world. Glowing with inspiring facts and miraculous happenings, the chronicle is made all the more insightful by a selection of letters between the Togden and some of the greatest masters of that era.

The book begins with penetrating and easily understood instructions by Shakya Shri called Opening the Door to Liberation, and a selection of his Songs of Realization, illuminating verses that are in themselves teachings. In the appendixes, the translator puts the life work and accomplishments of the master in several useful contexts. The volume includes a preface by Chögyal Namkhai Norbu and a foreword by Sey Rinpoche, lineage holder and great grandson of Shakya Shri.

In an informed and graceful translation, the book provides the reader with a rich reward, the sense of having actually encountered the master and received a direct benefit.

BIOGRAPHIES



Paper
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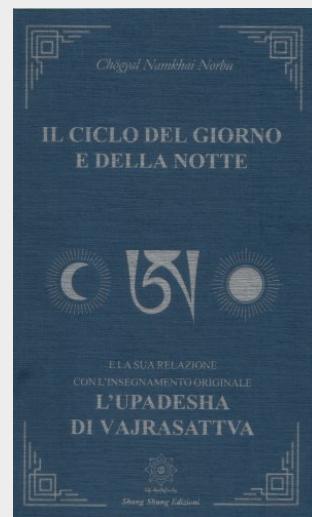


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శంగ్ శంగ్ పుస్టకాలింగ్

Chögyal Namkhai Norbu

[ebook] Il Ciclo del Giorno e della Notte (pdf)

e la sua relazione con l'upadesha di Vajrasattva



Traduzione dal tibetano di Adriano Clemente

Il ciclo del giorno e della notte è uno straordinario upadesha che spiega come realizzare la capacità della contemplazione totale nella propria vita. Chögyal Namkhai Norbu lo ha scritto spontaneamente nel 1983, scoprendo solo in seguito che il testo era basato su un insegnamento del *Vai ro rgyud 'bum*, intitolato *L'upadesha di Vajrasattva*, anch'esso ricevuto in sogno dall'autore. La storia della scoperta e i due testi vengono presentati qui per la prima volta a scopo comparativo.

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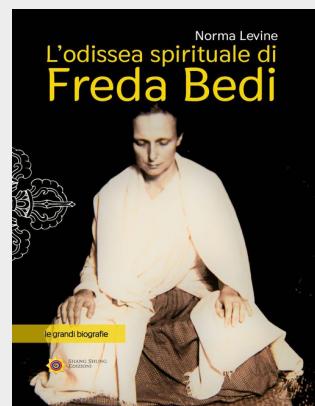
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શંગ શુંગ પ્રાઇવેટ લિમિટેડ

Norma Levine

[ebook] L'Odissea Spirituale di Freda Bedi



Freda Bedi aveva un grande cuore e ha avuto una grande vita. Caposcuola secondo l'ordinamento scolastico inglese, laureata a Oxford, moglie di Baba Bedi XVI (discendente del fondatore del sikhismo, Guru Baba Nanak) e madre affettuosa di tre figli (tra cui il noto attore Kabir Bedi), operatrice sociale e giornalista investigativa, docente universitaria e traduttrice dal tibetano, militante del satyagraha (resistenza passiva, nonviolenza) di Gandhi e monaca buddhista: chi era Freda Bedi, Gelongma Palmo, affettuosamente chiamata Mummy-la (Mammina) da tutti i tibetani, inclusi Sua Santità il XVI Karmapa e Sua Santità il Dalai Lama? Chi era quella signora che camminava con passo felpato, ma che ha lasciato un'impronta indelebile, in ombra, ma non dimenticata? Senza paura anche alla fine, Freda è morta seduta in meditazione e senza manifestare il rigor mortis: il suo corpo è rimasto rilassato per quattro giorni conservando il calore nella zona del cuore.

BIOGRAPHIES



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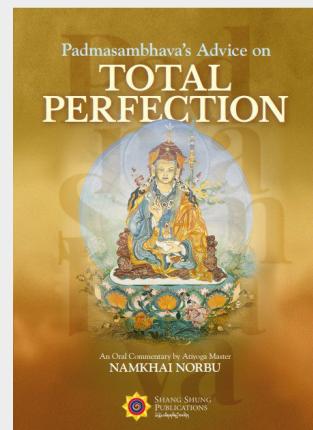


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[ebook] PADMASAMBHAVA'S ADVICE ON TOTAL PERFECTION (epub,mobi)

A Hidden Treasure Discovered by Dorje Lingpa
An Oral Commentary



The teachings of the profound path of Total Perfection or Dzogchen allows any interested individual to discover their true essence. This volume offers a commentary on an ancient Tibetan text, unearthed by the revered fourteenth-century master Dorje Lingpa. With insights that are as relevant today as they were centuries ago, these teachings provide a direct route for practitioners to directly experience the nature of their minds. Incisive commentary by a contemporary Dzogchen master Namkhai Norbu, seamlessly integrated with meticulous translations of the root text, underscores the quintessence of spiritual practice, emphasizing its core over its aspects relative to the conditions of any given epoch or place. The essence of Dzogchen can be integrated seamlessly into the commotion of daily life, letting dedicated individuals achieve spiritual heights like those of the Tibetan yogis. This book serves as a bridge, merging ancient wisdom with the reality of modern living. Selected passages from Dorje Lingpa's *The Most Profound Mind Essence* were chosen by Namkhai Norbu and clearly explained. These passages remind us to focus on the heart of spiritual practice, offering invaluable advice and guidance. Additionally, this volume presents a complete translation from Tibetan of the selected passages. Namkhai Norbu believed that the teachings of Dzogchen are a treasure for all, transcending the confines of mere spiritual interest. These teachings have the power to transform individual lives, giving a deeper meaning to one's existence. This volume is an invitation to discover what matters most.

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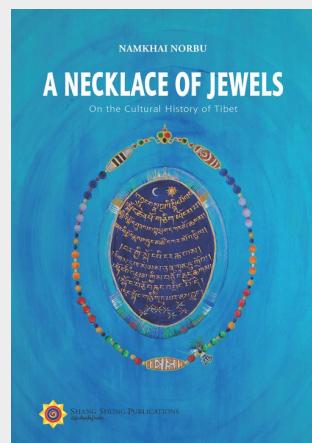


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Chögyal Namkhai Norbu

A Necklace of Jewels

On the Cultural History of Tibet



A Necklace of Jewels represents a turning point in the historiography of Tibetan culture. It was the first book about Tibetan culture written by Chögyal Namkhai Norbu (1938-2018), one of the last great Dzogchen masters and scholars to have received a full, traditional education in Tibet. Inspired by early texts from the Bön tradition that preceded the arrival of Buddhism, he emerged with a history of Tibetan culture that differed considerably from the orthodox version shaped by later Buddhist texts that over emphasize the importance of Indian cultural and religious influences.

Although there are no chapter subdivisions, the various topics covered stem from a quotation from The Single Volume of the Lang describing the origin of humanity and of Tibetans from a cosmic egg. Using this passage as a framework, the author guides us through a detailed investigation of various aspects of Tibetan cultural history, such as the identification of Tibet and Shang Shung, the original Bön tradition, the necessity to distinguish between ancient and present day Bön, and the source of the Tibetan language. Among the many sources used to corroborate his ideas, The General Dö of Existence, possibly the most ancient Tibetan ritual text, is abundantly quoted.

Translated from the Tibetan and edited by Adriano Clemente.

While Namkhai Norbu Rinpoche is best known for his work on Dzogchen, he was educated in the analytical tradition of

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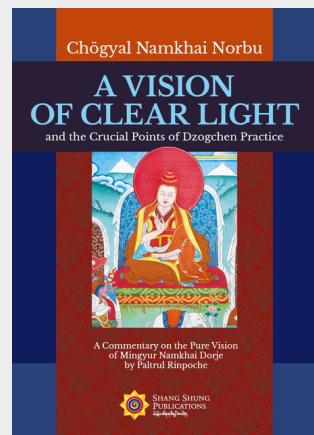


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Chögyal Namkhai Norbu

A Vision of Clear Light and the Crucial Points of Dzogchen Practice

A Commentary on the Pure Vision of
Mingyur Namkhai Dorje by Patrul Rinpoche



*An Oral Explanation of Patrul Rinpoche's Commentary The
Vision of Clear Light and the Crucial Points of Dzogchen Practice*

In the autumn of 2007, Chögyal Namkhai Norbu led a retreat at Merigar, Italy, centered on his profound understanding of the Great Perfection knowledge communicated by Patrul Rinpoche in his text entitled *The Vision of Clear Light and the Crucial Points of Dzogchen Practice*.

The root text recounts a pure vision of the renowned master Mingyur Namkhai Dorje in which his master Jigme Gyalwai Nyugu, in few words, bestows on him a spiritual testament indicating the key points of Dzogchen practice as well as essential instructions on Tregchö of the Dzogchen Upadesha.

Patrul Rinpoche was also a disciple of Jigme Gyalwai Nyugu and served as the amanuensis for Mingyur Namkhai Dorje, recording his description of the vision and writing a commentary.

Chögyal Namkhai Norbu addresses the salient points of Jigme Gyalwai Nyugu's testament and of Patrul Rinpoche's commentary in an inspired teaching for an audience of dharma practitioners, bringing to light with clarity and simplicity the text of the Vision of Clear Light in a way that can be understood as direct advice to the reader.

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Chögyal Namkhai Norbu

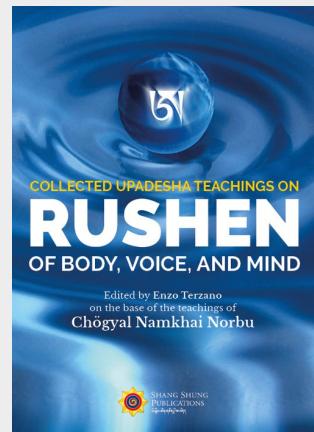
Collected Upadesha Teachings on Rushen of Body, Voice and Mind

COLLECTED UPADESHA TEACHINGS ON RUSHEN OF BODY, VOICE, AND MIND

In order for an authentic state of contemplation to arise in the practitioner, it is indispensable to separate or distinguish the mind from the state of pure instant presence (rigpa). In general the methods having this aim are called Khorde Rushen (separation of samsara and nirvana).

The present book aims to collect and collate, in a single container, the teachings on Rushen of body, voice, and mind spread over a period ranging from 1982 to 2018. The various groups of Rushen connected to each of the three doors of body, voice and mind have been divided by tradition and origin into four chapters.

The first series of Rushen belongs to the Nyingthig of Vimalamitra. The second series of Rushen belongs to the Longsal Nyingthig and is based on the upadeshas of Guru Padmasambhava. The third and fourth series of Rushen consist of two different upadesha instructions belonging to the cycle of the Longsal, the terma teachings rediscovered by Chögyal Namkhai Norbu.



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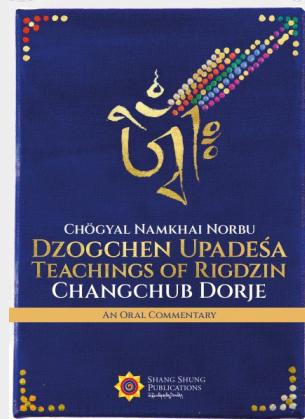
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Chögyal Namkhai Norbu

Dzogchen Upadeśa Teachings of Rigdzin Changchub Dorje

An Oral Commentary



Dedicated to Elio Guarisco (1954 - 2020)

This book contains, in order, the translation of the original Tibetan text of Rigdzin Changchub Dorje's terma called Quintessential Instructions on the Main Practice (dngos gzhi'i don khri yang snying bcud dril bzhugs) and the edited transcripts of three oral commentaries on the terma that Chögyal Namkhai Norbu gave: at Namgyalgar in Australia during a retreat that took place from the seventeenth to the twenty-second of April 2009; in Taiwan from the twenty-third to the twenty-seventh of October 2015; and in Barcelona from the twenty-eighth of December 2016 to the third of January 2017. The Quintessential Instructions on the Main Practice belongs to a Dzogchen Upadesha cycle of terma teachings of Rigdzin Changchub Dorje called Black Quintessence of the Supreme Heart Essence (bla med snying thig yang tig nag po) comprising of a tantra and various texts on the practice. This particular text contains essential instructions on the practice of Rushen and the two practices of Dzogchen Upadesha, Tregchöd and, in brief outline, Thögal, as well as the manner in which practitioners, depending on their capacity, attain liberation in their lifetime or in the bardo, and a description of the state which is the final result.

An important lay Dzogchen master, Rigdzin Changchub Dorje (1863–1963) lived in Khamdogar, in Eastern Tibet. He

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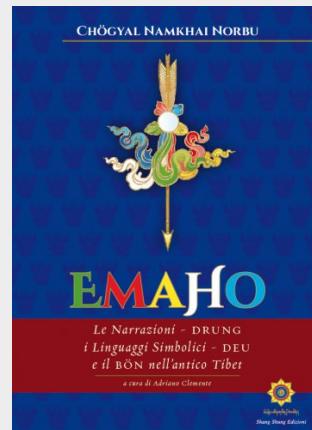
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Chögyal Namkhai Norbu **EMAHO**

Le narrazioni, i linguaggi simbolici e il Bön
nell'antico Tibet



Traduzione dal tibetano di Adriano Clemente

EMAHO offre una rara opportunità di esplorare la cultura tibetana prebuddhista attraverso tre aspetti importanti ma poco conosciuti: le narrazioni (*drung*), i linguaggi simbolici (*deu*) e le tradizioni del Bön.

Nella prima parte dell'opera l'autore prende in esame il grande e inesplorato corpus di poemi epiche e leggende dell'antico Tibet. La sua attenzione si rivolge poi agli antichi linguaggi simbolici utilizzati sia per comunicare messaggi segreti sia per trasmettere il significato ultimo della saggezza, altrimenti inesprimibile in termini convenzionali.

Nell'ultima parte l'autore espone con chiarezza i miti, i riti e le conoscenze dell'antica religione Bön nel contesto delle sue dodici tradizioni originarie. Quest'opera fondamentale getta una nuova luce sull'antica saggezza del Tibet e allo stesso tempo mette in risalto il suo influsso determinante per la continuità storica e culturale del popolo tibetano.

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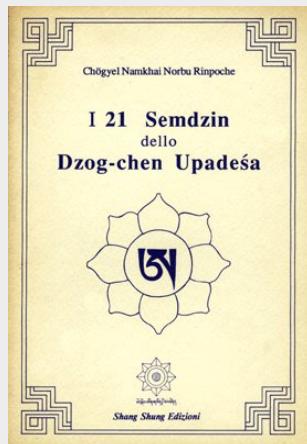


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ོད་པ་ལྷན་འཇིགྱེས་པའི

I 21 Semdzin dello Dzogchen Upadesha

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



I ventuno Semdzin degli insegnamenti Dzogchen Upadesha sono una delle pratiche principali per la comprensione e la precisazione dello stato della contemplazione nella presenza non duale. Insegnamenti su un testo di Longchenpa datati a Merigar nel 1989 e a Prata nel 1977. La traduzione del testo tibetano è stata curata da Adriano Clemente.

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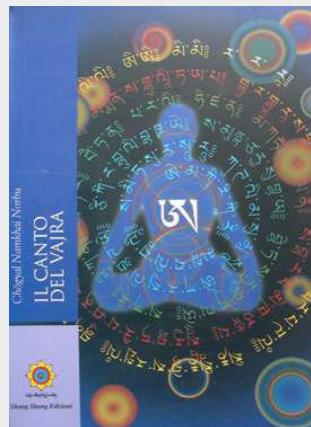
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Il Canto del Vajra

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Chögyal Namkhai Norbu



Durante un ritiro tenuto a Tashigar nel periodo di Natale del 1990, Chögyal Namkhai Norbu ha detto: "Possiamo trovare il principio del Canto del Vajra nel tantra dell'Upadesha intitolato *L'unione del Sole e della Luna*. Il Canto del Vajra è molto importante per l'insegnamento Dzogchen perché è una chiave di tutti i metodi che possiamo imparare. Tutti i metodi più importanti dello Dzogchen Semde, Longde e Upadesha sono collegati al Canto del Vajra." Questo libro contiene un'ampia e precisa spiegazione di questa affermazione.

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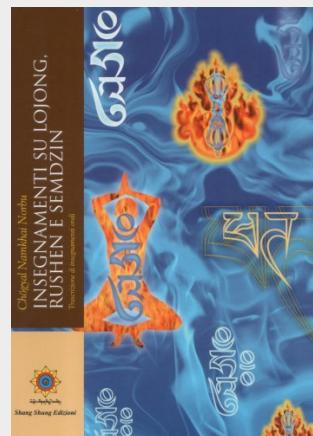
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Insegnamenti sui Lojong, Rushen e Semdzin

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Chögyal Namkhai Norbu



I sette Lojong o Allenamenti Mentali appartengono alla tradizione dello Dzogchen Upadesha. I primi sei allenamenti sono una riflessione sul principio delle quattro consapevolezze e sul valore del Maestro e dell'insegnamento. Il settimo, che comprende tre metodi legati alla visualizzazione e alla respirazione, ha lo scopo di portare il praticante a riconoscere lo stato della contemplazione attraverso tre specifiche esperienze.

In tutte le tradizioni dell'Upadesha si considera fondamentale la pratica del Khorde Rushen, che è la base da cui si comincia. In alcune tradizioni è definito il *ngöndro* della pratica, ovvero come preparazione. Tuttavia bisogna capirne bene la funzione e il principio perché non si tratta di una pratica preliminare come viene intesa di solito, ma di una pratica che introduce alla contemplazione.

I Semdzin sono estremamente efficaci sia per distinguere la pura presenza del *rigpa* dalla mente dualistica, sia per rimuovere i dubbi che sorgono dall'esperienza della pratica. La spiegazione dei sette Semdzin contenuti in questo libretto è fondamentalmente basata sul testo di istruzioni *L'essenza della saggezza* scritto dal maestro Adzom Drugpa. La caratteristica di queste istruzioni sui Semdzin è l'importanza attribuita all'esperienza simultanea degli stati di Shine e Lhagthong che si ottiene praticandoli.

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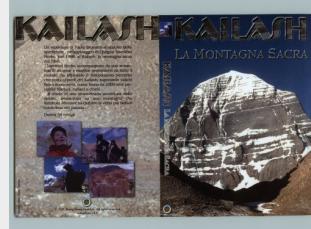
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Paolo Brunatto **Kailash**

A documentary by Paolo Brunatto about Chögyal Namkhai Norbu's pilgrimage expedition to Kailash, the sacred mountain of Tibet, in 1988. Rinpoche was accompanied by about seventy students from all over the world, tackled the painstaking journey that leads to the foot of the Kailash, passing passes up to 6000 meters, as Tibetan, Indian and Chinese pilgrims have been doing for 3000 years. The diary of an extraordinary spiritual journey, set on a mountain that Reinhold Messner called the most beautiful and mysterious peak on the planet.



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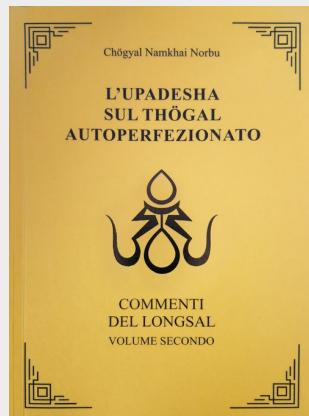
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Chögyal Namkhai Norbu

L'Upadesha sul Thögal Autoperfezionato

Commenti del Longsal Volume Secondo



L'upadesha del Thögal autoperfezionato (lhun grub thod rgal gyi man ngag), redatto nella sua forma finale nel 2001, offre una guida fondamentale sui punti chiave del Thögal, che con il Tregchöd costituisce la pratica più importante dello Dzogchen. Questo insegnamento, la cui realizzazione porta all'ottenimento del corpo arcobaleno, si trova originariamente nel Dra Thalgyur e in altri tantra della serie Upadesha dello Dzogchen, ma anche in un gran numero di insegnamenti terma dello Nyingthig.

Per la sua natura altamente segreta, è indispensabile ricevere la trasmissione completa di questo insegnamento Longsal prima di leggere questo libro.

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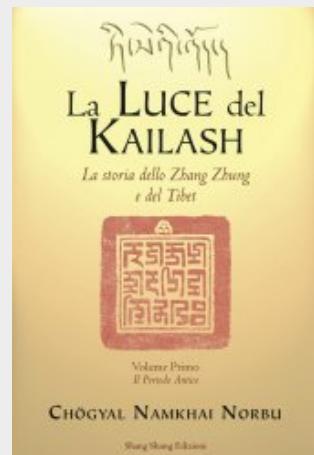


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Chögyal Namkhai Norbu

La luce del Kailash, Volume Primo Il Periodo Antico

La storia dello Zhang Zhung e del Tibet



Traduzione dal tibetano di Donatella Rossi

TIBETAN HISTORY

Chögyal Namkhai Norbu ha dedicato questo compendio delle sue ricerche storiche in primo luogo, e soprattutto, ai suoi compatrioti, e in particolare ai giovani tibetani. Il testo era originariamente costituito da una serie di lezioni universitarie che l'Università delle Nazionalità l'aveva invitato a tenere a Pechino nel 1988 e che avevano costituito una prima versione abbreviata de *La luce del Kailash*, successivamente ampliata dall'Autore dopo ulteriori ricerche fino a diventare un'opera di 1900 pagine suddivisa in tre volumi. Il primo volume, *La storia dello Zhang Zhung e del Tibet, il Periodo Antico*, esamina l'origine delle prime generazioni umane e i lignaggi Bön dell'antico Zhang Zhung con le relative dinastie, la lingua e la cultura. Il secondo volume, *La storia del Periodo Intermedio: Tibet e Zhang Zhung* è dedicato alle generazioni umane, ai lignaggi Bönpo, alla diffusione del Bön ai tempi dei primi re tibetani, alle dinastie, alla lingua e alla civiltà dell'antico Tibet, al regno di alcuni re particolari, alla religione Bon e alle figure religiose Bönpo (Dran-pa Nam-mkha' in particolare) dello Zhang Zhung di quel periodo. Il terzo volume, *La storia del periodo tardo: il Tibet*, ricostruisce le genealogie, i lignaggi Bönpo, le dinastie reali (dal primo re gNya'-khri bTsan-po fino al quarantacinquesimo re Khri-dar-ma 'U-dum-btsan), la lingua e la civiltà del Tibet.



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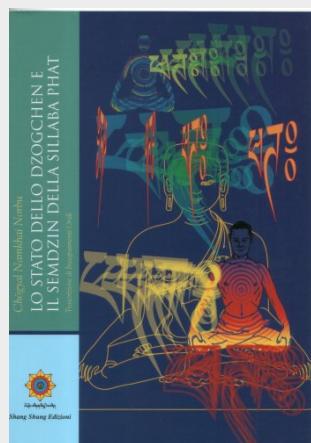
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Lo stato dello Dzogchen e il Semdzin della sillaba PHAT

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



Lo stato dello Dzogchen è il nostro stesso stato, ma per ottenere davvero la realizzazione è necessario seguire e praticare l'insegnamento. Molti si chiedono perché non stiamo zitti e calmi invece di fare tante pratiche complicate, ma la nostra esistenza è già complicata: noi abbiamo il corpo, la voce e la mente, tutto quello che si chiama soggetto e oggetto, abbiamo infinite confusioni. Per superare tutto questo non basta stare un pò in silenzio, bisogna saper lavorare concretamente con la propria condizione. Dobbiamo saper utilizzare tutto ciò che ci serve in base alla nostra condizione, e quindi non dobbiamo limitarci. Chi decide di seguire seriamente l'insegnamento Dzogchen, prima di tutto deve decidere di essere totalmente libero, di non essere condizionato da nulla, nemmeno dall'insegnamento Dzogchen, nemmeno dal Maestro dell'insegnamento Dzogchen, nemmeno dai metodi. Tutte queste cose sono utili, hanno valore, però non devono diventare un metodo per condizionare l'individuo. Prima di tutto bisogna sentirsi totalmente liberi: da qui poi si inizia a entrare nella conoscenza.

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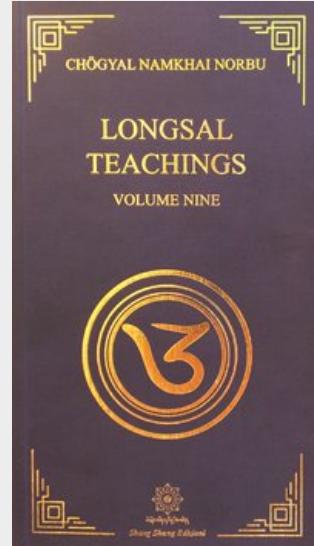
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Chögyal Namkhai Norbu Longsal Teachings, Volume Nine

Translated from Tibetan by Adriano Clemente

This ninth volume of teachings from the Longsal cycle contains a fundamental upadesha on the Dzogchen Yangti called *The Upadesha of the Wish-Fulfilling Jewel of Yangti* (*Yang ti yid bzhin nor bu'i man ngag*), of which two slightly different versions are presented in the history of its discovery. These teachings are closely connected to the famous instructions of the *Unique Golden Letter of the Black Yangti* (*Yang ti nag po gser gyi yi ge 'bru gcig ma*), a terma rediscovered by Tungtso Repa the latter, Nyima Pal (*Dung mtsho ras pa phyi ma, Nyi ma dpal* 1287-1335).

This volume is restricted to those who participated in the Yangti retreat conducted by Chögyal Namkhai Norbu at Merigar West, August 19-23, 2011 and in Dzamling Gar, December 28 2016 - January 3, 2017. Please note you can order only one copy of the book. If you want to order more than one copy, please contact orders@shangshungpublications.org before the purchase.



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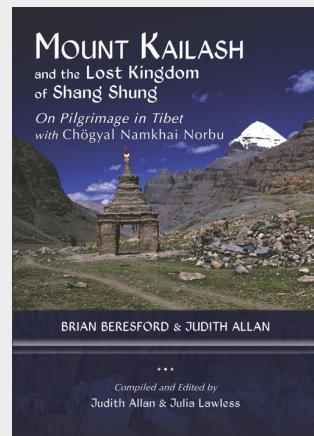
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Brian Beresford, Judith Allan, Julia Lawless

Mount Kailash and the Lost Kingdom of Shang Shung

On Pilgrimage in Tibet with Chögyal Namkhai Norbu



This book is the story of a journey to Mount Kailash under the guidance of the Tibetan Dzogchen master Chögyal Namkhai Norbu. It also recounts the history of the adventures that led to the discovery of the ancient capital of the forgotten kingdom of Shang Shung. Above all, it is the account of a spiritual pilgrimage: as all pilgrims believe, the path will take them on an inner voyage of transformation from which they will return a changed person. Even when faced with obstacles, hardship, or unforeseen circumstances, there is no turning back.

Based on accurately archived notes of Brian Beresford, a professional photographer and filmmaker, the book contains the records of his many meetings, conversations, and interviews with Chögyal Namkhai Norbu regarding the history and significance of Shang Shung, providing rare and firsthand insight into Tibetan culture, as well as making for lively reading.

TIBETAN HISTORY



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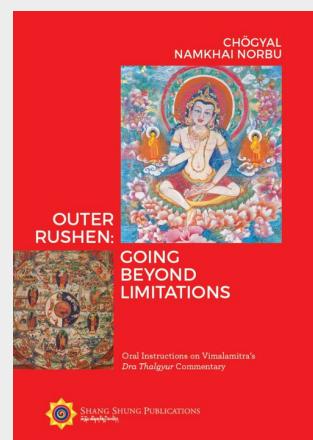


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Outer Rushen: Going Beyond Limitations

Oral Instructions on Vimalamitra's Dra Thalgyur Commentary

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



Translated from Tibetan by Saadet Arslan, Jakob Winkler,
and Elio Guarisco

The ultimate essence of Atiyoga practice is abiding in contemplation. In the beginning, for the authentic state of contemplation to arise, it is indispensable to “separate,” or distinguish, mind from the state of pure instant presence, the nature of mind. Numerous upadeshas have this aim, but one that stands out as particularly simple to apply is Khorde Rushen, the separation of samsara and nirvana. Three forms of this practice are generally presented: outer, inner, and secret.

In Outer Rushen, the practice is to spontaneously enact anything whatsoever with the body, the voice, and the mind, without any choice or restraint as what to do and what not to do. At the end, exhausted from all the activities, you simply relax in the natural state that is your primordial condition.

This book presents Chögyal Namkhai Norbu's teachings on Outer Rushen based on Vimalamitra's commentary on the Dzogchen Upadesha root tantra known as the *Dra Thalgyur* (*sGra thal'gyur*), *The All-Penetrating Sound*. It includes Vimalamitra's commentary in Tibetan along with an English translation.

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Prima della tempesta Tibet 1937 e 1948



Questo volume costituisce una straordinaria testimonianza di un mondo che per molti versi non esiste più. Scattate dall'autore nel 1937 e nel 1948 al seguito delle spedizioni del grande orientalista Giuseppe Tucci, le splendide foto in bianco e nero ritraggono un Tibet tranquillo, "prima della tempesta", che nei paesaggi, nei volti e nelle situazioni di quel mondo rimasto immutato per secoli riflette una serenità che i tragici avvenimenti di questi ultimi sessant'anni hanno spazzato via. Un documento di notevole valore storico, etnografico ed artistico.

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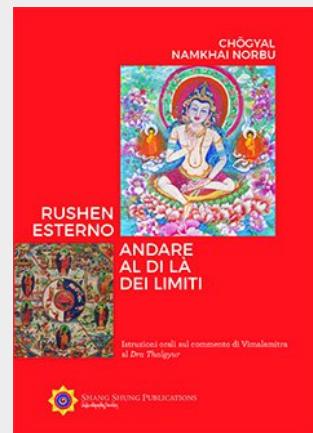


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Istruzioni orali sul commento di Vimalamitra
al Dra Thalgyur

Compiled by
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Chögyal Namkhai Norbu



L'essenza suprema della pratica dell'Atiyoga è lo stato della contemplazione. All'inizio, per far sorgere l'autentico stato della contemplazione, è indispensabile separare – o distinguere – la mente dalla pura presenza istantanea, o natura della mente. Numerosi insegnamenti upadesha hanno questo obiettivo, ma un metodo la cui applicazione è particolarmente semplice è il Khorde Rushen, o separazione fra samsara e nirvana, che è generalmente presentato in tre forme: Rushen Esterno, Interno e Segreto.

Il Rushen Esterno si pratica eseguendo spontaneamente qualunque cosa con il corpo, la voce e la mente, senza restrizione alcuna per ciò che si può o non si può fare. Alla fine della pratica, quando si è esausti per tutte le attività compiute, ci si rilassa semplicemente nella propria condizione primordiale.

Questo libro contiene gli insegnamenti di Chögyal Namkhai Norbu sul Rushen Esterno basati sul commento di Vimalamitra al tantra radice dello Dzogchen Upadesha *Dra Thalgyur* (*Il suono trascendente*), e include il testo tibetano del commento di Vimalamitra tradotto da Saadet Arslan, Jakob Winkler e Elio Guarisco.

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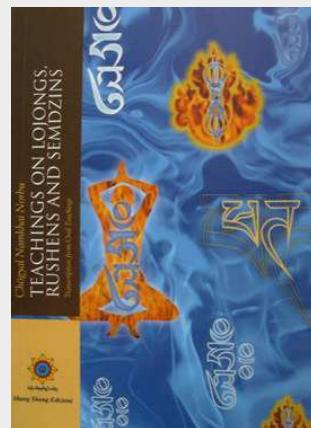
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Teachings on Lojongs, Rushens, and Semdzins

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The Seven Lojongs or Mind Trainings belong to the Dzogchen Upadesha tradition and have been included in the Base Level of the Santi Maha Sangha as preliminaries to the fundamental practices of Dzogchen. The first six trainings are a reflection on the principle of the Four Awarenesses and on the value of the Master and the Teachings. The seventh, which comprises three methods linked to visualization and breathing, aims at leading the practitioner to an understanding of the state of contemplation through three specific experiences.

In all traditions of Dzogchen Upadesha the practice of Khorde Rushen is considered to be fundamental as a base or starting point, in particular as an introduction to contemplation.

The Semdzins are highly effective both as a method for distinguishing the pure presence of rigpa from the dualistic mind and for removing the doubts that arise from our experience in practice. The explanation of the seven Semdzins contained here is essentially based on a text of instructions by the master Adzom Drugpa, *The Essence of Wisdom* ('Od gsal rdzogs pa chen po yang gsang bla na ned pa spyi'i khyad par gyi khrid yig lam bzang ye shes snying po).

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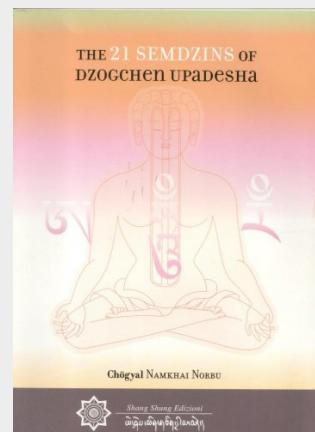
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The 21 Semdzins of Dzogchen Upadesha

Compiled by
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The twenty-one Semdzins of the Upadesha series of Dzogchen teachings are one of the main practices for obtaining a precise understanding of the state of contemplation in non-dual presence or rigpa. The great master Longchenpa gave a detailed explanation of the twenty-one Semdzins in the *Theg mchod mdzod*. On the basis of this text, Chögyal Namkhai Norbu taught and gave a commentary on the Semdzins during a retreat held at Merigar West over Easter 1989. These teachings constitute the fundamental core of this book, which also comprises explanations taken from teachings given in July 1977 at Prata, Italy. The Semdzin Yugu contained in the first appendix, which belongs to the Upadesha teachings traditionally ascribed to the great master Shri Simha, has been taken from a teaching given at Merigar West in August 1985.

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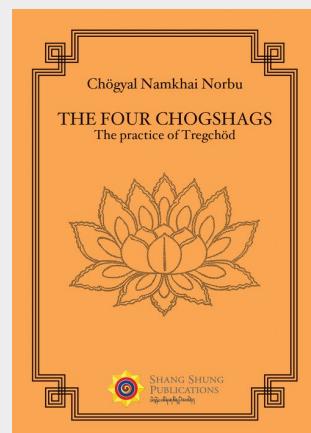
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Chögyal Namkhai Norbu

The Four Chogshag

The Practice of Tregchöd

The core of the practice of Dzogchen Upadesha is called Tregchöd, a word that can be translated as “Total Relaxation.” Tregchöd, or the practice of contemplation, is traditionally explained by means of the “four ways of leaving as it is” or Chogzhag. This booklet contains a clear explanation of the fundamental practice of Tregchöd based on the teachings given by Chögyal Namkhai Norbu in Tsegyalgar (USA) in 1996.



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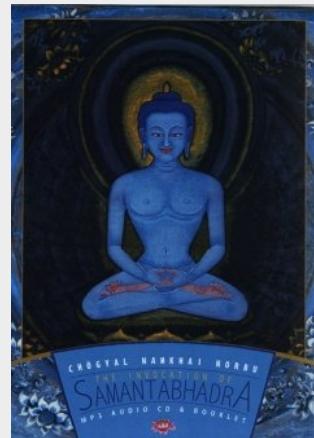
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Chögyal Namkhai Norbu

The Invocation of Samantabhadra [Explanation and Practice] L'Invocazione di Samantabhadra [Spiegazione e Pratica]



The Invocation of Samantabhadra is part of a Dzogchen Terma Cycle called *Gongpa Zangthal*; *Gongpa* means the real state and *Zangthal* means transparent or all-penetrating. This invocation is one of the most famous of the Nyingma lineage and is a part of the Northern Treasures tradition that was discovered by the famous terton Ridgzin Gödem Chen from the fourteenth century.

Chögyal Namkhai Norbu transmitted and taught this invocation at Merigar in September 2006.

Audio: English with Italian translation

L'Invocazione di Samantabhadra fa parte del Terma del Ciclo di insegnamenti Dzogchen chiamato 'Gongpa Zangthal', Gonpa significa lo stato reale e Zangthal significa trasparente o onnipenetrante. Questa invocazione è una delle più famose del lignaggio Nyingma e fa parte della tradizione dei Tesori del Nord che fu riscoperta dal famoso tertön Ridgzin Gödem Chen nel XIV° secolo.

Chögyal Namkhai Norbu ha trasmesso e insegnato questa invocazione a Merigar nel settembre 2006.

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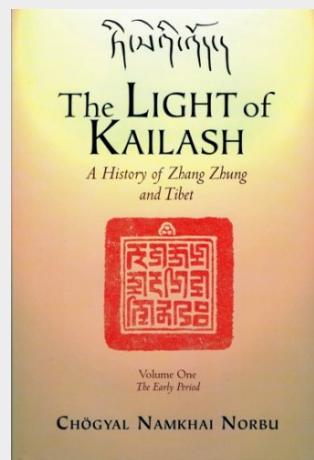


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Chögyal Namkhai Norbu

The Light of Kailash, Volume One

A History of Zhang Zhung and Tibet: The
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Translated from Tibetan by Donatella Rossi

This summa of Chögyal Namkhai Norbu's researches is dedicated first and foremost to his fellow countrymen and women and to Tibetan youth in particular. The text was originally conceived as a set of university lectures that Chögyal Namkhai Norbu was invited to give at the University of Nationalities in Beijing in 1988, forming a first abridged version of *The Light of Kailash* subsequently enlarged by the author after further research; the manuscript through meticulous selection and a critical use and analysis of a vast array of literary and frequently unpublished sources became a work of 1,900 pages divided in three volumes.

The first volume, The Early Period, the History of Ancient Zhang Zhung, considers the rise of early human generations and the Bön lineages of ancient Zhang Zhung, its dynasties, language, and culture.

This amazing trilogy, aptly named *The Light of Kailash*, offers an open, daring, holistic, unbiased approach to the study of the cultural and spiritual heritage of Tibet and to the understanding of the origin of this fascinating and endangered civilization.

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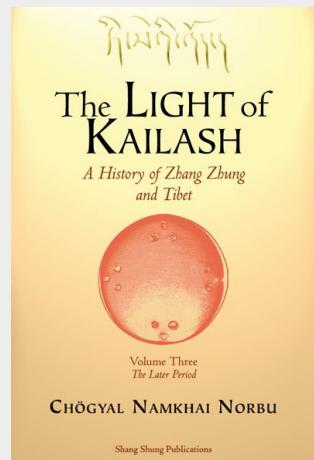


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Chögyal Namkhai Norbu

The Light of Kailash, Volume Three

A History of Zhang Zhung and Tibet: The
Later Period



Translated from Tibetan by Donatella Rossi

This summa of Chögyal Namkhai Norbu's researches is dedicated first and foremost to his fellow countrymen and women and to Tibetan youth in particular. The text was originally conceived as a set of university lectures that Chögyal Namkhai Norbu was invited to give at the University of Nationalities in Beijing in 1988, forming a first abridged version of *The Light of Kailash* subsequently enlarged by the author after further research; the manuscript through meticulous selection and a critical use and analysis of a vast array of literary and frequently unpublished sources became a work of 1,900 pages divided in three volumes.

The third volume, The History of the Later Period, is concerned with an assessment of the genealogies, Bönpo lineages, royal dynasties (from the first monarch gNya'-khri bTsan-po until the forty-fifth monarch Khri-dar-ma 'U-dum-btsan), language, and civilization of Tibet.

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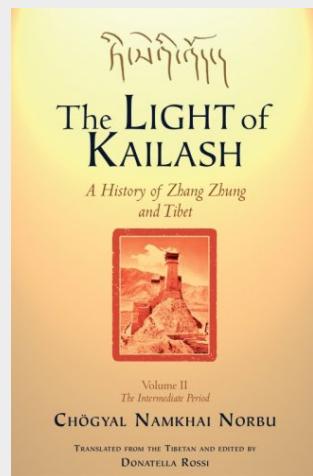


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The Light of Kailash, Volume Two

A History of Zhang Zhung and Tibet: The
Intermediate Period



Translated from Tibetan by Donatella Rossi

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The second volume, *The History of the Intermediate Period: Tibet and Zhang Zhung*, is focused upon human generations, the Bönpo lineages, the spread of Bön during the lifetimes of the first Tibetan monarchs, the dynasties, written language, and civilization of ancient Tibet, as well as upon the reigns of specific kings, the Bön religion, and Bönpo religious figures (Dran-pa Nam-mkha' in particular) of Zhang Zhung during that period.

This amazing trilogy, aptly named *The Light of Kailash*, offers an open, groundbreaking, holistic, unbiased approach to the study of the cultural and spiritual heritage of Tibet and to the understanding of the origin of this fascinating and endangered civilization.

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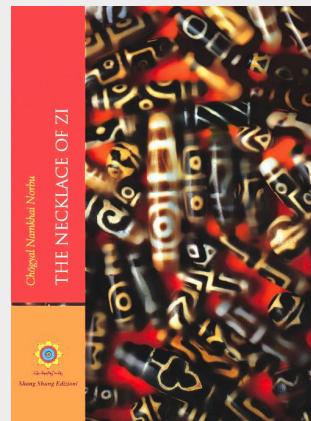
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Chögyal Namkhai Norbu

The Necklace of Zi



Translated from Tibetan by Adriano Clemente

The Necklace of Zi (*gzi yi phreng ba*) is a fascinating anthropological survey of ancient Tibet, based on a lecture given by Chögyal Namkhai Norbu in 1975 to the annual meeting of young Tibetans in Switzerland. Some years later, *The Necklace of Zi* was published in Dharamsala in both Tibetan and English, immediately generating great interest for a completely new approach to the history and culture of Tibet.

With remarkable authority, Chögyal Namkhai Norbu emphasizes the originality and specificity of his people's culture. Citing ancient texts but also using illuminating examples from his education in Tibet, he refutes the almost universally accepted theory that reduced Tibetan civilization to a Himalayan appendage of Indian culture without even a form of writing of its own.

Chögyal Namkhai Norbu traces back the emergence of his country's culture nearly 4,000 years and identifies the original Tibetan system of writing in the ancient Mar (smar) alphabet, from which the present cursive characters (dbu med) evolved. Besides the analysis of Tibetan history and language, together with a short chronicle of pre-Buddhist Bön, this text addresses in a simple but very meaningful way the crucial topic of the harmonious union of Dharma and politics.

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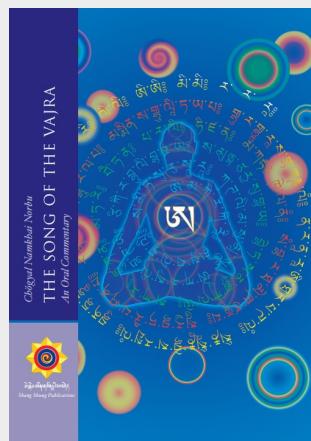
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The Song of the Vajra

An Oral Commentary

Compiled by

Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



We can find the principle of the Song of the Vajra in the Upadesha tantra called *Nyida Khajor*, meaning *Union of Sun and Moon*. The Song of the Vajra is like a key for all of the methods we can learn in the Dzogchen teachings, from Semde to Longde and Upadesha. We can learn the Song of the Vajra in three different ways: through sound, where each sound represents the different functions of our chakras; through the meaning of the words, which are not easy to understand because each word is like a symbol; and through our real condition. This threefold nature of the Song of the Vajra is related to the three aspects of our existence (body, speech, and mind).

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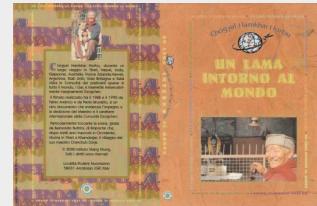


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Chögyal Namkhai Norbu Un Lama intorno al mondo dvd



Chögyal Namkhai Norbu, durante un lungo viaggio in Tibet, Nepal, India, Giappone, Australia, Nuova Zelanda, Hawaii, Argentina, Stati Uniti, Gran Bretagna e Italia visita le Comunità dei praticanti sparse in tutto il mondo, i Gar, e trasmette instancabilmente insegnamenti Dzogchen. Il filmato realizzato fra il 1988 e il 1990 da Fabio Andrico e da Paolo Brunatto, è un raro documento che evidenzia l'impegno e la dedizione del Maestro e il carattere internazionale della Comunità Dzogchen.

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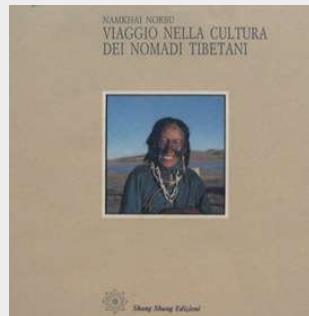
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Chögyal Namkhai Norbu

Viaggio nella cultura dei nomadi tibetani



Traduzione dal tibetano di Adriano Clemente e Enrico Dell'Angelo

TIBETAN HISTORY

Questo libro, scritto e pensato dall'autore al tempo dei suoi viaggi tra le popolazioni nomadi del Tibet orientale negli anni '50, è una preziosa testimonianza degli usi e costumi di quelle genti, che curiosamente ricalcano fedelmente quelli descritti nei racconti della famosa epopea di Gesar di Ling del Tibet antico.

Dal matrimonio alla religione, dall'allevamento al diritto consuetudinario, tutti gli aspetti della cultura e della vita quotidiana dei nomadi sono descritti con viva chiarezza.



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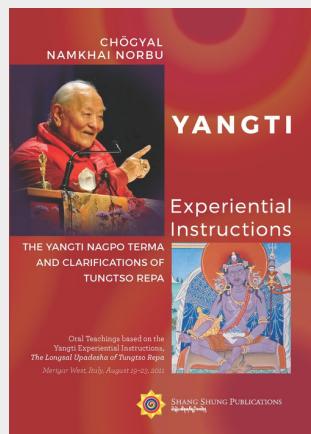
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Yangti Experiential Instructions

The Yangti Nagpo Terma and Clarifications of Tungtso Repa



This book is exclusively for those who have received the transmission of Dzogchen Yangti from Chögyal Namkhai Norbu. It contains the instruction for developing the state of contemplation through the practice in the dark.

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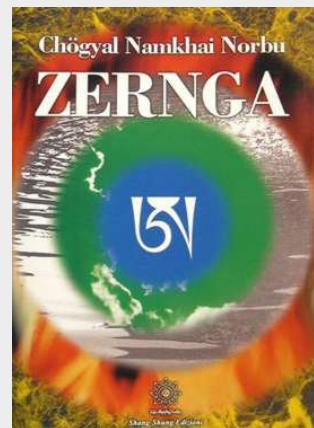
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Zernga

The Five Principal Points

Compiled by

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on the basis of the teachings of
Chögyal Namkhai Norbu



Revised and enlarged edition of the previous booklet containing the explanation of a practice belonging to the Dzogchen Upadesha series. Through Zernga, or Five Principal Points, a practitioner can bring about the reintegration of the material level into the wisdom level. Zernga is a method of working with the five elements one by one in order to realize them in their natural condition.

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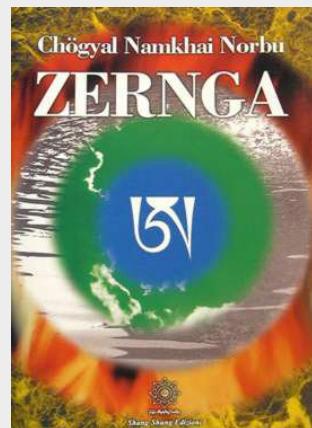
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Zernga. I cinque punti principali

Una pratica dello Dzogchen Upadesha

Compiled by

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Insegnamenti dati dal Maestro Chögyal Namkhai Norbu negli anni '80. Contiene la spiegazione di questa pratica Upadesha, un metodo per realizzare la reintegrazione del livello materiale nel livello della saggezza. Zernga è un metodo per lavorare con i cinque elementi, uno per uno, per realizzare la loro condizione naturale.

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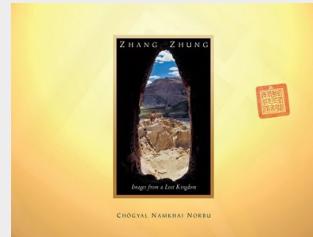
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Zhang Zhung

Images from a Lost Kingdom

Compiled by

Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



Zhang Zhung: Images from a Lost Kingdom is an introduction to the kingdom of Zhang Zhung (Shang Shung), the ancient realm of the pre-Buddhist Bön religion, surrounding the sacred Mount Kailash in western Tibet and originating more than three thousand years ago. This text by Chögyal Namkhai Norbu, with over 50 black-and-white and color photographs, details his historic discovery of one of the capitals of this ancient realm, Khyung lung dngul mkhar, the Silver Palace of the Valley of the Garuda, during an expedition to western Tibet in 1988.

The text can be considered an introduction to *The Light of Kailash*, Chögyal Namkhai Norbu's three-volume masterpiece on the origins of Tibetan culture.

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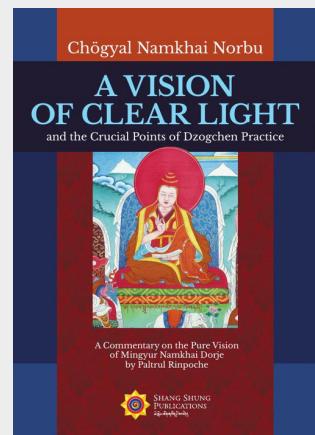
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Chögyal Namkhai Norbu

[ebook] A Vision of Clear Light (pdf)



An Oral Explanation of Patrul Rinpoche's Commentary The Vision of Clear Light and the Crucial Points of Dzogchen Practice

In the autumn of 2007, Chögyal Namkhai Norbu led a retreat at Merigar, Italy, centered on his profound understanding of the Great Perfection knowledge communicated by Patrul Rinpoche in his text entitled *The Vision of Clear Light and the Crucial Points of Dzogchen Practice*.

The root text recounts a pure vision of the renowned master Mingyur Namkhai Dorje in which his master Jigme Gyalwai Nyugu, in few words, bestows on him a spiritual testament indicating the key points of Dzogchen practice as well as essential instructions on Tregchö of the Dzogchen Upadesha.

Patrul Rinpoche was also a disciple of Jigme Gyalwai Nyugu and served as the amanuensis for Mingyur Namkhai Dorje, recording his description of the vision and writing a commentary.

Chögyal Namkhai Norbu addresses the salient points of Jigme Gyalwai Nyugu's testament and of Patrul Rinpoche's commentary in an inspired teaching for an audience of dharma practitioners, bringing to light with clarity and simplicity the text of the Vision of Clear Light in a way that can be understood as direct advice to the reader.

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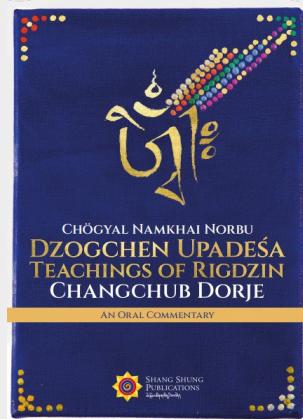


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Chögyal Namkhai Norbu

[ebook] Dzogchen Upadeśa Teachings of Rigdzin Changchub Dorje (epub)

An Oral Commentary



Dedicated to Elio Guarisco (1954 - 2020)

This book contains, in order, the translation of the original Tibetan text of Rigdzin Changchub Dorje's terma called Quintessential Instructions on the Main Practice (dngos gzhi'i don khri yang snying bcud dril bzhugs) and the edited transcripts of three oral commentaries on the terma that Chögyal Namkhai Norbu gave: at Namgyalgar in Australia during a retreat that took place from the seventeenth to the twenty-second of April 2009; in Taiwan from the twenty-third to the twenty-seventh of October 2015; and in Barcelona from the twenty-eighth of December 2016 to the third of January 2017. The Quintessential Instructions on the Main Practice belongs to a Dzogchen Upadesha cycle of terma teachings of Rigdzin Changchub Dorje called Black Quintessence of the Supreme Heart Essence (bla med snying thig yang tig nag po) comprising of a tantra and various texts on the practice. This particular text contains essential instructions on the practice of Rushen and the two practices of Dzogchen Upadesha, Tregchöd and, in brief outline, Thögal, as well as the manner in which practitioners, depending on their capacity, attain liberation in their lifetime or in the bardo, and a description of the state which is the final result.

An important lay Dzogchen master, Rigdzin Changchub Dorje (1863–1963) lived in Khamdogar, in Eastern Tibet. He was not a common Dzogchen or Tantric master who spent all

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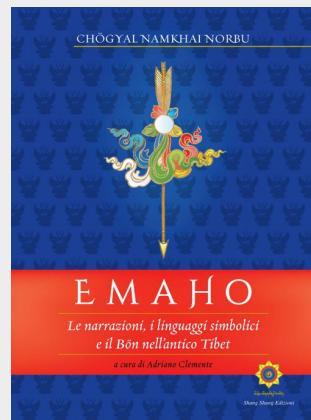


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Chögyal Namkhai Norbu

[ebook] Emaho

Le narrazioni, i linguaggi simbolici e il Bön
nell'antico Tibet



EMaho offre una rara opportunità di esplorare la cultura tibetana prebuddhista attraverso tre aspetti importanti ma poco conosciuti: le narrazioni (drung), i linguaggi simbolici (deu) e le tradizioni del Bön.

Nella prima parte dell'opera l'autore prende in esame il grande e inesplorato corpus di poemi epiche e leggende dell'antico Tibet. La sua attenzione si rivolge poi agli antichi linguaggi simbolici utilizzati sia per comunicare messaggi segreti sia per trasmettere il significato ultimo della saggezza, altrimenti inesprimibile in termini convenzionali.

Nell'ultima parte l'autore espone con chiarezza i miti, i riti e le conoscenze dell'antica religione Bön nel contesto delle sue dodici tradizioni originarie. Quest'opera fondamentale getta una nuova luce sull'antica saggezza del Tibet e allo stesso tempo mette in risalto il suo influsso determinante per la continuità storica e culturale del popolo tibetano.

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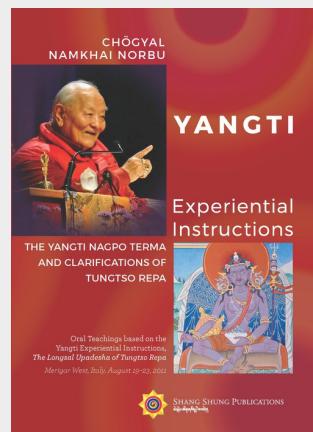
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Chögyal Namkhai Norbu

[ebook] Yangti Experiential Instructions (epub)

The Yangti Nagpo Terma and Clarifications
of Tungtso Repa



This book is exclusively for those who have received the transmission of Dzogchen Yangti from Chögyal Namkhai Norbu. It contains the instruction for developing the state of contemplation through the practice in the dark.

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Chögyal Namkhai Norbu

Ati Samten Gongdzod Il Tesoro Ati della Contemplazione

Primo Livello del Santi Maha Sangha



Il testo fondamentale del Primo Livello del Santi Maha Sangha

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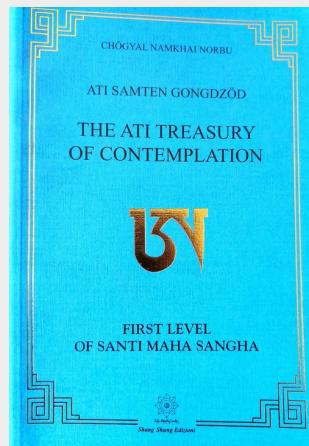


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Chögyal Namkhai Norbu

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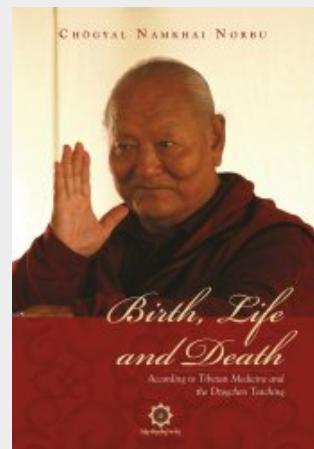
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શંગ શુંગ પ્રાઇવેટ લિમિટેડ

Chögyal Namkhai Norbu

Birth, Life and Death



Translated from Tibetan by Elio Guarisco

TIBETAN MEDICINE

Birth, Life and Death meets two needs, often considered mutually contradictory: on the one hand our natural tendency to seek health and well-being and, on the other, our ever greater yearning for authentic and unconditioned spiritual knowledge that can give us the means to deal with the problems of birth, life and death in a profound though concrete way.

The book has four major sections. In the first part, “Introduction to Tibetan Medicine”, the author enlarges on the fundamental characteristics of the human organism, based on the nature of its various physical components and their interactions. The “Birth” section offers particular knowledge of the Tibetan medical tradition on such topics as the function of the elements in fetal development, the secondary causes that determine the gender of the child, and the seven possible constitutions of the child and what portends for his or her future health needs. In the “Life” section the Author explains how, by cultivating a profound understanding of the three doors of human existence, each individual can realize physical, mental and spiritual health. The last section, “Death,” initially considers the nature of death and our attitudes toward it. What follows is a kind of guide on the passage through the four “intermediate states” we experience after leaving our human body.

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Elio Guarisco, Phuntsog Wangmo

Curarsi con lo Yantra Yoga

Dalla medicina tibetana al corpo sottile

Elio Guarisco - Phuntsog Wangmo

CURARSI con lo YANTRA YOGA

Dalla medicina tibetana al corpo sottile

Con estratti di insegnamenti
di Chögyal Namkhai Norbu



SHANG SHUNG PUBLICATIONS

TIBETAN MEDICINE

Lo Yantra Yoga, originariamente trasmesso in Tibet da Guru Padmasambhava nell'VIII secolo d.C., è stato introdotto per la prima volta in Occidente da Chögyal Namkhai Norbu negli anni '70.

La pratica dello Yantra Yoga, che lavora essenzialmente sulla struttura fisica ed energetica del corpo, agisce profondamente sulle funzioni del corpo, dell'energia e della mente producendo benefici che, a partire dal profondo rilassamento e dal miglioramento della salute in generale, possono arrivare fino alla realizzazione totale.

Curarsi con lo Yantra Yoga serve a comprendere in che modo la pratica prosciuga specifici benefici alla salute. Dopo un'esposizione generale dei principi essenziali della medicina tibetana, fornita da Phuntsog Wangmo, dottoressa tibetana, e da Elio Guarisco, traduttore dal tibetano molto esperto in questo campo, il libro esamina gli effetti curativi di ciascuno dei 108 esercizi dello Yantra Yoga.

La parte finale è dedicata ai chakra e ai canali del corpo sottile descritto nel Tantra.



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CHÖGYAL NAMKHA NORBU

Examination Questions for the Base
of Santi Maha Sangha Training

Translated from the Tibetan and edited by
Adriano Clemente

Chögyal Namkhai Norbu

Examination Questions for the Base of Santi Maha Sangha Training

A new version of the 333 exam questions for the Base of Santi Maha Sangha. The questions have been translated by Adriano Clemente based on the latest English version of The Precious Vase (2008 and later edition from 2015). Question wording accurately reflects the content of the text so that it is easy to find the correct answer to each question.

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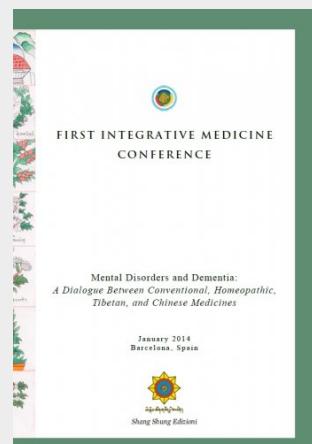


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Various Authors

First Integrative Medicine Conference

Mental Disorders and Dementia: A Dialogue Between Conventional, Homeopathic, Tibetan and Chinese Medicines



The aim of this three-day event, the first Integrative Medicine Conference in Barcelona, Spain, was to find a meeting point between the various medical disciplines present in the cultures of our planet: Western medicine, both homeopathic and allopathic, and Eastern medicine, in particular Tibetan and Chinese medicine. Although their theoretical base and technical tools are different, all of these disciplines have as their common aim the person's health in all its various aspects. A dialogue and comparison without preconceptions should be an enriching encounter for all.

Proceedings of the presentations given at the First Integrative Medical Conference held in Barcelona, Spain in 2014 under the title "Mental Disorders and Dementia: A Dialogue Between Conventional, Homeopathic, Tibetan, and Chinese Medicines."

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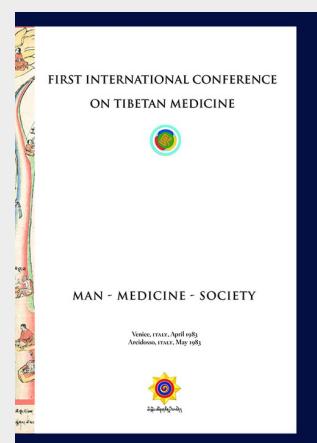


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First International Conference on Tibetan Medicine

Man - Medicine - Society



In 1983 Namkhai Norbu, then professor of Tibetan language and culture at the Istituto Orientale at the University of Naples, managed to organize, with the help of a handful of students, the first international conference on Tibetan medicine in the West, gathering the principal experts of Tibetan medicine as well as some of its most important European representatives. Venice and Arcidosso were the locations for this conference that took place over two weeks. The materials gathered in this book contain the proceedings from this special event.

Invited Speakers: Professor Namkhai Norbu, Doctor Jampa Thinley, Doctor Troru Tsenam, Doctor Tsarong Jigme Tsewang, Doctor Trogawa Rinpoche, Doctor Sangyey Tenzin, Doctor Ama Lobsang, Doctor Tenzin Chödrak.

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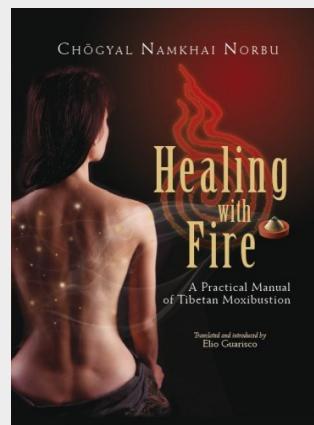
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Chögyal Namkhai Norbu

Healing with Fire

A Practical Manual of Tibetan Moxibustion



Translated from Tibetan by Elio Guarisco

TIBETAN MEDICINE

This manual is the first of its kind to focus on the Tibetan technique of moxibustion, an external therapy that uses the power of heat to stimulate a curative effect. A widespread form of traditional healing in the East, moxibustion is one of the most ancient medical therapies known to humanity. Mainly popularized as a branch of Chinese medicine, moxibustion was originally practiced in Shang Shung, a kingdom predating Tibet whose existence can be traced back at least four thousand years.

Healing with Fire is a comprehensive compendium of the five hundred most important and effective moxibustion points in the Tibetan and Shang Shung system, with an emphasis on practical instructions for readers with varying levels of expertise in the healing arts. The book is the culmination of decades of painstaking research by Professor Chögyal Namkhai Norbu, a foremost scholar of Tibetan culture and philosophy, who inspired by his personal experience of this unique and effective treatment method has gathered knowledge from ancient scriptures ranging from the well-known *Four Medical Tantras* to recondite manuscripts found in the caves of Tun-Huang.



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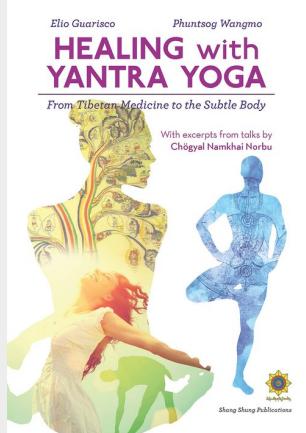


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Elio Guarisco, Phuntsog Wangmo Healing with Yantra Yoga From Tibetan Medicine to the Subtle Body



Yantra Yoga, originally transmitted in Tibet by Guru Padmasambhava in the eighth century, was first introduced to the West by Dzogchen master Chögyal Namkhai Norbu in the 1970s.

Working primarily on the physical and energetic structure of the body, the practice profoundly affects the functions of body, energy, mind, producing benefits that begin with deep relaxation and better health in general and can go all the way to complete realization.

Healing with Yantra Yoga aims to convey an understanding of the workings of the specific health benefits of the practice. Following an overview of the basic principles of traditional Tibetan medicine by Phuntsog Wangmo, a Tibetan physician, and Elio Guarisco, a Tibetan translator with extensive experience in the field, this book examines the positive health effects attributed to each of the 108 movements of Yantra Yoga.

The final part is dedicated to the chakras and channels of the subtle body as elucidated in Tantra.

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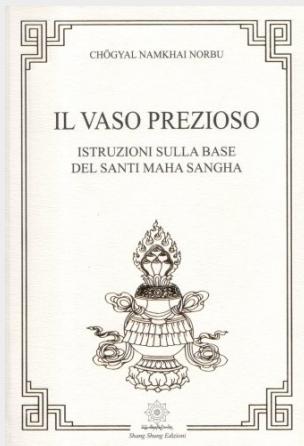


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Chögyal Namkhai Norbu

Il vaso prezioso

Istruzioni sulla base del Santi Maha Sangha



Traduzione dal tibetano di Adriano Clemente

Questo testo contiene gli insegnamenti di base del Santi Maha Sangha, un corso di studio e pratica in nove livelli dedicato all'approfondimento dell'insegnamento Dzogchen o Totale Perfezione. Gli elementi di questo corso sono contenuti in forma criptica ed essenziale nel poema "Santi Maha Sangha" scritto nel 1985 da Chögyal Namkhai Norbu e già tradotto e pubblicato alcuni anni or sono.

Successivamente, nel 1992, è comparso il primo volume del corso vero e proprio, "Il vaso prezioso", seguito da una versione abbreviata e in parte con nuove aggiunte intitolata "Il vaso che esaudisce i desideri", e da un libretto per la preparazione alle domande di esame. La versione qui tradotta e pubblicata si basa fondamentalmente su una revisione de "Il vaso che esaudisce i desideri" fatta dall'autore nel 1996, ma si è ritenuto opportuno integrare numerosi brani del testo originale "Il vaso prezioso", ed è con questo titolo che oggi lo presentiamo a tutti gli interessati.

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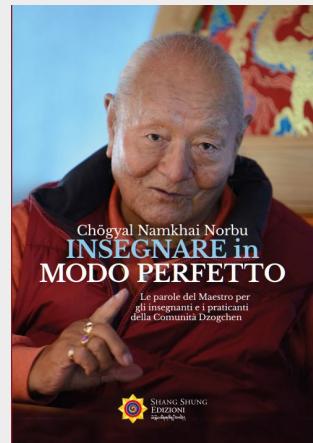


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Chögyal Namkhai Norbu

Insegnare in modo perfetto

Le parole del Maestro per gli insegnanti e i praticanti della Comunità Dzogchen



"Siamo praticanti e applichiamo e seguiamo i principi dell'insegnamento Dzogchen. Per diversi anni io ho trasmesso l'insegnamento, e molti di voi l'hanno seguito collaborando con me, ma il samsara continua all'infinito e non vi è alcuna certezza che abbia un termine o una conclusione. Quindi dobbiamo continuare a trasmettere la comprensione e la conoscenza dell'insegnamento. Questo dev'essere l'impegno di tutti noi. Per prima cosa io ne ho la responsabilità in quanto sono io che vi trasmetto l'insegnamento. Ma anche voi avete una responsabilità che condividiamo, quella di mantenere la trasmissione in modo corretto, e a tal fine è fondamentale non mescolarla con nient'altro. Non dobbiamo modificarla o cambiarla e non dobbiamo creare problemi. Applicandola in modo corretto siamo in grado di preservare la trasmissione. Noi tutti dobbiamo farci carico di questa responsabilità. Cosa facciamo quando invecchiamo sempre di più? Per fortuna siamo praticanti, abbiamo una via, abbiamo una via speciale, l'insegnamento Dzogchen, e sappiamo come applicarlo e come integrarne la conoscenza perché abbiamo ricevuto la trasmissione. Anche se invecchiamo non siamo preoccupati perché abbiamo l'insegnamento Dzogchen. Ma in questo mondo molte persone, quando invecchiano, soprattutto solo di morire. Questo non è bello."

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La pratica del Buddha della medicina

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu

Traduzione dal tibetano di Elio Guarisco

Questo libretto contiene due pratiche del Buddha della Medicina, insieme alle spiegazioni su come applicarle, trasmesse da Chögyal Namkhai Norbu durante il ritiro tenuto nel 2008 a Tsegayalgar East, Massachusetts, USA.

La prima pratica è incentrata sulla figura di Padmasambhava nell'aspetto del Buddha della Medicina. La seconda è una pratica del Buddha della Medicina, tratta da un *terma* di Namchö Mingur Dorje.

La radice di questa pratica Ugyen Menla è *L'invocazione che esaudisce tutti i desideri*, un *terma* scoperto in un reliquiario dal tertön Manglam Zangpo Tragpa nel tempio di Rulag Trampa Gyang. Manglam Zangpo Tragpa diede questo insegnamento a Chödag Rigdzin Gökyi Demtruchen (1337-1408) che poi lo trasmise e lo divulgò.

CHÖGYAL NAMKHA NORBU

THE PRACTICE OF
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Chögyal Namkhai Norbu

La pratica del massaggio tibetano Kunye



Traduzione dal tibetano di Elio Guarisco

Questo breve testo sul massaggio tibetano Kunye, scritto nel 1983, è stato rivisto e completato nel 1987.

Dice Chögyal Namkhai Norbu nella sua introduzione:
“Esistono diversi tipi di terapie, ma per coloro che desiderano mantenersi in buona salute o liberarsi da disturbi fisici curandosi con la propria energia, il Kunye rappresenta un meraviglioso massaggio e una meravigliosa terapia. Il massaggio è conosciuto e diffuso nella medicina tradizionale del Tibet fin dai tempi più antichi ed è presente sia nella tradizione Bön che in quella buddhista. Esso viene descritto in numerosi testi perché è considerato un tipo particolare di terapia, e il fatto che praticanti e yoghin di qualunque scuola e tradizione lo praticino e lo abbiano preservato e trasmesso conferma questa sua particolarità, comprovata altresì dalle storie e dalle agiografie di molti antichi maestri.”

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శంగు ప్రాస్‌ఎర్పులు

Chögyal Namkhai Norbu

Le tre vie della liberazione

Commento orale al testo di Chögyal Namkhai Norbu
La lampada preziosa: una breve spiegazione delle tre vie della liberazione (thar lam sde gsum gyi lam rim nyung bsdus rin chen sgron me)

Le tre vie della liberazione sono una classificazione che riconduce tutte le vie a tre principali. Questa classificazione è caratteristica dell'insegnamento Dzogchen; infatti gli insegnamenti presi in considerazione non si limitano a quelli di origine buddhista, poiché le tre vie includono tutti i sentieri spirituali in grado di condurre alla realizzazione.

Chiunque segua un insegnamento è soggetto a limitazioni perché vive nel samsara e si trova immerso nella visione dualistica. Quando seguiamo un insegnamento, immediatamente pensiamo: "Questa è la mia via, questo è il sistema che ho deciso di seguire." Così facendo ci poniamo dei limiti, e questa è una nostra caratteristica, certamente non positiva: noi esseri umani facciamo così in tutte le cose. Possiamo rendercene conto facilmente osservando la nostra vita ordinaria, ma tendiamo a fare la stessa cosa anche quando intraprendiamo una via spirituale: spesso comprendiamo l'insegnamento nel modo sbagliato perché seguiamo sempre il pensiero discorsivo, le nostre idee e le nostre considerazioni.



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Elio Guarisco

Medicina tibetana e Tsa, Lung, e Thigle. Lezioni di Elio Guarisco

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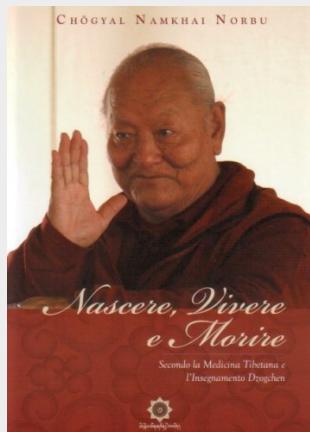


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Chögyal Namkhai Norbu

Nascere, vivere e morire

secondo la medicina tibetana e
l'insegnamento Dzogchen



Traduzione dal tibetano di Elio Guarisco

TIBETAN MEDICINE

Nascere, vivere e morire risponde a due esigenze spesso considerate opposte: da una parte la naturale tendenza dell'essere umano a ricercare la salute e il benessere nella vita di tutti i giorni, dall'altra la necessità, sempre più sentita, di una conoscenza spirituale autentica e libera da condizionamenti che ci permetta di affrontare in modo reale i problemi della nascita, della vita e della morte. Nella prima parte, l'autore espone i principi fondamentali della medicina tradizionale tibetana, nella sezione "Nascere" vengono toccati numerosi argomenti a partire dalle cause della concezione della vita nel grembo materno fino al comportamento consigliato per la gestante. Nella sezione "Vivere" viene spiegato come vivere in buona salute descrivendo le cause di squilibrio degli umori che conducono all'insorgere delle malattie. La sezione "Morire" affronta la natura della morte e il nostro atteggiamento verso di essa.



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AUTORI VARI

Primo Convegno Internazionale di Medicina Tibetana

Questo libro contiene la trascrizione degli interventi del Primo Convegno Internazionale di Medicina Tibetana.

Nel 1983 Namkhai Norbu, allora professore di lingua e letteratura tibetana all'Istituto Universitario Orientale di Napoli, con l'aiuto di alcuni suoi studenti è riuscito a invitare i principali esponenti della medicina tibetana, e alcuni tra i maggiori esperti europei, per il primo congresso internazionale di Medicina Tibetana in un paese occidentale. Venezia e Arcidosso sono state le cornici che hanno accolto questi incontri di studio.



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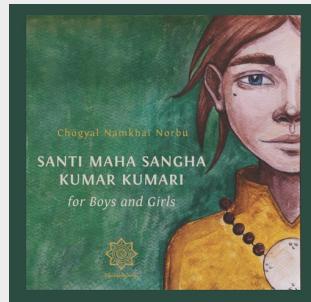
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Chögyal Namkhai Norbu

Santi Maha Sangha Kumar Kumari for Boys and Girls



Translated from Tibetan by Adriano Clemente

In response to requests by children from the Dzogchen Community, in August 1994 Chögyal Namkhai Norbu wrote two short texts related to the Santi Maha Sangha training program for boys (*kumar*) and girls (*kumari*).

The first text contains the root verses of the three-level Santi Maha Sangha Kumar-Kumari program, describing the view, meditation, and attitude on each of these levels. The second text, *Opening the Eye of Wisdom*, explains the preliminary Base Level training, using stories and suitable examples to illustrate the significance of the view, meditation, and attitude of the Base. It is meant to be studied by the child together with an adult practitioner providing guidance and clarification.

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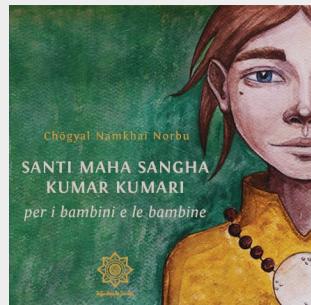


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Chögyal Namkhai Norbu

Santi Maha Sangha Kumar Kumari

per i bambini e le bambine



Traduzione dal tibetano di Adriano Clemente

In risposta alle richieste dei bambini della Comunità Dzogchen, nell'agosto del 1994 Chögyal Namkhai Norbu ha scritto due brevi testi relativi al programma del Training del Santi Maha Sangha per i bambini (kumar) e le bambine (kumari). Il primo testo contiene i versi radice dei tre livelli del Santi Maha Sangha Kumar Kumari che descrivono il modo di vedere, la meditazione e il comportamento di ciascun livello. Il secondo testo, *Aprire l'occhio della saggezza*, spiega il livello preliminare della Base usando aneddoti ed esempi per chiarire il significato del modo di vedere, della meditazione e del comportamento relativi alla Base. Questo libro è concepito affinché i bambini lo studino insieme a un praticante adulto che possa aiutarli nella comprensione del testo.

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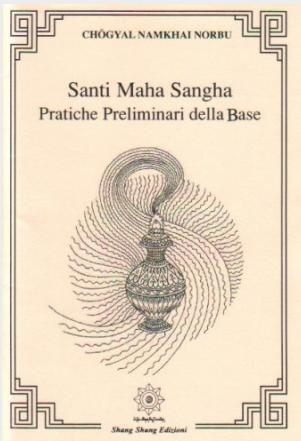


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Chögyal Namkhai Norbu

Santi Maha Sangha Pratiche preliminari della Base

Contiene i versi di pratiche fondamentali quali le Quattro Consapevolezze, il Rifugio, il Bodhicitta, i Quattro Incommensurabili ecc., da utilizzare all'inizio delle sessioni di alcune pratiche del Santi Maha Sangha della Base.



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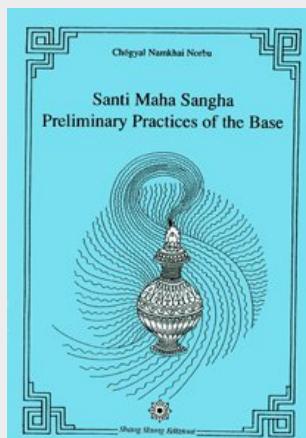
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Chögyal Namkhai Norbu

Santi Maha Sangha Preliminary Practices of the Base



Translated from Tibetan by Adriano Clemente

This booklet contains the verses of the Four Awarenesses, Refuge, Bodhicitta and the Four Immeasurables to be used for the Base of the Santi Maha Sangha. An explanation of these verses and the way to apply them can be found in *The Precious Vase*.

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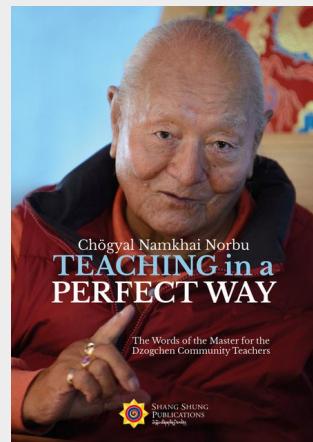


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Teaching in a Perfect Way

The Words of the Master for the Dzogchen Community Teachers



"For many years I have transmitted the Dzogchen teaching, and for many years many of you have been following this teaching and we collaborate with each other. So we must continue to transmit the understanding and knowledge of this teaching. This is the responsibility of all of us.

First of all I have this responsibility because I transmit this teaching to you. You also have a responsibility, and then we share this responsibility. With this responsibility we must keep the transmission in the correct way, and to keep the transmission in the correct way we should not mix it with anything else. We should not modify or change the transmission nor should we create any problems related to it. If we learn in the correct way then we can continue the transmission. We all need to accept this responsibility.

Chögyal Namkhai Norbu

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The Practice of Guru Medicine Buddha

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu

This booklet contains two practices of Medicine Buddha, together with explanations on how to apply them, as transmitted by Chögyal Namkhai Norbu at Tsegyalgar East, Massachusetts, USA, during a retreat that took place in 2008.

The first practice is centered around the figure of Padmasambhava in the aspect of the Buddha of Medicine. The second is a Medicine Buddha practice from a terma teaching of Namchö Mingyur Dorje.

The root of this Ugyen Menla practice is *The Invocation That Fulfills All Aspirations*, a terma discovered in a reliquary by tertön Manglam Zangpo Tragpa in the temple of Rulag Trampa Gyang. Manglam Zangpo Tragpa gave this teaching to Chödag Rigdzin Gökyi Demtruchen (1337-1408) and in this way it became well known.

CHÖGYAL NAMKHA NORBU

THE PRACTICE OF
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TSEGYALGAR, 2008



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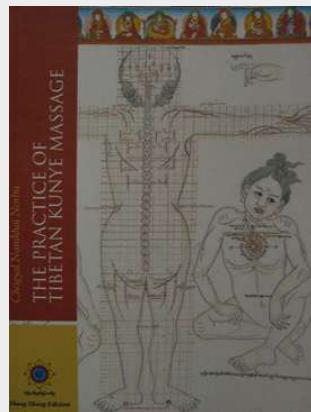
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Chögyal Namkhai Norbu

The Practice of Tibetan Kunye Massage



Translated from Tibetan by Elio Guarisco

This short text on Tibetan Kunye massage, written in 1983, was reviewed and completed in 1987. As the Author says in the Introduction: “There exist different kinds of therapies, but those wishing to maintain good health or to rid themselves of physical disturbances by healing themselves through their own energy, Kunye represents a marvellous massage and a marvellous therapy. Massage has been known and widespread in traditional Tibetan medicine since the most ancient times. It is found in both the Bön and Buddhist traditions and is described in numerous texts because it is deemed a particular type of therapy. Furthermore, the fact that practitioners and yogis of all schools and traditions practice it and have preserved and transmitted it confirms its particularity, also corroborated in the stories and hagiographies of many ancient masters.”

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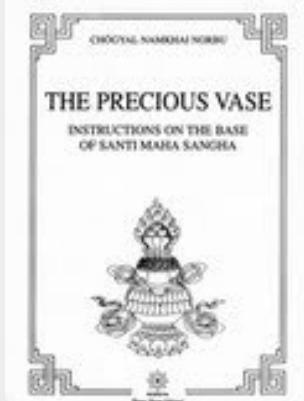


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The Precious Vase

Instructions on the Base of Santi Maha Sangha



Translated from Tibetan by Adriano Clemente

The textbook for the study and practice of the Base Level of Santi Maha Sangha training. Includes a clear outline of the individual categories of study as well as a list of the practices required for the Base Level examination.

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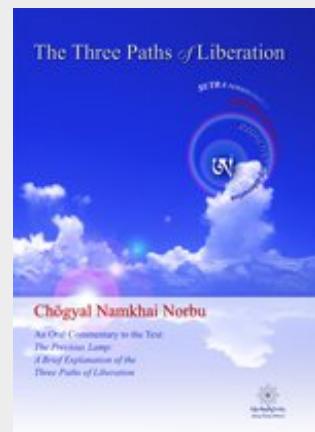
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The Three Paths of Liberation

The Three Paths of Liberation is a straightforward guide to the understanding of the essence of all paths, Buddhist or not, leading to spiritual realization. The book explains that all paths can be described as three main methods, no matter what tradition is being considered. Those three paths, in an approach that is part of Dzogchen knowledge found in a teaching called the *tharlam desum*, are that of renunciation, transformation, and self-liberation. We can recognize that in Buddhist terminology the path of renunciation is Sutra, that of transformation, Tantra, and that of self-liberation, Dzogchen.

Once released from an ironclad identification with a particular school or current of dharma born from a limited point of view, we become free to take Rinpoche's advice: "We can apply all three paths of liberation, and a practitioner of Dzogchen who understands the essence of the teaching always integrates all three. I will try to communicate and explain these paths so you can have a clear idea of them and will find no conflict between Sutra and Tantra, or among different schools and traditions."

Because this book contains Dzogchen practices, it is intended for those who have already received transmission.



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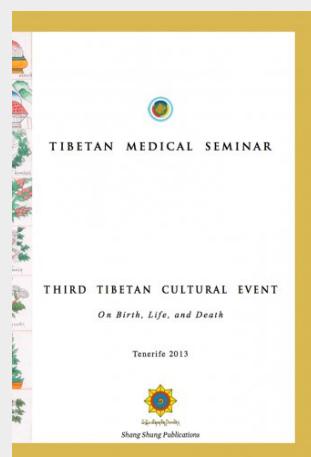
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On Birth, Life, and Death

The ancient and profound knowledge of Tibetan medicine is slowly making headway in the West and entering the mainstream culture of health and well-being. This development is thanks to the continuous efforts of many scholars and dedicated individuals and institutions who tirelessly work to keep alive not only the medical tradition but also all other aspects of Tibetan civilization with its priceless cultural heritage. This book contains the proceedings of the Third Tibetan Cultural Event - Tibetan Medical Seminar, held in Tenerife (Spain) in 2013. Participants included distinguished Tibetan doctors residing and working both in Tibet and the West.

Speakers: Professor Namkhai Norbu, Dr. Kunchok Gyaltsen, Dr. O Tsokchen (Ai Cuo Qian), Dr. Lhusham Gyal, Dr. Kunchok Gyaltsen, Dr. Phuntsog Wangmo, Fabio Andrico



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Traduzione dal tibetano e cura di
Adriano Chiarante

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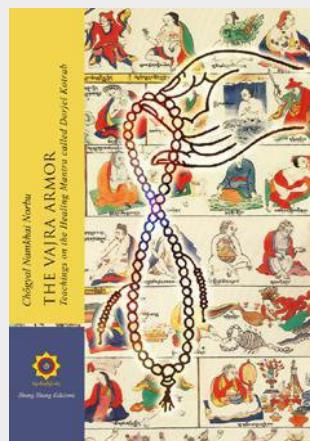


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Chögyal Namkhai Norbu

[E-Book] The Vajra Armor



Teachings on the Healing Mantra called Dorje Kotrab. In 2006 Chögyal Namkhai Norbu transmitted the very precious healing mantra called Dorje Kotrab several times. He explained: "Knowing that this is a very important and very essential healing mantra, Padmasambhava singled it out among all the different kinds of mantras and concealed it as a terma at Namke Trak, and later Dorje Lingpa discovered it. If you know this mantra you don't need to go after 'mantra healing' anymore, because this is the supreme 'mantra healing'. With it, you can benefit others, as well as protect yourself." This book contains all the complete and precise instructions that are needed to use it properly and correctly. It also contains an important mantra and an invocation to avert negative consequences to your health in particular circumstances linked to a specific date.

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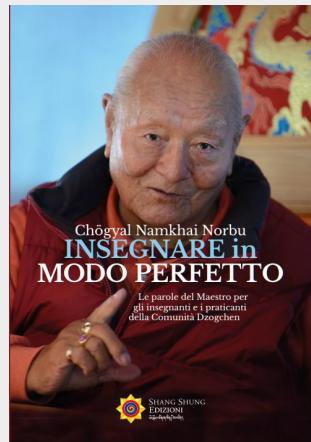
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Le parole del Maestro per gli insegnanti e i praticanti della Comunità Dzogchen



“Siamo praticanti e applichiamo e seguiamo i principi dell’insegnamento Dzogchen. Per diversi anni io ho trasmesso l’insegnamento, e molti di voi l’hanno seguito collaborando con me, ma il samsara continua all’infinito e non vi è alcuna certezza che abbia un termine o una conclusione. Quindi dobbiamo continuare a trasmettere la comprensione e la conoscenza dell’insegnamento. Questo dev’essere l’impegno di tutti noi. Per prima cosa io ne ho la responsabilità in quanto sono io che vi trasmetto l’insegnamento. Ma anche voi avete una responsabilità che condividiamo, quella di mantenere la trasmissione in modo corretto, e a tal fine è fondamentale non mescolarla con nient’altro. Non dobbiamo modificarla o cambiarla e non dobbiamo creare problemi. Applicandola in modo corretto siamo in grado di preservare la trasmissione. Noi tutti dobbiamo farci carico di questa responsabilità.”

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Chögyal Namkhai Norbu

[ebook] La pratica del massaggio tibetano Kunye (pdf)



Traduzione dal tibetano di Elio Guarisco

Questo breve testo sul massaggio tibetano Kunye, scritto nel 1983, è stato rivisto e completato nel 1987.

Dice Chögyal Namkhai Norbu nella sua introduzione:
“Esistono diversi tipi di terapie, ma per coloro che desiderano mantenersi in buona salute o liberarsi da disturbi fisici curandosi con la propria energia, il Kunye rappresenta un meraviglioso massaggio e una meravigliosa terapia. Il massaggio è conosciuto e diffuso nella medicina tradizionale del Tibet fin dai tempi più antichi ed è presente sia nella tradizione Bön che in quella buddhista. Esso viene descritto in numerosi testi perché è considerato un tipo particolare di terapia, e il fatto che praticanti e yoghin di qualunque scuola e tradizione lo praticino e lo abbiano preservato e trasmesso conferma questa sua particolarità, comprovata altresì dalle storie e dalle agiografie di molti antichi maestri.”

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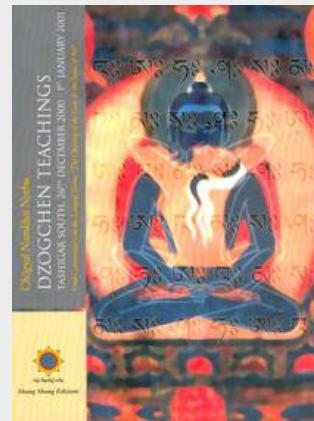


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Chögyal Namkhai Norbu

Dzogchen Teachings Tashigar South, 26 December - January 1, 2001

Oral Commentary on the Longsal Terma The
Opening of the Gate to the State of Ati



"I received this teaching in a dream from my master Changchub Dorje, but the teaching is not his, it is from Guru Padmasambhava, and explains in a very simple way how we can enter into the knowledge of Ati. One night I dreamed I was in the place where my master Changchub Dorje lived, and in the dream I said to him: "In eastern Tibet there is a big revolution, no one can lead a normal life anymore, and now all this turmoil is breaking out in central Tibet as well, so even if we want to practice we cannot, and if we want to learn the teachings and practice Dharma we do not get much chance: what can we do in such a situation?" My master replied: "I have given you an essential teaching, condensed, just right for this kind of situation. It is called Ati Gojed: ati means primordial state, knowledge, go means gate, jed means to open, and so it means how to open the gate of knowledge. With this teaching you can not just receive knowledge but you can apply it".

—Chögyal Namkhai Norbu

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I Preliminari Cruciali della Via dell'Ati Commenti del Longsal

Volume Terzo

Longsal, o La chiarezza luminosa dell'universo, intima essenza delle dakini (klong chen 'od gsal mkha' 'gro'i snying thig), è un ciclo di insegnamenti Upadesha scoperti da Chögyal Namkhai Norbu. Questi insegnamenti sono stati ricevuti principalmente nei sogni, e molti testi radice, incluse le storie della loro scoperta, sono già stati tradotti e pubblicati nella serie degli Insegnamenti Longsal, di cui finora sono apparsi nove volumi contenenti ventiquattro upadesha. Questo libro continua la serie dei Commenti Longsal, che, oltre ai testi radice e alle storie della loro scoperta, include i commenti scritti dall'Autore stesso, a volte integrati con materiale supplementare per raccogliere in un unico volume tutte le informazioni concernenti uno specifico insegnamento.

I preliminari cruciali della via dell'Ati (a ti'i lam gnad sngon'gro) contiene istruzioni uniche sulle pratiche del Rushen esterno, interno e segreto della serie Upadesha dello Dzogchen, più i sette Semdzin principali. In particolare contiene una pratica di purificazione dei sei loka basata sul principio del "rovesciamento" (rulog) del samsara, abbinata alla purificazione di Vajrasattva.

Il commento dettagliato di questo straordinario upadesha è seguito da una versione condensata della pratica, nota come I preliminari della via dell'Ati (a ti lam gyi sngon 'gro).



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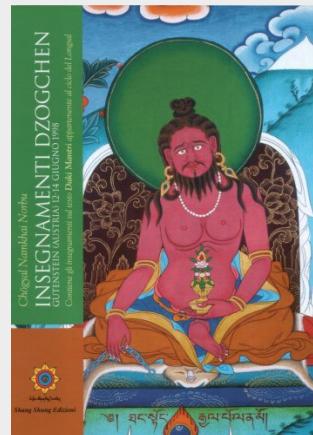
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Chögyal Namkhai Norbu

Insegnamenti Dzogchen Gutenstein, 12-14 giugno 1998



Questo libro contiene la trascrizione del ritiro che si è tenuto a Gutenstein nel 1998 e include gli insegnamenti orali sul *Daki Mantri* di Thangtong Gyalpo appartenente al ciclo del Longsal. Contiene anche il testo radice in tibetano e un utile glossario dei termini tibetani. Durante il ritiro Chögyal Namkhai Norbu ha detto: "Da cinque a nove anni ho vissuto nel monastero Derge Gonchen. Questo monastero appartiene alla tradizione Sakyapa, ma il fondatore è stato Thangtong Gyalpo. Quest'ultimo era lo studente del Lama Sakyapa Ngorchen (1382-1444) che fu il fondatore della tradizione Ngorpa della scuola Sakyapa. Di conseguenza Derge Gonchen appartiene alla tradizione Sakyapa, anche se in generale Thangtong Gyalpo non è considerato un Sakyapa. Naturalmente Thangtong Gyalpo ricevette molti insegnamenti ed ebbe molti altri maestri, in particolare ricevette insegnamenti da Padmasambhava attraverso la visione pura. In genere Thangtong Gyalpo è considerato un *drubthob*, uno dei famosi mahasiddha del Tibet. Thangtong Gyalpo era un mahasiddha speciale, infatti molti lo chiamavano Mahasiddha Chagsampa che significa "costruttore di ponti di ferro". In quei giorni non era facile costruire ponti di ferro sopra fiumi grandi come lo Tsangpo (Brahmaputra). Thangtong Gyalpo costruì un primo ponte di ferro vicino a Lhasa, in un luogo chiamato Palchen Chuwori, poi divenne un esperto nel campo e costruì diversi ponti di ferro in vari posti. I tibetani credono che li avesse costruiti avvalendosi dei suoi poteri spirituali.

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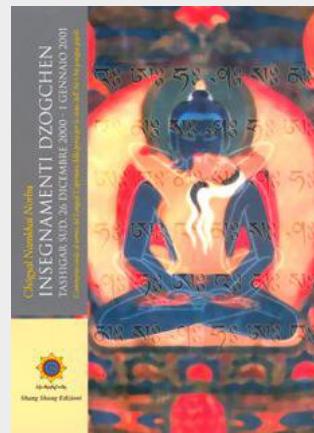


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Insegnamenti Dzogchen Tashigar Sud, 26 dicembre 2000 - 1 gennaio 2001

Commento orale al terma del Longsal
L'apertura della porta per lo stato dell'Ati



Alla fine del 1957 ero andato a visitare Samye con un gruppo di pellegrini tibetani. Una notte ho sognato di trovarmi nella località in cui viveva il mio maestro Changchub Dorje e nel sogno gli dicevo: "Nel Tibet orientale è in corso una grossa rivoluzione, più nessuno ha una vita normale e ora tutte queste sommosse stanno cominciando anche nel Tibet centrale. Se vogliamo praticare non possiamo, se vogliamo imparare l'insegnamento e fare qualcosa con il Dharma, non ci sono molte possibilità: che cosa possiamo fare in questa situazione?" E il mio maestro ha risposto: "Ti ho dato un insegnamento essenziale, condensato, adatto a questo tipo di situazione, che si chiama Ati Gojed." Ati significa stato primordiale, conoscenza, go significa porta, jed aprire, quindi "come aprire la porta della conoscenza, della comprensione". Così non solo è possibile avere questa conoscenza, è anche possibile applicarla. Questo è l'insegnamento che voglio darvi in questo ritiro.

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Chögyal Namkhai Norbu

Insegnamenti Longsal Volume Quinto

Traduzione dal tibetano di Adriano Clemente

Il quinto volume di insegnamenti del ciclo Longsal contiene quattro upadesha ricevuti attraverso i sogni (*mnal chos*) lungo un arco di tempo che va dal 1961 al 1999, e include la storia della loro scoperta. "Il principio del modo di vedere totalmente la di là della mente concettuale" contiene i versi radice dello speciale insegnamento sul modo di vedere dell'Atiyoga, la cui spiegazione dettagliata, "I punti principali del modo di vedere totalmente al di là della mente concettuale", è già stata pubblicata nel quarto volume di questa serie. "L'introduzione diretta al principio dello specchio di Vajrasattva" è stata ricevuta in due sogni, collegati rispettivamente al maestro e zio paterno dell'autore, Togden Ugyen Tenzin e al suo maestro radice Changchub Dorje. Si tratta di un'introduzione alla natura dell'autoperfezione, o *lhundrub*, attraverso il simbolo del cristallo. "L'upadesha sul Tregchöd della purezza primordiale", collegato a un sogno in cui l'autore ha incontrato il V Dalai Lama Lobsang Gyatso, contiene speciali istruzioni sulla pratica dei Quattro Chogzhag, essenza del Tregchöd. "L'upadesha sulla profonda via del corpo illusorio", collegato principalmente a un sogno in cui l'autore ha incontrato Gyalse Gyurmed Gyaltzen, figlio di Changchub Dorje, rivela i punti fondamentali di questo yoga secondo l'insegnamento Ati Dzogpa Chenpo.

Chögyal Namkhai Norbu

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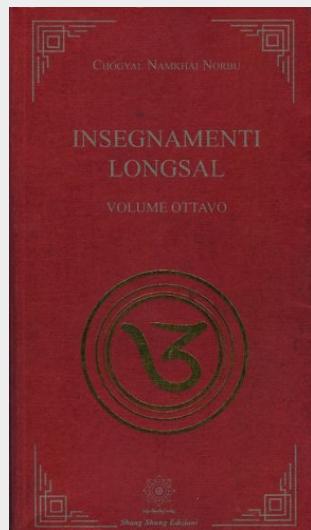


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Chögyal Namkhai Norbu

Insegnamenti Longsal Volume Ottavo



Traduzione dal tibetano di Adriano Clemente

Questo ottavo volume degli insegnamenti del ciclo del Longsal contiene upadesha e istruzioni ricevuti in sogno durante un periodo di tempo che va dal 1959 al 2007. "I punti più importanti del Lama Gongdü", contiene in poche parole l'essenza del ciclo di insegnamenti "Lama Gongdü", in diciotto volumi, riscoperto dal grande tertön Sangye Lingpa (1340 - 1396). "L'upadesha sul comportamento totale dello stesso sapore" contiene straordinarie istruzioni sul modo di utilizzare le cinque emozioni secondo la via Dzogchen dell'autoliberazione. I sogni relativi a questo upadesha sono collegati al Mahaguru di Uddiyana Padmasambhava, allo zio dell'autore Khyentse Rinpoche Pawo Heka Lingpa (1909 - 1960) e al siddha dell'antico regno di Uddiyana, Aryapalo. "Le pratiche esterna, interna e segreta della Guru Dakini di saggezza", ricevuto in un unico sogno nel 2007, contiene i testi delle modalità esterna, interna e segreta con cui si può applicare la pratica della Guru Dakini di saggezza, o Jñanadakini. "Il sogno della grotta di Mandarava", noto anche come "Le istruzioni di Shrīndra basate sull'esperienza", è il racconto di due sogni in cui l'autore ha assistito a una Ganapuja di Mandarava guidata dalla yoghini Shrīndra e in cui ha ricevuto alcuni chiarimenti.

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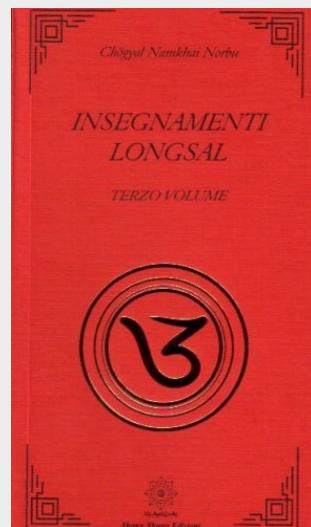


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Chögyal Namkhai Norbu

Insegnamenti Longsal

Volume Terzo



Traduzione dal tibetano di Adriano Clemente

Questo terzo volume di insegnamenti del Ciclo del Longsal contiene due upadesha ricevuti attraverso i sogni (*mnal chos*) in un arco di tempo che va dal 1956 al 2001, e include la storia della loro scoperta. "La Purificazione dei Sei Loka come preliminare alla via dell'Ati", contiene istruzioni speciali su come praticare la Purificazione dei Sei Loka in base al principio del "rovesciamento" (*ru log*) del samsara, combinato con la purificazione di Vajrasattva. I sogni attraverso i quali l'upadesha è stato scoperto sono collegati al maestro radice dell'autore, Changchub Dorje, e ai maestri Karma Pakshi, Karmapa Rangjung Dorje, Jigmed Lingpa e Togden Ugyen Tenzin. "L'upadesha sulla saggezza onnipenetrante" è un'istruzione essenziale di Padmasambhava basata sul principio dell'introduzione diretta. I sogni attraverso i quali l'upadesha è stato scoperto sono collegati a Changchub Dorje, Garab Dorje e a Togden Ugyen Tenzin. Una nota sulla parola tibetana *zang thal* che appare nel titolo originale del secondo upadesha e in diversi punti del medesimo testo: il suo significato originale in tibetano si riferisce alla qualità di qualcosa o qualcuno che ha la capacità di passare attraverso la materia, per esempio attraversare miracolosamente un muro, ed è stata tradotta con "onnipenetrante" nel titolo, e "che penetra tutto senza ostacoli" all'interno del testo.

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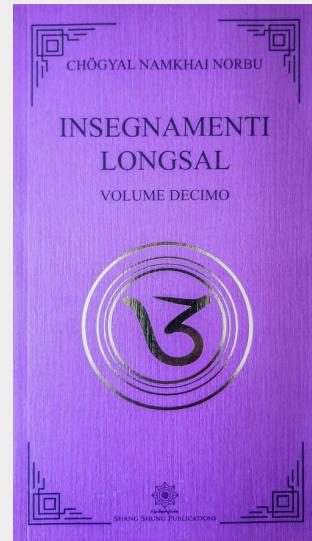
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Insegnamenti Longsal Volume Decimo

Questo decimo e ultimo volume della collana di insegnamenti appartenenti al ciclo del Longsal contiene istruzioni e upadesha ricevuti in sogno in un periodo che va dal 1967 al 2003.

L'introduzione diretta allo stato della pervasività primordiale nel samsara ('khor ba ye brdal gyi dgongs pa ngo sprod), un metodo di introduzione diretta.

Il modo di praticare la profonda via di Guru Kalachakra (bla ma dus kyi 'khor lo'i zab lam nyams su len tshul) contiene istruzioni Anuyoga sulla pratica di Kalachakra.

Le istruzioni sul Rushen esterno, interno e segreto (phyi nang gsang ba'i ru shan gyi gdams pa), ricevute tra il 1987 e il 1998, sono le istruzioni per la pratica del Rushen secondo la serie dello Dzogchen Upadesha.

Le istruzioni commentate sui Venticinque Spazi (klong chen nyer Inga'i gdams pa mchan can) è il testo di un upadesha già pubblicato negli Insegnamenti Longsal, Volume Settimo, con spiegazioni che chiariscono il significato profondo di questi mantra.

Il sogno dell'Upadesha di Buddhamati (buddha mati'i man ngag) riguarda Il picco spontaneo (rtse mo byung rgyal), uno dei diciotto lung o testi fondamentali dello Dzogchen Semde, di cui Chögyal Namkhai Norbu ha dato la trasmissione nel corso dei Training del Santi Maha Sangha.

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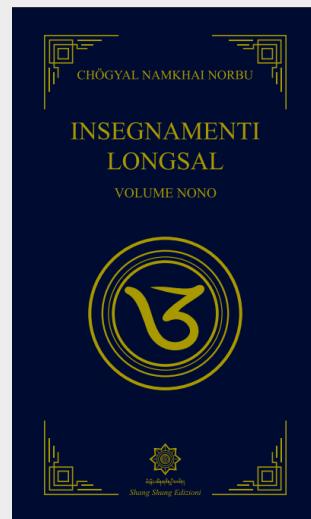
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Insegnamenti Longsal Volume Nono

Traduzione dal tibetano di Adriano Clemente

Il nono volume di insegnamenti del ciclo del Longsal contiene un fondamentale upadesha sullo Dzogchen Yangti intitolato *L'upadesha del gioiello che esaudisce i desideri dello Yangti*. Questi insegnamenti sono strettamente collegati alle famose istruzioni contenute ne *L'unica lettera d'oro dello Yangti Nero*, un *terma* riscoperto dal secondo Tungtso Repa, Nyima Pal (1287-1335).

Questo volume è riservato a coloro che hanno partecipato ai ritiri sullo Yangti tenuti da Chögyal Namkhai Norbu a Merigar West, dal 19 al 23 agosto 2011, e a Dzamling Gar, Tenerife, dal 28 dicembre 2016 al 3 gennaio 2017. Si prega di notare che è possibile ordinare solo una copia del libro. Per ordini più numerosi si prega di contattare orders@shangshungpublications.org prima dell'acquisto.



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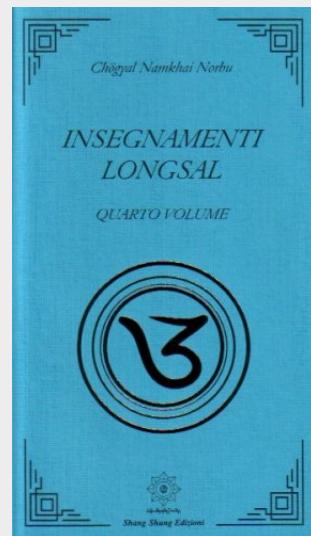
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Insegnamenti Longsal Volume Quarto

Traduzione dal tibetano di Adriano Clemente

Questo quarto volume di insegnamenti del Ciclo del Longsal contiene un upadesha ricevuto attraverso i sogni (*mnal chos*) in un arco di tempo che va dal 1980 al 2002 e include la storia della sua scoperta. *"I punti principali del modo di vedere totalmente al di là della mente concettuale"* è uno speciale upadesha di Garab Dorje che Chögyal Namkhai Norbu ha messo per iscritto in forma definitiva nel 2002 all'isola Margarita. Il testo è scritto in prosa e contiene spiegazioni chiarissime sui punti principali del modo di vedere dello Dzogchen. I sogni attraverso cui è stato ricevuto sono collegati ai maestri Gyalse Gyurmed Gyaltsen, figlio di Changchub Dorje, e Padmasambhava.



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Questo secondo volume di insegnamenti del Ciclo del Longsal contiene tre upadesha ricevuti attraverso i sogni in un arco di tempo che va dal 1957 al 1989, e include le storie della loro scoperta. "L'apertura della porta per lo stato dell'Ati" è un insegnamento speciale di Padmasambhava che descrive la condizione dell'insegnamento in quest'epoca degenerata e spiega la pratica della Purificazione dei Sei Loka sulla base del principio del rovesciamento (*ru log*) del samsara. I sogni attraverso i quali l'upadesha è stato riscoperto sono legati a Padmasambhava stesso e al guru radice dell'autore, il Vidyadara Changchub Dorje. "L'upadesha di introduzione allo stato dell'Ati" è un insegnamento straordinario del grande *lotsava* Vairochana. Il testo presenta il principio autentico dell'Atiyoga o Dzogpa Chenpo, e in particolare contiene le istruzioni essenziali sulle Quattro Contemplazioni del Semde e sugli aspetti fondamentali della purezza primordiale (*ka dag*) e dell'autoperfezione (*lhun grub*). I sogni attraverso i quali l'upadesha è stato riscoperto sono legati al maestro Vairochana stesso e al guru radice dell'autore, il Vidyadara Changchub Dorje. "L'upadesha per l'autoliberazione dei Sei Loka", ricevuto durante un ritiro a Pendine, nel Galles meridionale, contiene istruzioni del Vidyadara Nagadhara su come praticare la Purificazione dei Sei Loka in un modo speciale, adottando anche particolari posizioni.

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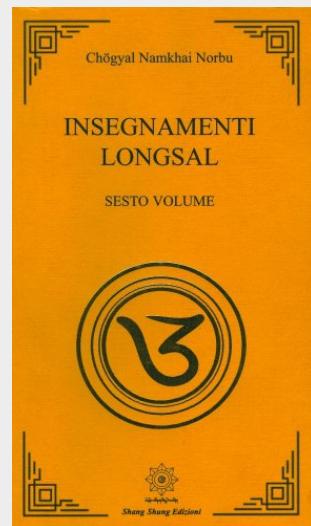
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Il sesto volume di insegnamenti del Ciclo del Longsal contiene tre upadesha e la storia della loro scoperta. Questi insegnamenti sono stati ricevuti in sogno in un arco di tempo che va dal 1985 al 2001. "L'upadesha sul Guruyoga della A bianca" è un insegnamento speciale sul Guruyoga di Garab Dorje. I sogni relativi a questo insegnamento sono collegati a Nubchen Sangye Yeshe e Garab Dorje. "Le azioni della Guru Jñanadakini" contiene tre pratiche straordinarie collegate rispettivamente alla dimensione del Corpo, della Voce e della Mente della Jñanadakini (Dakini della saggezza) Gomadevi. I sogni in cui questi insegnamenti sono stati ricevuti sono collegati principalmente alla medesima Gomadevi e alla maestra Ayu Khandro Dorje Paldrön. "Il profondo upadesha essenziale della pratica di lunga vita. Il Thigle della vita del Vajra", appartiene al ciclo delle pratiche di Mandarava e contiene profonde istruzioni sui metodi dello Tsalung. Questa sezione include un sogno in cui Ayu Khandro chiarisce alcuni punti importanti della pratica principale di Mandarava.



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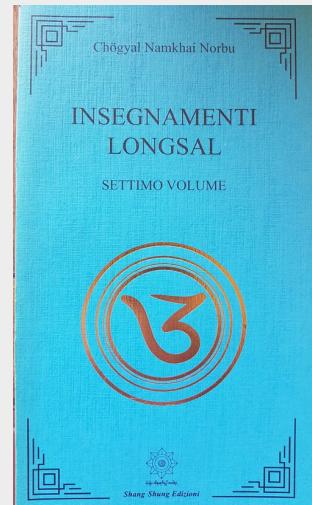
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Traduzione dal tibetano di Adriano Clemente

Il settimo volume di insegnamenti del ciclo del Longsal contiene quattro upadesha e la storia della loro scoperta. Questi insegnamenti sono stati ricevuti in sogno durante un periodo di tempo che va dal 1959 al 2001. "I punti più importanti su modo di vedere, la meditazione, la condotta e il frutto", contiene in pochi versi l'essenza dell'insegnamento Ati Dzogpa Chenpo. Chögyal Namkhai Norbu l'ha ricevuto in sogno da Changchub Dorje, inseparabile da Garab Dorje e Padmasambhava. "L'upadesha sui Venticinque Spazi", ricevuto nel 1980 e nel 1991, è una pratica suprema di purificazione basata su venticinque mantra che si trovano originariamente nei tantra *btags grol*. I sogni relativi a questo upadesha sono collegati a Kunga Palden (1878-1950), uno dei maestri dell'autore. "Il gioiello che esaudisce i desideri, Thigle della Mente della Guru Dakini di Saggezza", ricevuto in sogno dal 1993 al 2000, è un metodo essenziale di pratica, relativo alle tre dimensioni del Corpo, della Voce e della Mente della Guru Jñanadakini o Dakini di Saggezza. "Le istruzioni sul *bardo* sigillate con la Hum", ricevuto in sogno dal 1984 al 2001, contiene profonde istruzioni sui vari tipi di *bardo* o stati intermedi, in particolare sul momento cruciale del *bardo* della dharmata. Uno dei sogni relativi a questo upadesha è connesso con Khyentse Rinpoche Chökyi Wangchung (1910-1963), zio materno e maestro dell'autore.



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Insegnamenti orali sul Longsal Atii Nezer

Merigar West, 9-15 giugno 2006

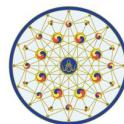
Questo insegnamento, che appartiene al ciclo del Longsal, contiene i punti principali dell'Ati. Nella parola tibetana *nezer*, ne significa punti importanti, *zer* è qualcosa ne che coglie direttamente l'essenza. In particolare sono spiegati il modo di vedere, la meditazione, il comportamento e il frutto secondo l'insegnamento Dzogchen.

Il testo tibetano originale e la relativa traduzione si trovano in *Insegnamenti Longsal, Volume Settimo*.

CHÖGYAL NAMKHAJ NORBU

INSEGNAMENTI ORALI SUL
LONG SAL ATII NEZER
(*a ti'i gnad gzer man ngag*)

Merigar West, 9-15 giugno 2006



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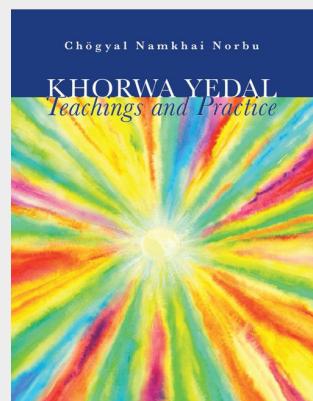
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Chögyal Namkhai Norbu Khorwa Yedal Teachings and Practice

Khorwa Yedalgyi Gongpa Ngotröd (*The Direct Introduction to the State of Primordial Pervasiveness in Samsara*), or Khorwa Yedal in short, is an extraordinary method of direct introduction belonging to the Longsal cycle and transmitted to Chögyal Namkhai Norbu by his root teacher Changchub Dorje. This booklet contains the oral commentary given by Chögyal Namkhai Norbu in New York in July 2014. The translation of Rinpoche's upadesha on this particular method of practice can be found in Longsal Teachings, Volume Ten.



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Chögyal Namkhai Norbu

L'Upadesha del Re dello Spazio

Commenti del Longsal Volume Quarto



Il re dello spazio è uno dei diciotto lung più importanti che formano la base dello Dzogchen Semde.

L'upadesha del re dello spazio ricevuto da Chögyal Namkhai Norbu fa parte del ciclo del Longsal e contiene due testi diversi: il primo, in stretto rapporto con il lung originale, è apparso in un sogno del 1963, e in seguito l'Autore lo ha ricevuto, insieme a un parziale commento orale, dal suo maestro radice Changchub Dorje (1863-1963). Il secondo testo è uno speciale upadesha, ricevuto in sogno nel 1993 direttamente dal mahasiddha Dharmaraja di Oddiyana, e mostra l'essenza del modo di vedere dell'Ati in relazione al principio dei tre kaya. Il commento dell'Autore, che include citazioni dalle fonti originali, chiarisce il senso di questo straordinario insegnamento.

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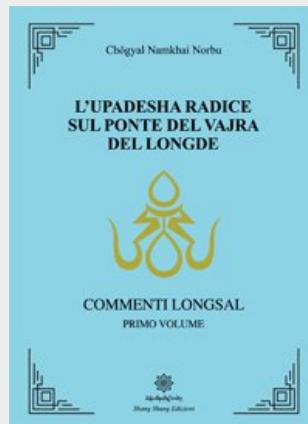


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Chögyal Namkhai Norbu

L'upadesha radice sul Ponte del Vajra del Longde

Commenti Longsal Primo Volume



Traduzione dal tibetano di Adriano Clemente

Questo libro inaugura una nuova collana di insegnamenti Longsal che, oltre alla storia e al testo radice, includono i commenti scritti dall'Autore e il materiale aggiuntivo quando è necessario, in modo che tutte le informazioni relative a un insegnamento specifico si trovino raccolte in un unico volume. *L'upadesha radice sul Ponte del Vajra del Longde*, scritto nel 1983 e pubblicato nel primo volume degli Insegnamenti Longsal, offre una guida fondamentale ai punti principali della pratica dei quattro Da del Longde, la cui tradizione orale è nota come Ponte del Vajra. Tale tradizione ebbe origine con il maestro tibetano Vairochana (VIII secolo). I sogni attraverso i quali l'upadesha è stato riscoperto sono collegati allo stesso Vairochana, al maestro Negyab Rinpoche (1902-1952), da cui Chögyal Namkhai Norbu ricevette la trasmissione orale dello Dzogchen Longde, e al Rigdzin Changchub Dorje (1826-1961), maestro radice dell'Autore. Il commento *Luna splendente: commento al testo radice dell'upadesha sul Ponte del Vajra del Longde*, scritto nel 2005, contiene numerose citazioni, tratte dai testi tradizionali del Ponte del Vajra dello Dzogchen Longde, che chiariscono e approfondiscono molti punti del testo radice.

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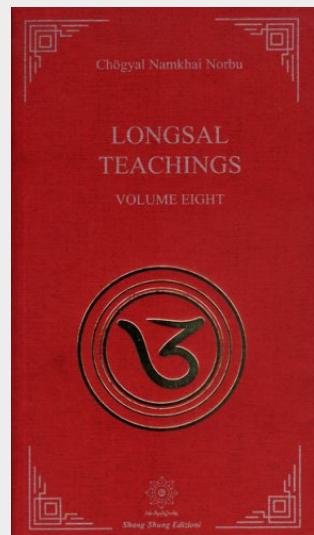
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Chögyal Namkhai Norbu

Longsal Teachings, Volume Eight



Translated from Tibetan by Adriano Clemente

This volume contains the following Longsal upadeshas: *The Most Important Point of the Lama Gongdu*, *The Upadesha on the Total Behavior of Equal Taste*, *The Outer, Inner, and Secret Practices of the Guru Wisdom Dakini* and *The Dream of the Mandarava Cave*.

This book is intended only for those who have received the related transmissions of the teaching from the Master or the Longsal Root Initiation.

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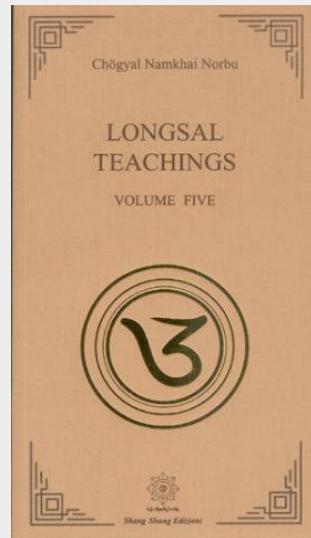


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Chögyal Namkhai Norbu

Longsal Teachings, Volume Five



Translated from Tibetan by Adriano Clemente

This fifth volume of teachings from the Longsal Cycle contains four upadeshas and the histories of their discovery. *The Principle of the View Totally Beyond Conceptual Mind* contains the root verses of a special teaching on the View of Atiyoga. *The Direct Introduction to the Principle of the Mirror of Vajrasattva* is an introduction to the nature of self-perfection or lhunдрub through the symbol of the crystal. *The Upadesha on the Tregchod of Primordial Purity*, originally received from the Fifth Dalai Lama Lobsang Gyatso (*Blo bzang rgya mtsho*, 1617-1682) in a dream and written down in its final form in 1998, contains special instructions on the practice of the Four Chogzhags, the essence of Tregchod. *The Upadesha on the Profound Path of Illusory Body* reveals the fundamental points of the practice of Illusory Body according to the Ati Dzogpa Chenpo teaching.

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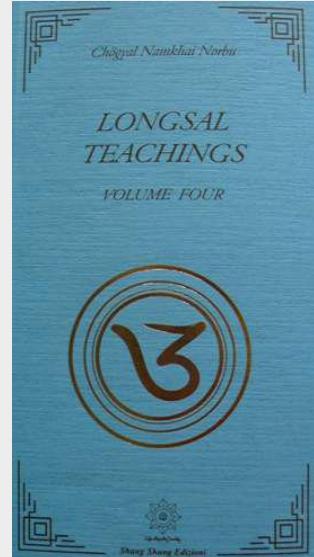


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Chögyal Namkhai Norbu Longsal Teachings, Volume Four

Translated from Tibetan by Adriano Clemente

This fourth volume of teachings from the Longsal contains one upadesha received through dreams, including the histories of its discovery: *The Main Points of the View Totally Beyond the Conceptual Mind* (*Lta ba blo 'das chen po'i gnad byang*), a special teaching of Garab Dorje containing extraordinary and clear explanations on the main points of the Dzogchen view. The Tibetan text is included.



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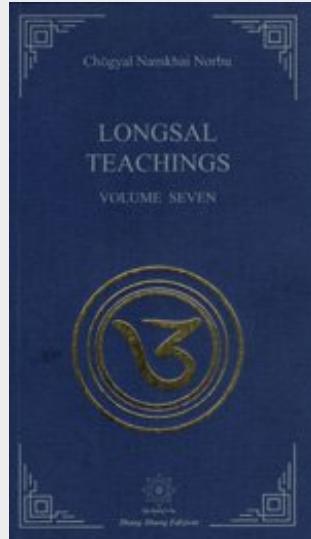


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Chögyal Namkhai Norbu

Longsal Teachings, Volume Seven



Translated from Tibetan by Adriano Clemente

This seventh volume of teachings from the Longsal cycle contains four upadeshas and the histories of their discovery. These teachings were received through dreams over a period of time from 1959 to 2001.

The Most Important Points on the View, Meditation, Behavior and Fruit, also known as *The Upadesha on the Most Important Points of Ati*, received in a dream from Changchub Dorje as inseparable from Garab Dorje and Padmasambhava, contains the essence of the Ati Dzogpa Chenpo teaching in few verses. *The Upadesha on the Twenty-Five Spaces* is a supreme practice of purification based on twenty-five mantras originally found in the Tagdrol tantras. The dreams relating to this upadesha are connected to Kunga Palden (1878-1950), one of the Author's teachers. *The Wish-Fulfilling Jewel, Thigle of the Mind of the Guru Wisdom Dakini*, is an essential method of practice related to the three dimensions of the Body, Voice and Mind of the Guru Jnanadakini or Wisdom Dakini. *The Bardo Instructions Sealed with the HUM* contains profound instructions on the various types of Bardos or intermediate states, in particular focusing on the crucial moment of the Bardo of Dharmata. One of the dreams relating to this upadesha is connected to Khyentse Rinpoche Chokyi Wangchuk (1910-1963), maternal uncle and one of the Author's teachers.

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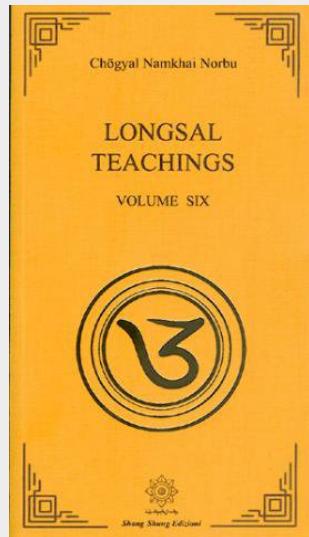
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Chögyal Namkhai Norbu

Longsal Teachings, Volume Six



Translated from Tibetan by Adriano Clemente

This volume contains three upadeshas and the histories of their discovery. These teachings were received through dreams over a period of time from 1985 to 1998. *The Upadesha on the Guruyoga of the White A*, received in 1987, is a special teaching on the Guruyoga of Garab Dorje. The dreams related to this teaching are connected to Nubchen Sangye Yeshe (9th century) and Garab Dorje. *The Actions of the Guru Jnanadakini*, received in dreams from 1992 to 2001, contains three extraordinary practices respectively related to the dimensions of the Body, Voice and Mind of the Jnanadakini Gomadevi. The dreams through which these teachings were received are mainly related to Gomadevi herself and to the female master Ayu Khandro Dorje Paldron. *The Profound Essential Upadesha of the Long Life Practice “The Thigle of Vajra Life”*, written down in its final form in 1998, belongs to the Mandarava cycle of practices and contains profound instructions on the methods of Tsalung. Included in this section is a dream in which Ayu Khandro Dorje Paldron clarifies important points of the main practice of Mandarava.

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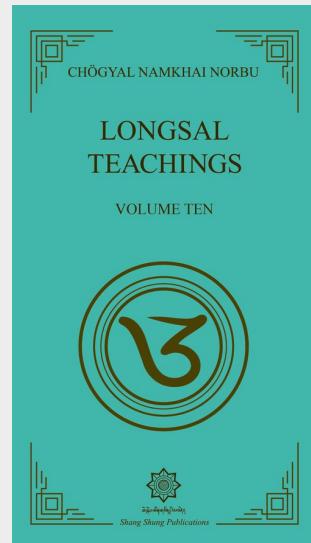
Chögyal Namkhai Norbu Longsal Teachings, Volume Ten

Translated from Tibetan by Adriano Clemente

This tenth and last volume of this series of teachings from the Longsal cycle contains upadeshas and instructions received through dreams in the period from 1967 to 2003.

The Direct Introduction to the State of Primordial Pervasiveness in Samsara is a method of direct introduction that the Author received from his root teacher Rigdzin Changchub Dorje. *The Way to Practice the Profound Path of Guru Kalachakra*, received through various dreams in 2002 and 2003, contains Anuyoga instructions on the practice of Kalachakra. *The Instructions on the Outer, Inner, and Secret Rushen*, received between 1987 and 1998, contains instructions on the practice of Rushen according to the Dzogchen Upadesha series. An explanation of the practice of the Rushen of the Voice written by the Author in 2017, titled *The Upadesha on the Four Voice Trainings from the Longsal Rushen*, is also included. *The Annotated Instructions on the Twenty-Five Spaces* contains an upadesha already published in Longsal Teachings, Volume Seven, together with explanations that clarify the profound meaning of these mantras. *The dream on The Upadesha of Buddhamati* was published in 2006 as a special edition for sponsors.

To conclude the series, the translator chose a short upadesha that encapsulates the essence of Atiyoga in four lines.



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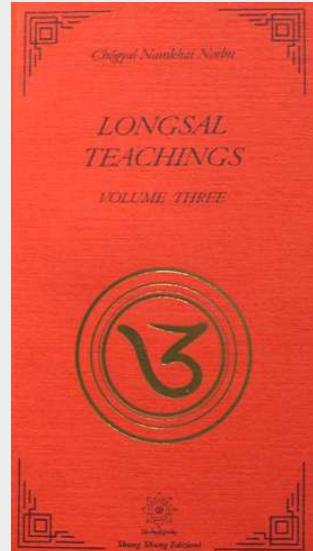


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Chögyal Namkhai Norbu Longsal Teachings, Volume Three

Translated from Tibetan by Adriano Clemente

This third volume of teachings from the Longsal contains two upadeshas received through dreams, including the histories of their discoveries: *The Purification of the Six Lokas as Preliminaries of the Path of Ati* (A t'i lam sngon rigs drug gnas syong), containing unique instructions on how to practice the Purification of the Six Lokas combined with the Vajrasattva purification, and *The Upadesha on All-Penetrating Wisdom* (Ye shes zang thal gyi man ngag), a special and essential instruction of Padmasambhava based on the principle of "Direct introduction". The Tibetan text is included.



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Chögyal Namkhai Norbu Longsal Teachings, Volume Two

Translated from Tibetan by Adriano Clemente

The Longsal Cycle is the collection of Chögyal Namkhai Norbu's rediscovered teachings. The Volume Two contains three upadeshas received through dreams, including the histories of their discovery over a period of time ranging from 1957 to 1989. These termas are entitled: *The Opening of the Gate to the State of Ati*, *The Upadesha of Introduction to the State of Ati* (this text was published before separately) and *The Upadesha for the Self-Liberation of the Six Lokas*.



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Chögyal Namkhai Norbu

L'apertura della porta per lo stato dell'Ati Longchen Atii Gongpa Gojoyed

Merigar West, 31 agosto - 7 settembre 2012

Questo testo, che appartiene al ciclo del Longsal, spiega che nell'insegnamento Dzogchen impariamo a essere nell'essenza della nostra vera natura e lo mettiamo in pratica: dobbiamo essere sempre in questa condizione, altrimenti non siamo praticanti Dzogchen. Se seguiamo l'insegnamento Dzogchen dobbiamo capire qual è la differenza con gli altri insegnamenti.

Il testo tibetano originale e la relativa traduzione si trovano in *Insegnamenti Longsal, Volume Secondo*.

CHÖGYAL NAMKHAJ NORBU

L'APERTURA DELLA PORTA
PER LO STATO DELL'ATI

LONGCHEN ATI GONGPA GOJYED

Merigar West, 31/7 settembre 2012



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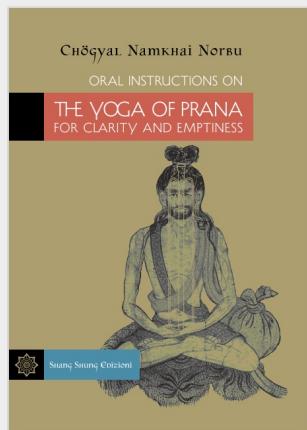
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Oral Instructions on the Yoga of Prana for Clarity and Emptiness

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



Translated from Tibetan by Adriano Clemente

This book contains the transcription of the oral teachings given by Chögyal Namkhai Norbu during the transmission of his Longsal text *The Yoga of Prana for Clarity and Emptiness* and the related commentary he composed to clarify its essential points. Rinpoche transmitted and explained all the introductory teachings as well as both the preliminary methods and the main methods, which contain precise explanations on the nature of the various prana energies and instructions on how to gain mastery over the prana's different aspects through exercises of visualization and kumbhaka.

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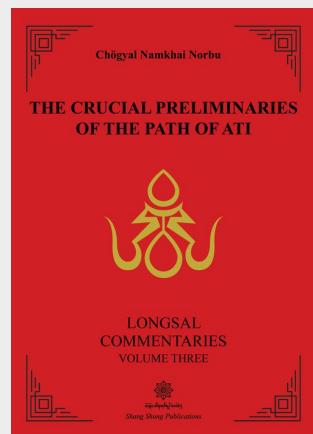
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Chögyal Namkhai Norbu

The Crucial Preliminaries of the Path of Ati

Longsal Commentaries, Volume Three



Translated from Tibetan by Adriano Clemente

The Crucial Preliminaries of the Path of Ati (*A ti'i lam gnad sngon 'gro*) contains unique instructions on how to practice the outer, inner, and secret Rushen of the Dzogchen Upadesha series, including the seven main Semdzins. In particular, it contains a practice of purification of the six lokas based on the principle of the “reversal” (*ru log*) of samsara, combined with the Vajrasattva purification. The detailed commentary on this extraordinary upadesha is followed by an abridged version of this practice, known as the Preliminaries of the Path of Ati (*A ti lam gyi sngon 'gro*).

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Chögyal Namkhai Norbu

The Longsal Rushen

An Oral Commentary

At the beginning of 2017, Chögyal Namkhai Norbu transmitted the teachings on the practice of Separation of Samsara and Nirvana belonging to the cycle of teachings known as The Luminous Clarity of the Universe, Heart Essence of the Dakinis (Longsal).

These practices allow practitioners to swiftly discover their real nature by separating the mind and instant presence using various methods related to the body, voice and mind. This book contains Rinpoche's oral commentary to two main texts published in Longsal Teachings, Volume Ten: The Instructions on Outer, Inner, and Secret Rushen and the related commentary clarifying the practices of the voice: The Upadesha on the Four Voice Trainings from the Longsal Rushen, given in Dzamling Gar, Tenerife, 27 January – 3 February, 2017.

The book is accompanied by an audio recording (mp3) to facilitate the practice of the voice



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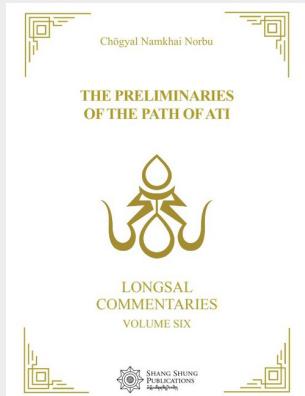
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Chögyal Namkhai Norbu

The Preliminaries of the Path of Ati

Longsal Commentaries Volume Six

The Preliminaries of the Path of Ati (A ti lam gyi sngon 'gro) is a special Vajrasattva purification belonging to the same genre of preliminary Longsal teachings as The Crucial Preliminaries of the Path of Ati, and it is of particular importance as in its central part it focuses on the principle of the three dimensions, or tal (dal), of Guru Vajrasattva and elucidates the way to access them. The detailed commentary is followed by a dream in which Nyagse Gyurmed Gyaltsen, son of Changchub Dorje and an important teacher of the Author, reveals a particular way to apply the Purification of the Six Lokas combined with the visualization of Vajrasattva. This book continues the Longsal Commentaries series, which aside from the histories and root texts includes the autocommentaries written by the Author himself, occasionally supplemented with additional material to gather all information concerning a specific teaching in a single volume.



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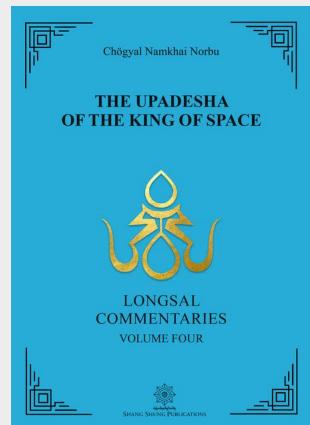
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Chögyal Namkhai Norbu

The Upadesha of the King of Space

Longsal Commentaries, Volume Four



The King of Space is one of the eighteen major lung scriptures forming the basis of Dzogchen Semde. *The Upadesha of the King of Space* received by Chögyal Namkhai Norbu as part of the Longsal cycle contains two different texts: the first, closely related to the original *lung*, appeared in a dream in 1963, and the Author later also received it together with a partial oral commentary from his root master Changchub Dorje (1863–1961).

The second text is a special upadesha received in a dream in 1993 directly from the mahasiddha Dharmaraja of Oddiyana. It shows the essence of the view of Ati in relation to the principle of the three kayas. The Author's commentary, which includes quotations from the original sources, elucidates the meaning of this extraordinary teaching.

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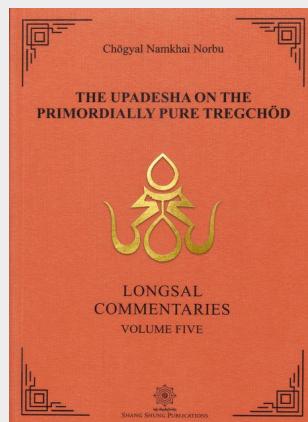


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Chögyal Namkhai Norbu

The Upadesha on the Primordially Pure Tregchöd

Longsal Commentaries Volume Five



Longsal, or The Luminous Clarity of the Universe, Heart Essence of the Dakinis (Klong chen 'od gsal mkha' 'gro'i snying thig), is a cycle of Upadesha teachings discovered by Chögyal Namkhai Norbu.

These teachings were mainly received in dreams, and many root texts including the histories of their discoveries have already been translated and published in the Longsal Teachings series, of which nine volumes containing twenty-four upadeshas have appeared so far.

This book continues the *Longsal Commentary* series, which aside from the histories and root texts includes the autocommentaries written by the Author himself, occasionally supplemented with additional material to gather all information concerning a specific teaching in a single volume.

The Upadesha on the Primordially Pure Tregchöd (*Ka dag khregs chod kyi man ngag*), originally received from the Fifth Dalai Lama Lobzang Gyatso (Blo bzang rgya mtsho, 1617–1682) in a dream and written down in its final form in 1998, contains special instructions on the practice of the Four Chogzhags, the essence of Tregchöd. It was transmitted during three retreats in Tashigar Norte, Isla Margarita, respectively in April 2002, October 2004, and November 2005.

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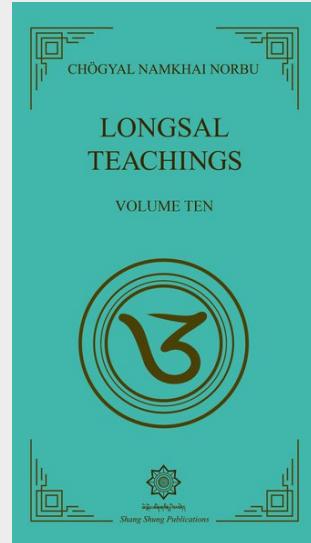
Translated from Tibetan by Adriano Clemente

This tenth and last volume of this series of teachings from the Longsal cycle contains upadeshas and instructions received through dreams in the period from 1967 to 2003.

The Direct Introduction to the State of Primordial Pervasiveness in Samsara ('Khor ba ye brdal gyi dgongs pa ngo sprod) is a method of direct introduction that the Author received from his root teacher Rigdzin Changchub Dorje (1876–1961) in 1985 through the experience of clarity in a dream.

The Way to Practice the Profound Path of Guru Kalachakra(Bla ma dus kyi 'khor lo'i zab lam nyams su len tshul), received through various dreams in 2002 and 2003, contains Anuyoga instructions on the practice of Kalachakra. The dreams are related to His Holiness the present Dalai Lama, to the first Dharma king of Shambhala, Rigden Dawa Zangpo (also known as Suchandra, ca. 900–876 BCE), and to Rigdzin Changchub Dorje.

The Instructions on the Outer, Inner, and Secret Rushen (Phyi nang gsang ba'i ru shan gyi gdams pa), received between 1987 and 1998, contains instructions on the practice of Rushen according to the Dzogchen Upadesha series. The dreams are related to Rigdzin Changchub Dorje. An explanation of the practice of the Rushen of the Voice written by the Author in 2017, titled *The Upadesha on the Four Voice Trainings from the Longsal Rushen (Klong gsal ru shan gyi ngag sbyong rnam bzhi'i man ngag)*, is also included.



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Chögyal Namkhai Norbu

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LONGSAL
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VOLUME SIX



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Longsal Commentaries Volume Six

The Preliminaries of the Path of Ati (A ti lam gyi sngon 'gro) is a special Vajrasattva purification belonging to the same genre of preliminary Longsal teachings as The Crucial Preliminaries of the Path of Ati, and it is of particular importance as in its central part it focuses on the principle of the three dimensions, or tal (dal), of Guru Vajrasattva and elucidates the way to access them. The detailed commentary is followed by a dream in which Nyagse Gyurmed Gyaltsen, son of Changchub Dorje and an important teacher of the Author, reveals a particular way to apply the Purification of the Six Lokas combined with the visualization of Vajrasattva.

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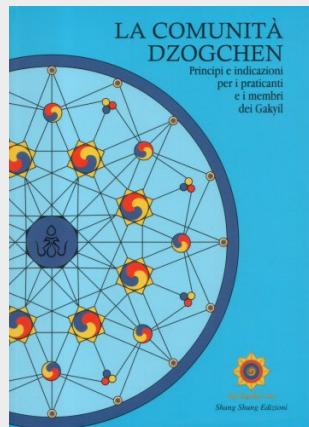


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Chögyal Namkhai Norbu

La Comunità Dzogchen

Principi e indicazioni per i praticanti e i membri del Gakyil



Questo testo è stato pubblicato nel 2001 a cura del Gakyil internazionale. Oggi molte indicazioni e direttive sull'organizzazione e sulla gestione della Comunità Dzogchen sono in fase di transizione. Questa edizione abbreviata contiene gli insegnamenti essenziali di Chögyal Namkhai Norbu sulla Comunità Dzogchen.

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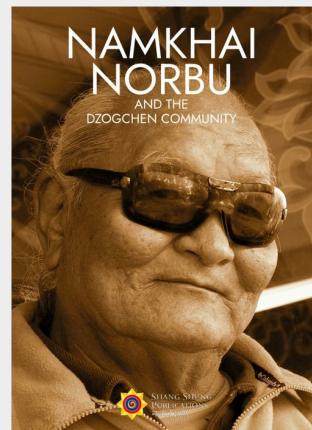
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Shang Shung Publications Team

[ebook] Namkhai Norbu & The Dzogchen Community (epub,mobi)



In this eBooklet you can find information about Atiyoga Dzogchen Master Namkhai Norbu, the Dzogchen Community, its various departments and their activities and an updated bibliography of the works written by Master Namkhai Norbu.

“It is really difficult to summarize Namkhai Norbu’s life and works in a few words. His more tangible legacy is made up of the many centers he contributed to setting up around the world in the course of his life, where his teachings are kept alive and applied by many students and interested people. The Dzogchen teaching lives in any individual interested to apply it, beyond any ideological, philosophical or even geographical limitations. In these centers many activities are being continuously organized, concerning meditation, yoga, sacred dance, medicine and arts. They are a veritable treasure for developing our wellbeing to which we warmly invite everyone to take part”

Monica Gentile from the foreword in Namkhai Norbu “Opening our minds” Atiyoga Public Talks Series

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Prima Mai

Chögyal Namkhai Norbu's Vajra Dance of Space of the Song of the Vajra

Working Notes and Essential Diagrams

The present booklet contains drawings and notes that can serve as an aide-memoire to people who have participated in a course of Vajra Dance of Space of the Song of the Vajra and need a concise manual to practice on their own in the correct way.

Working Notes and Essential Diagrams
for the Study of

CHÖGYAL NAMKHAJ NORBU'S
VAJRA DANCE OF SPACE
OF THE SONG OF THE VAJRA



Extracted and Compiled
by Prima Mai

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Chögyal Namkhai Norbu

La Danza del Vajra

Tantra radice e commento

Traduzione dal tibetano di Adriano Clemente

La versione originale tibetana di quest'opera straordinaria, scritta dall'Autore tra il 1990 e il 1997 sulla base di numerosi sogni di chiarezza (tutti contenuti nel libro), e da lui rivista in forma definitiva nel 2002, è stata tradotta in lingua inglese da Adriano Clemente tra il 2009 e il 2010. In seguito, le descrizioni di tutti i passi e movimenti sono state scrupolosamente studiate dalle insegnanti principali della Danza del Vajra, Prima Mai e Adriana dal Borgo, in costante consultazione con il Maestro, il quale con infinita gentilezza, pazienza e compassione ha chiarito ogni dubbio che gli è stato sottoposto. I diagrammi del mandala con le varie serie di passi sono parte integrante del testo originale, ma per motivi di praticità, sono stati stampati separatamente e vengono presentati come un volume complementare dal titolo: *The Dance of the Vajra - Mandala Diagrams*. Tutti i diagrammi originali, tracciati a mano libera da Chögyal Namkhai Norbu, sono stati riprodotti con estrema chiarezza in grafica digitale da Prima Mai, che ha lavorato costantemente sotto la supervisione dell'Autore. Alcune riproduzioni di schizzi e disegni originali sono comunque contenute nei due volumi. *La Danza del Vajra* è un'opera di primaria importanza non solo per chi si dedica assiduamente a questa pratica, ma per tutti gli studenti di Chögyal Namkhai Norbu.



CHÖGYAL NAMKHA NORBU

LA DANZA DEL VAJRA



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Chögyal Namkhai Norbu

The Dance of the Vajra

Original Text and Commentary

CHÖGYAL NAMKHA NORBU

THE DANCE OF THE VAJRA



These two volumes, that in fact should always go together, comprise the official translation of the Root Tantra of the Dance of the Vajra and its commentary by Chögyal Namkhai Norbu, *The Light of the Precious Lamp*. In this commentary all the steps, mudras and movements of the three main Vajra Dances — The Dance of the Song of the Vajra, The Dance That Benefits Beings and the Dance of the Three Vajras — are described and explained in detail, with amazing precision.

Written by the Author on the basis of numerous dreams of clarity (all contained in the book) between 1990 and 1997, and edited by him in its final form in 2002, the Tibetan original of this extraordinary work was translated by Adriano Clemente in 2009-2010; subsequently the steps and movements, as described in the translation, were thoroughly studied by the main Teachers of the Dance of the Vajra who submitted any doubt to the Master, who kindly clarified them with infinite patience and compassion.

The Mandala Diagrams were originally included in the main book; however, for practical reasons, they are presented here in a separate volume, in full color. The original sketches drawn by hand by Chögyal Namkhai Norbu have been digitally redrawn with painstaking precision by Prima Mai, under the supervision of the Author. Some reproductions of the original drawings are contained in the book.

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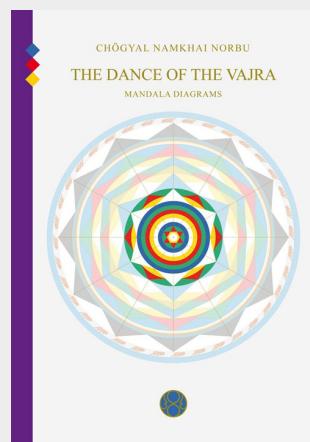


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Chögyal Namkhai Norbu

The Dance of the Vajra - Mandala Diagrams



These two volumes, that in fact should always go together, comprise the official translation of the Root Tantra of the Dance of the Vajra and its commentary by Chögyal Namkhai Norbu, The Light of the Precious Lamp. In this commentary all the steps, mudras and movements of the three main Vajra Dances - The Dance of the Song of the Vajra, The Dance That Benefits Beings and the Dance of the Three Vajras - are described and explained in detail, with amazing precision.

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Compiled by Prima Mai based on the
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The Music for the Vajra Dance of Space of 12 A

Chögyal Namkhai Norbu indicated that the melody to apply in a collective practice of the Vajra Dance of Space of 12 A's is based on the first two verses of the method of purifying the six lokas into the six pure dimensions of Samanthabadra, as in the Dance of the Vajra That Benefits Beings. We sing the sound of A twelve times to this melody, inhaling and exhaling once for each A. We can use this recordings as a support for the dance or simply integrate our voice with the natural sounds present during our practice.

This product contains a compilation of 3 different lengths: 8, 12 and 21 repetitions of a musical arrangement for the Vajra Dance of Space of 12 A



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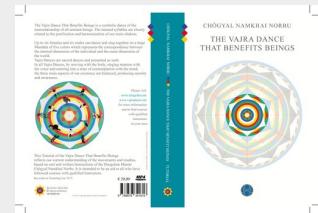
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The Vajra Dance that Benefits Beings (DVD)

The Vajra Dance That Benefits Beings is one of three Vajra Dances based on Upadesha teachings first transmitted in 1990 by Dzogchen master Chögyal Namkhai Norbu. Part of the Longsal cycle, its complete title is The Light of the Precious Lamp – The Symbolic Manifestation of the Dance of Vajra That Liberates the Six Classes of Beings in the Six Pure Dimensions.

In all Vajra Dances, by moving with the body, singing mantras with the voice and entering into a state of contemplation with the mind, the three main aspects of our existence are balanced, producing serenity and awareness. This tutorial reflects our current understanding of the movements and mudras. It is intended as an aid for all dancers who have followed courses with qualified instructors.

The Vajra Dance That Benefits Beings can be integrated within any spiritual path and can also be practiced by those who have not received direct transmission from Chögyal Namkhai Norbu.



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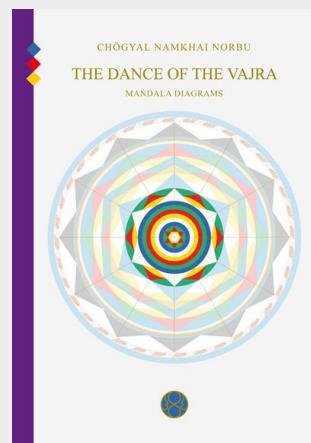
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Chögyal Namkhai Norbu

[E-Book] The Dance of the Vajra - Mandala Diagrams

The Mandala Diagrams were originally included in the main book; however, for practical reasons, they are presented here in a separate volume, in full color. The original sketches drawn by hand by Chögyal Namkhai Norbu have been digitally redrawn with painstaking precision by Prima Mai, under the supervision of the Author. Some reproductions of the original drawings are contained in the book.



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[Pendrive] The Dance of the Three Vajra's



The Vajra Dance of the Three Vajra's is one of three Vajra Dances based on Upadesha teachings first transmitted in 1990 by Dzogchen master Chögyal Namkhai Norbu. Part of the Longsal cycle, its complete title is The Light of the Precious Lamp – The Symbolic Manifestation of the Dance of Vajra That Liberates the Six Classes of Beings in the Six Pure Dimensions.

The Dance of the Three Vajra's is a symbolic dance representing the three dimensions of our existence and their non-duality with the state of all enlightened beings. The intoned syllables harmonize and purify the three gates of our existence: body, voice, and mind.

Up to six females and six males can dance and sing together on a large mandala of five colors representing the correspondence between the internal dimension of the individual and the outer dimension of the world.

The colorful costumes occasionally worn by the dancers are optional.

Vajra Dances are sacred dances and presented as such. In all Vajra Dances, by moving with the body, singing mantras with the voice, and entering into a state of contemplation with the mind, the three main aspects of our existence are balanced, producing serenity and awareness.

VAJRA DANCE

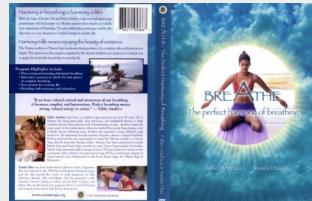


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Respira is a simple and effective method that teaches us how to rediscover fluid, complete respiration and integrate it in our lives. As research consistently shows, breathing well is vitally important to all of us. It is the key to a positive, relaxed state of mind, sound sleep, good digestion, stabilized blood pressure, and countless other health benefits.

Breathe As You Are is a comprehensive, full-color guide to Respira, with easy-to-follow exercises for anyone. Developed by seasoned yoga teacher and breath expert Fabio Andrico, Respira is taught internationally and online at www.harmoniousbreathing.com.

“During our round-the-world flight with Solar Impulse, on one of our extended stopovers the energy in the team was slipping into a negative mode. I called Patrizia, one of the Respira instructors, and thanks to a few breathing sessions, we found the impulse we needed to recenter and were able to continue our adventure.”

Anne-Christine Perren – Solar Impulse, Executive Assistant to the CEO

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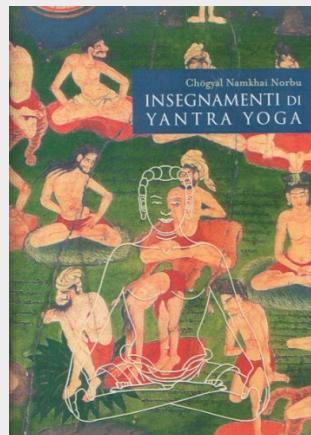
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Chögyal Namkhai Norbu Insegnamenti di Yantra Yoga



Riedizione dell'esauriente insegnamento dato dal Maestro nel ritiro di Pasqua del 1986. Essenziale per chiunque voglia praticare lo Yantra Yoga approfondendone il significato.

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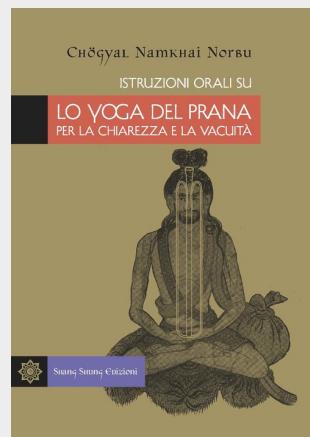
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Istruzioni orali sullo Yoga del prana per la chiarezza e la vacuità

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



Questo libro contiene la trascrizione degli insegnamenti orali che Chögyal Namkhai Norbu ha dato durante la trasmissione del suo testo Longsal *Lo yoga del prana per la chiarezza e la vacuità* e del relativo commento, scritto dal Maestro stesso per chiarirne i punti essenziali.

Rinpoche ha trasmesso e spiegato tutti gli insegnamenti introduttivi, i metodi preliminari e i metodi principali che contengono spiegazioni dettagliate sulla natura delle varie energie prana e precise istruzioni per padroneggiare i diversi aspetti del prana attraverso esercizi di visualizzazione e l'applicazione del kumbhaka.

Dice l'Autore: "La conoscenza e la comprensione del proprio stato devono essere concretamente stabilizzate mediante l'esperienza. Questo insegnamento è detto *sal tong*: *sal* vuol dire chiarezza e *tong* vacuità. Queste due esperienze sono molto utilizzate per l'introduzione diretta e per integrare e accrescere la nostra capacità. L'esperienza della chiarezza è collegata soprattutto al livello dell'energia, che è l'esperienza caratteristica della voce. L'esperienza della vacuità è collegata alla mente, proprio come sperimentiamo nella pratica dello Shine o dello stato calmo. Chiarezza e vacuità non sono duali: infatti si può avere la conoscenza della presenza istantanea e nello stesso momento essere al di là di ogni considerazione dell'esperienza. Nell'insegnamento questa è conosciuta come l'esperienza dello stesso sapore o *ronyom*: ciò vuol dire che bene e male hanno lo stesso sapore."

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Chögyal Namkhai Norbu

Kumar Kumari Yantra

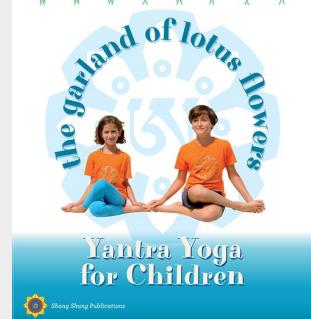
The Garland of Lotus Flowers – Yantra Yoga for Children

Translated from Tibetan by Cristiana De Falco

Chögyal Namkhai Norbu developed Kumar Kumari Yantra in the 1990s on the basis of the profound instructions of the ancient Tibetan practice of Yantra Yoga, giving specific consideration to children's physical dimension, energy, and breathing. Kumar Kumari is unique in that it combines breathing and movement with sounds that have a powerful effect. It promotes healthy development in the children who practice it, and it is both challenging and fun for them to do. *Kumar Kumari Yantra: The Garland of Lotus Flowers* (*Ku mar ku ma ri yantra padma mala*) is a translation of the original Tibetan text composed by Chögyal Namkhai Norbu and contains instructions on the complete practice, consisting of sixteen exercises. It is intended primarily as a manual for adults who teach or wish to teach Kumar Kumari.

Chögyal Namkhai Norbu

KUMAR KUMARI YANTRA



Shang Shung Publication

Yantra Yoga for Children

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Laura Evangelisti & il team del Kumar Kumari Yantra

Le Avventure di Nyima, Dawa e del piccolo yak

Un viaggio alla scoperta del magico Tibet e dei potenti suoni del Kumar Kumari, lo Yantra Yoga per i bambini e le bambine

LE AVVENTURE
DI NYIMA, DAWA
E DEL PICCOLO YAK



LAURA EVANGELISTI & IL TEAM DEL KUMAR KUMARI YANTRA

Om Endow

I protagonisti di questa favola – Nyima, la sorella maggiore, e Dawa, il fratellino – ci portano alla scoperta di un paese magico, popolato da creature fantastiche: yeti, draghi, animali parlanti.

Nel loro viaggio alla ricerca del piccolo yak incontrano personaggi che, emettendo suoni potenti e dando loro consigli preziosi, li guidano a ritrovare la strada di “casa” e a scoprire la loro luce interiore e la felicità.

Questa favola è anche un supporto all'apprendimento del Kumar Kumari Yantra, lo yoga concepito dal Maestro Namkhai Norbu appositamente per i bambini tra i 5 e i 12 anni: kumar kumari, infatti, significa “bambini e bambine” Lo yoga a loro dedicato, basato sulle profonde istruzioni dell'antica disciplina tibetana dello Yantra Yoga, è stato adattato e arricchito dall'uso di suoni particolari per favorire lo sviluppo armonioso dei bambini, tenendo conto della loro dimensione fisica ed energetica e della loro respirazione.

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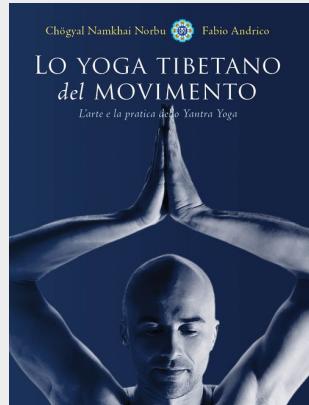


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Chögyal Namkhai Norbu e Fabio Andrico

Lo yoga tibetano del movimento

L'arte e la pratica dello Yantra Yoga



Lo yoga tibetano del movimento costituisce un'esauriente introduzione allo Yantra Yoga che, tra le tradizioni di yoga oggi esistenti, è una delle più antiche. Questa pratica, che è stata introdotta in Tibet da Guru Padmasambhava, è stata messa per iscritto in un sacro testo buddhista dell'VIII secolo d.C. e poi trasmessa ininterrottamente da maestro a discepolo fino all'attuale detentore del lignaggio, il maestro Dzogchen Chögyal Namkhai Norbu.

Lo Yantra Yoga utilizza molte posizioni che sono formalmente simili a quelle dell'Hatha Yoga, ma che vengono praticate in maniera dinamica, coordinando in particolare il movimento e il respiro. In questo libro Chögyal Namkhai Norbu e il suo allievo Fabio Andrico, profondo conoscitore dello Yantra Yoga riconosciuto a livello internazionale, presentano i tre gruppi di movimenti preliminari e le venticinque sequenze motorie (yantra) di base attraverso semplici istruzioni estremamente particolareggiate, corredate da numerose foto illustrate. Il testo include numerosi esercizi di riscaldamento che si possono eseguire all'inizio di ogni sessione, le istruzioni per la respirazione ritmica e alcune sequenze consigliate per la pratica, seguite da un indice dei benefici per la salute e da un'esposizione dei principi essenziali della medicina tibetana.

YANTRA YOGA



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Fabio Andrico

Sei come respiri



La Respirazione Armoniosa è per tutti

La Respirazione Armoniosa è un metodo semplice ed efficace per riscoprire e integrare nella nostra vita un modo di respirare fluido e completo. Come dimostrano numerose ricerche, respirare bene è di fondamentale importanza per ognuno di noi: è la chiave per raggiungere uno stato mentale positivo e rilassato, per dormire bene, per avere una buona digestione, per stabilizzare la pressione del sangue, e ha innumerevoli altri benefici per la salute.

Ideato da Fabio Andrico, insegnante esperto di Yantra Yoga e di respirazione, *Sei come respiri* è una guida completa a questo metodo, corredata da immagini a colori ed esercizi che tutti possono eseguire facilmente.

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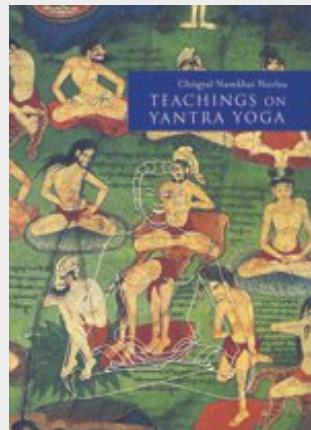


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Chögyal Namkhai Norbu

Teachings on Yantra Yoga



A general explanation on the origin, the meaning and the practice of Yantra Yoga teaching transmitted by Guru Padmasambhava to Vairochana. Teachings given at Merigar (Italy) in 1986.

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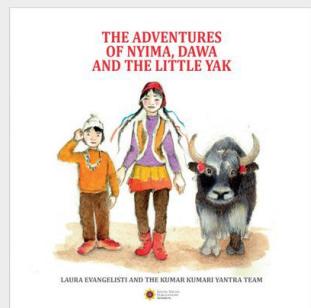


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Laura Evangelisti & The Kumar Kumari
Yantra Yoga Team

The Adventures of Nyima, Dawa & the Little Yak

A journey to discover magical Tibet & the
powerful sounds of Kumar Kumari, Yantra
Yoga for children.



A journey to discover magical Tibet and the powerful sounds
of Kumar Kumari, Yantra Yoga for children.

Watercolor illustrations by Cristina Conticelli

The protagonists of this fairy tale – Nyima, the older sister, and Dawa, the little brother– lead us to the discovery of a magical country, populated by fantastic creatures: yetis, dragons, talking animals. On their journey in search of a little yak, they meet characters who, emitting powerful sounds and giving them valuable advice, guide them to find their way back “home” and to discover their inner light and happiness. This fable is also a support for learning the Kumar Kumari Yantra, the yoga conceived by Master Namkhai Norbu especially for children among 5 and 12 years: kumar kumari, in fact, means “boys and girls” Kumar Kumari is based on the profound instructions of the ancient Tibetan discipline of Yantra Yoga, adapted and enriched with the use of a unique set of sounds to promote the harmonious development of children, paying special attention to the physical dimension, energy and breathing of growing girls and boys.

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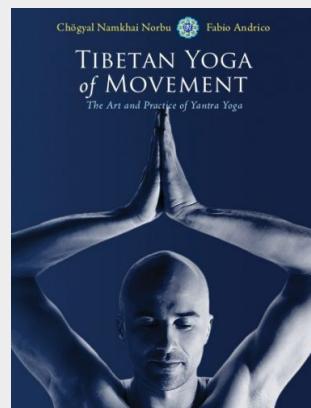


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Chögyal Namkhai Norbu, Fabio Andrico

Tibetan Yoga of Movement

The Art and Practice of Yantra Yoga



Tibetan Yoga of Movement introduces the method of Yantra Yoga, a traditional Tibetan form that is one of the oldest recorded systems of yoga in the world. Derived from an eighth-century Tibetan Buddhist text, Yantra Yoga includes many positions similar to those of Hatha Yoga in form, but different in the dynamics of the way in which they are practiced, especially in the coordination of movement and breathing. The Yantra Yoga system encompasses 108 sets of movements (yantras) and pranayamas to be learned at your own pace. Due to its emphasis on uniting breathing and movement, Yantra Yoga can deepen the experience of yoga practitioners from any tradition and profoundly benefit anyone seeking authentic balance, harmony, and the understanding of our true nature.

Since the eighth century, this yoga teaching has been passed down from teacher to student in an unbroken lineage. Chögyal Namkhai Norbu, the lineage holder, began transmitting Yantra Yoga in the West in the 1970s. Presenting detailed instructions accompanied by over 400 instructional photos, the book describes the sequences of movements, methods of breathing, and the concrete health benefits of the practice.

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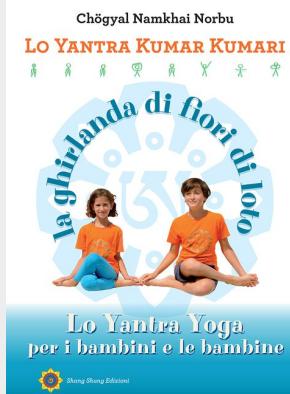


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Chögyal Namkhai Norbu

Yantra Kumar Kumari La ghirlanda di fiori di loto

Yantra Yoga per i bambini e le bambine



Traduzione dal tibetano di Cristiana De Falco

Chögyal Namkhai Norbu ha sviluppato lo Yantra Kumar Kumari negli anni '90 sulla base delle profonde istruzioni dell'antica disciplina tibetana dello Yantra Yoga, dedicando un'attenzione particolare alla dimensione fisica, all'energia e alla respirazione dei bambini. Il Kumar Kumari, che è uno yoga unico in quanto abbina la respirazione e il movimento ad alcuni suoni che hanno un effetto molto potente, favorisce un sano sviluppo dei bambini che lo applicano con un esito sia formativo che ludico.

Lo Yantra Kumar Kumari – La ghirlanda dei fiori di loto (ku mar ku ma ri yantra pad ma ma la) è la traduzione del testo originale tibetano scritto da Chögyal Namkhai Norbu, e contiene le istruzioni complete della pratica che consiste di sedici esercizi. Si tratta principalmente di un manuale per gli adulti che insegnano o intendono insegnare lo Yantra Kumar Kumari.

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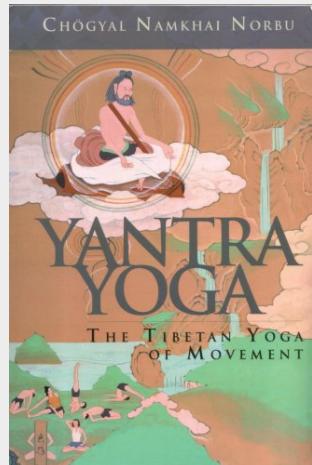


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Chögyal Namkhai Norbu

Yantra Yoga

The Tibetan Yoga of Movement



Translated from Tibetan by Adriano Clemente

Yantra Yoga, the Buddhist parallel to the Hatha Yoga of the Hindu tradition, is a system of practice entailing bodily movements, breathing exercises, and visualizations. Originally transmitted by the mahasiddhas of India and Oddiyana, its practice is nowadays found in all schools of Tibetan Buddhism in relation to the Anuttaratantras, more generally known under the Tibetan term *trulkhor*, whose Sanskrit equivalent is *yantra*. *The Union of the Sun and Moon Yantra* (*Phrul 'khor nyi zla kha sbyor*), orally transmitted in Tibet in the eighth century by the great master Padmasambhava to the Tibetan translator and Dzogchen master Vairochana, can be considered the most ancient of all the systems of Yantra, and its peculiarity is that it contains also numerous positions not found in the classic Yoga tradition.

Chögyal Namkhai Norbu, one of the great masters of Dzogchen and Yantra Yoga, started transmitting this profound practice in the seventies and at that time wrote this commentary based on the oral explanations of several Tibetan yogins and siddhas of the twentieth century. All Western practitioners will benefit from the extraordinary instructions contained in this volume.

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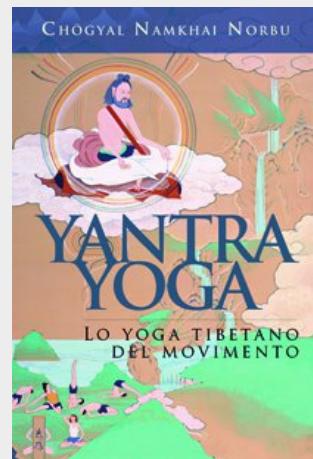


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Chögyal Namkhai Norbu

Yantra Yoga ITA

Lo yoga tibetano del movimento



Traduzione dal tibetano di Adriano Clemente

Lo Yantra Yoga, equivalente nel buddhismo tibetano allo Hatha Yoga della tradizione hindu, è un sistema di pratica che comprende movimenti fisici, esercizi di respirazione e visualizzazioni. Generalmente conosciuto con il nome tibetano di *trulkhor*, in sanscrito yantra, fu originariamente trasmesso dai mahasiddha dell'India e di Oddiyana. La sua pratica è oggi diffusa in tutte le scuole del buddhismo tibetano collegate agli Anuttaratantra.

Lo Yantra unione del sole e della luna ('phrul 'khor nyi zla kha sbyor), trasmesso oralmente in Tibet nell'VIII secolo dal grande maestro Padmasambhava al traduttore e maestro di Dzogchen Vairochana, può essere considerato il più antico fra tutti i sistemi di Yantra e ha la peculiarità di comprendere numerose posizioni che si ritrovano anche nella tradizione classica dello Yoga.

Chögyal Namkhai Norbu, uno dei grandi maestri viventi dello Dzogchen e del Tantra, ha iniziato a trasmettere questo profondo yoga negli anni '70. Nello stesso periodo ha scritto questo commento sulla base delle spiegazioni orali ricevute da alcuni yogin e siddha tibetani del XX secolo. I praticanti occidentali trarranno indubbio beneficio dalle straordinarie istruzioni contenute in questo volume.

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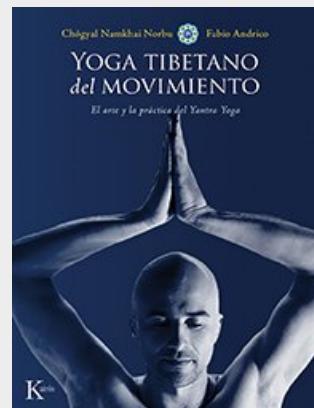


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Chögyal Namkhai Norbu , Fabio Andrico

Yoga Tibetano del Movimiento

El Arte y la Práctica del Yantra Yoga



Yoga Tibetano del Movimiento es una introducción completa al Yantra Yoga, una de las tradiciones de yoga más antiguas del mundo. Padmasambhava la introdujo en el Tibet en el siglo VIII y fue luego transmitida por un linaje de maestros hasta su actual sostenedor: el maestro de Dzogchen Chögyal Namkhai Norbu.

El Yantra Yoga incluye muchas posiciones similares en la forma a las del Hatha Yoga pero diferentes en el modo en que son practicadas, especialmente en la coordinación de los movimientos y la respiración. En este libro, Chögyal Namkhai Norbu y Fabio Andrico presentan tres grupos preliminares de movimientos y las veinticinco secuencias de movimientos (*yantras*) básicas, con instrucciones detalladas y acompañadas de fotos ilustrativas. También se muestran ejercicios simples de precalentamiento, instrucciones sobre la respiración rítmica y sugerencias sobre rutinas de práctica, seguidas por un listado de beneficios para la salud y principios básicos de la medicina tibetana.

Publicado por Editorial Kairós

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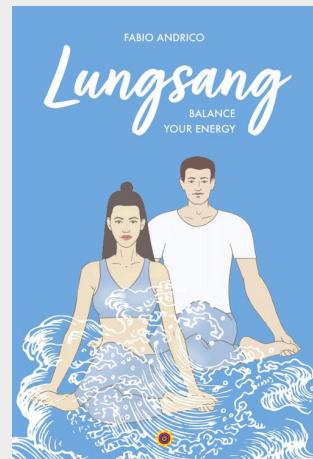


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Fabio Andrico

[ebook] Lungsang, Balance Your Energy (pdf)

8 movements of Yantra Yoga to purify Prana



This is a very nice little booklet with beautiful drawings to help anyone who wants a nice reminder on how to practice the 8 movements of Yantra Yoga to purify prana. Here you have graphically represented, in a clear way, the phases and the main points on how to correctly apply the practice.

Yantra Yoga, a traditional Tibetan form, is one of the oldest recorded systems of yoga in the world. Derived from an eighth-century Tibetan Buddhist text, Yantra Yoga includes many positions similar to those of Hatha Yoga in form, but different in the dynamics of the way in which they are practiced, especially in the coordination of movement and breathing. The Yantra Yoga system encompasses 108 sets of movements (yantras) and pranayamas to be learned at your own pace. Due to its emphasis on uniting breathing and movement, Yantra Yoga can deepen the experience of yoga practitioners from any tradition and profoundly benefit anyone seeking authentic balance, harmony, and the understanding of our true nature.

Since the eighth century, this yoga teaching has been passed down from teacher to student in an unbroken lineage. Chögyal Namkhai Norbu, the lineage holder, began transmitting Yantra Yoga in the West in the 1970s. Presenting detailed instructions accompanied by over 400 instructional photos, the book describes the sequences of movements, methods of breathing, and the concrete health benefits of the practice.

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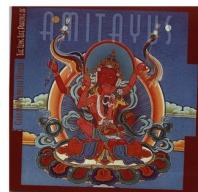
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Chögyal Namkhai Norbu

Amitayus [PRACTICE ONLY]

The practice of Amitayus is a terma discovered by Nyagla Pema Dundul and is considered to be extremely important. the original text states: "This is the essential long-life practice of Guru Padmasambhava who received it from Buddha Amitayus and obtained the power of long-life through the empowerment of Candali, the yum of Buddha Amitayus. Guru Padmasambhava and his consort Mandarava practiced together in the cave of Maratika in Nepal obtaining the siddhi of immortality." Chigyal Namkhai Norbu explains the practice in a detailed and easy to understand teaching that was given in Conway, Massachussets 1984. The practice was compiled and edited mainly from the England retreat held the same year.



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Chögyal Namkhai Norbu

Essential Instructions for the Practice of Gomadevi

The practice of Jnanadakini Gomadevi belongs to the precious cycle of teachings *The Luminous Clarity of the Universe, Heart Essence of the Dakinis* (*Klong chen 'od gsal mkha' 'gro 'i snying thig*), and was received by Chögyal Namkhai Norbu through a series of revelations in dreams in a period going from 1985 to 2007. This practice, which can be combined with the Dance of the Song of the Vajra, has been transmitted in different forms: long, medium, and short. This book contains all three versions.

The practice can be performed using ritual instruments such as the damaru and the vajra and bell, or only with the vajra and bell, or with mudras only, without using ritual instruments. The first part of the book contains essential instructions for doing the practice and the second part contains the text of the practice, complete with illustrations for the visualization and with instructions for the use and the timing of ritual instruments. The appendix contains instructions for ritual offerings and the benefits of the practice.

CHÖGYAL NAMKHA NORBU



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Chögyal Namkhai Norbu

Insegnamenti orali sulla pratica di Mandarava

Dzamling Gar, 20 febbraio - 5 marzo 2015

CHÖGYAL NAMKHAI NORBU

INSEGNAMENTI ORALI SULLA PRATICA DI MANDARAVA

Dzamling Gar, Tenerife (Isole Canarie, Spagna)
20 febbraio - 5 marzo 2015



2015



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In generale la pratica di lunga vita di Mandarava è molto rara nel buddhismo tibetano, ma è molto diffusa nella Comunità Dzogchen perché è stata ricevuta direttamente da Rinpoche nel 1984 durante un pellegrinaggio a Maratika, in Nepal, un luogo sacro legato a Guru Padmasambhava. Questo insegnamento, che include anche le istruzioni del Chülen, è molto importante nella condizione relativa in cui viviamo per superare le malattie e le provocazioni che ci possono colpire a causa della nostra visione dualistica.

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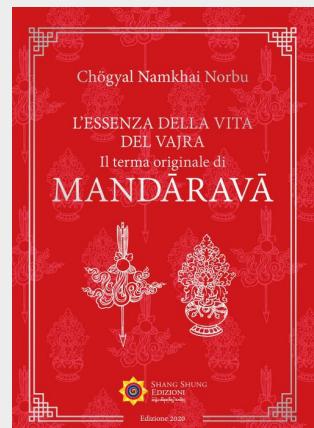


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L'essenza della vita del Vajra

Il terma originale di Mandarava



Traduzione dal tibetano di Iacobella Gaetani

I testi originali deiterma sulla Pratica di Lunga Vita e il Chülen di Mandarava ricevuti dal Maestro nel 1984 e 1985. Contiene anche il racconto delle circostanze in cui i terma gli sono stati rivelati.

Questa nuova edizione riveduta e corretta contiene il testo finale della pratica di Mandarava completato in base ai successivi chiarimenti ricevuti in sogno.

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Chögyal Namkhai Norbu

La pratica di lunga vita “Il thigle della vita del Vajra” della Dakini Immortale Mandarava



Nuova versione illustrata della pratica di lunga vita di Mandarava.

La presentazione grafica è simile a quella del Libro dei Thun e contiene quattro versioni della pratica: due versioni lunghe complete che includono la Ganapuja (una con gli strumenti della pratica e l'altra con le sole mudra) e due versioni brevi (una soltanto con mantra e mudra e l'altra più essenziale).

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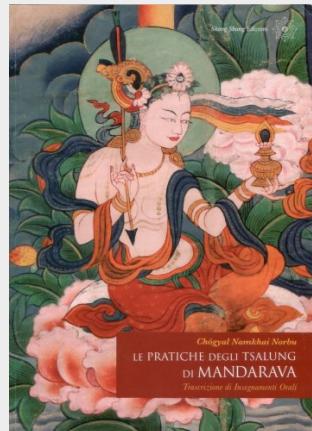


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Le pratiche degli Tsalung di Mandarava

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu

Questo libro è un'edizione rivista e notevolmente ampliata della pubblicazione originale del 2007 sugli insegnamenti e le pratiche degli Tsalung di Mandarava appartenenti al ciclo del Longsal. La nuova versione è aggiornata sulla base degli insegnamenti più recenti, con un'ampia spiegazione della pratica di lunga vita di Mandarava e una serie di chiarimenti generali sulle pratiche del Chülen e del Sogthig. Le successive sezioni includono *L'upadesha degli Tsalung di Mandarava* di Chögyal Namkhai Norbu, con il relativo testo tibetano tradotto a fronte da Adriano Clemente, e il commento di quello stesso testo scritto da Rinpoche per chiarire i più importanti Tsalung legati a *dewa* e *tröd* (beatitudine e calore). Il libro contiene anche le istruzioni per praticare la respirazione Sogthig legata al Chülen dello spazio, tratte da vari ritiri a partire dal 2010. Una nuova appendice spiega come costruire un *dadar*. Chögyal Namkhai Norbu ha detto: "Queste pratiche di Tsalung sono sempre abbinate alla pratica principale di Mandarava, in particolare le pratiche spiegate qui che si basano principalmente sul calore. L'incremento del calore interno è importante per scoprire e sviluppare la sensazione di piacere, che è uno dei metodi più efficaci per ottenere la conoscenza e la realizzazione. Se non sviluppiamo il calore interno non abbiamo la possibilità di ottenerle."



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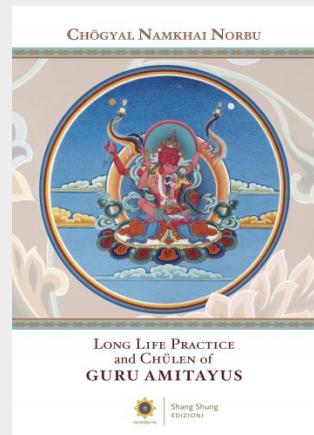
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Long-Life Practice and Chülen of Guru Amitayus

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu

The long-life practice discovered as a terma by Nyagla Pema Dündul is called *Tsedrub gongdü* (*tshe sgrub dgongs ’dus*). *Tsedrub* means long life practice, *gongdü* is universal union. This practice is considered very important, and when we read the original text we can understand why: “This is the essential long-life practice of Guru Padmasambhava, who received the empowerment from Buddha Amitayus and attained the power of long life through the empowerment of Chandali, the yum of Buddha Amitayus. Guru Padmasambhava and his consort Mandarava practiced together in the cave of Maratika in Nepal and attained immortality.”

This practice can be combined with Chülen of the Three Dimensions. Based on teachings given at Merigar in August 1994 on the terma of Nyagla Pema Dündul, master of Changchub Dorje and Ayu Kandro.



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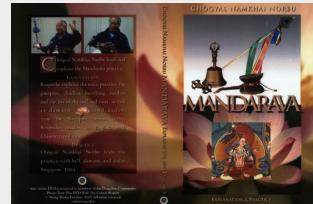
Chögyal Namkhai Norbu

Mandarava

Explanation and Practice

Chögyal Namkhai Norbu explains the main practice, the ganapuja, chudlen, breathing, mudras and the use of the bell and vajra, as well as damaru and dadar — from the Singapore retreat, 1994.

Rinpoche teaches in English with Chinese translation.



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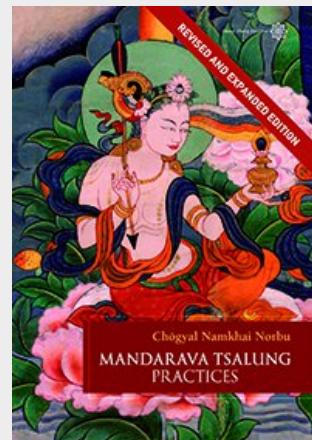


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Mandarava Tsalung Practices

Teachings on the Profound Crucial Upadesha of the Long-Life Practice “The Vajra Vital Essence”

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



A comprehensive guide to the Mandarava Tsalung practices taught by Chögyal Namkhai Norbu. This book is a revised and significantly expanded edition of the original 2007 publication on the Mandarava Tsalung teachings and practices as transmitted within the Longsal cycle.

The new edition has been updated according to recent teachings and features an extensive section on the Long-Life Practice of Mandarava along with general clarifications about the related practices of Chülen and Sogthig. Other new sections include Chögyal Namkhai Norbu's Upadesha on the Tsalungs of Mandarava, with the full Tibetan text alongside a translation by Adriano Clemente, followed by Rinpoche's commentary on the same text, which explains the most important Tsalungs for training in *dewa* and *tröd* (bliss and heat). The book also contains instructions for training in the Sogthig breathing for the Chülen of Space from other retreats since 2010. A new appendix gives instructions on how to make a dadar.

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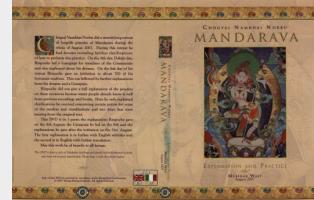


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PUBLICATIONS
శంగ్ శంగ్ పుస్టకాలింగ్

Chögyal Namkhai Norbu

Mandarava, Explanation and Practice

Merigar West, August 2007



This Mandarava DVD contains a video from a month-long teaching retreat held at Merigar West in August 2007.

During this retreat, Chögyal Namkhai Norbu had dreams revealing further clarifications of how to perform the practice. On the August 8, Dakini day, Rinpoche led a Ganapuja for members of the Community and also explained his dreams. On the last day of the retreat Rinpoche gave an initiation to about 700 of his fortunate students. This was followed by further explanations from his dreams and a Ganapuja.

This DVD is in three parts: the explanations Rinpoche gave on August 8, the Ganapuja he led that same day, and the explanations he gave after the initiation on the August 31.

The first explanation is in Italian with English subtitles and the second is in English with Italian translation.

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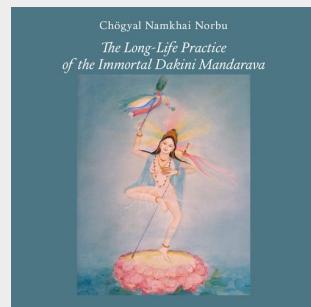


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Chögyal Namkhai Norbu

Mandarava: Explanation and Practice from Dzamlingar 2017

Including Ganapuja of Mandarava



This CD has been recorded during several sessions of the Mandarava Drubchen in Tenerife in 2017. It contains several versions of the practice (a short version and the Ganapuja of Mandarava) as well as the explanation of the main part and the Sotig breathing.

The recording has been cut and arranged in a way that makes it easy for practitioners to prepare their own playlists based on the needed elements of the practice. Sample playlists with the versions performed during the drubchen are provided.

Contents:

1. Ganapuja of Mandarava
2. Explanation of the Practice of Mandarava
3. The Short Practice of Mandarava

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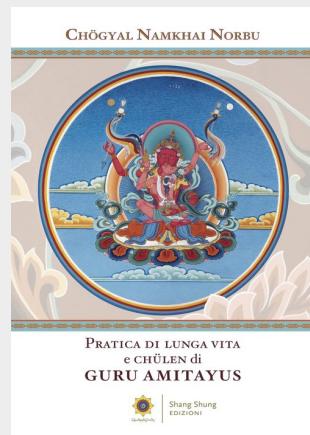


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శంగ్ శంగ్ పుస్టకాలింగమ్

Pratica di Lunga Vita e Chülen di Guru Amitayus Merigar, agosto 1994

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu

La pratica di lunga vita scoperta come *terma* da Nyagla Pema Dündul si chiama Tsedrub Gongdü. *Tsedrub* significa pratica di lunga vita, *gongdü* unione universale. Questa pratica è considerata molto importante, e leggendo il testo originale si può capire perché: “Questa è la pratica essenziale di lunga vita di Guru Padmasambhava che ha ricevuto il potenziamento da Buddha Amitayus e ha ottenuto il potere di lunga vita attraverso il potenziamento di Chandali, la *yum* di Buddha Amitayus. Così Guru Padmasambhava e la consorte Mandarava hanno praticato insieme nella grotta di Maratika in Nepal ottenendo l’immortalità”.



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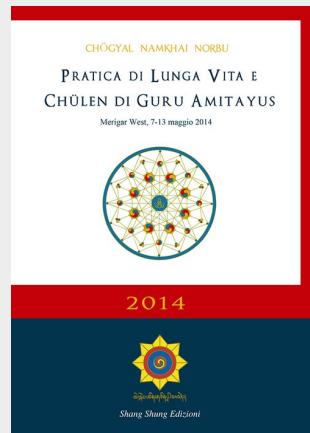


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Chögyal Namkhai Norbu

Pratica di Lunga Vita e Chülen di Guru Amitayus

Merigar West, 7-13 maggio 2014



Questa pratica di lunga vita collegata a Guru Amitayus è stata scoperta dal grande tertön Nyagla Pema Dündul, e la sua allieva Ayu Khandro l'ha trasmessa a Chögyal Namkhai Norbu. In origine questo insegnamento è stato messo in un *terma* da Guru Padmasambhava e ha una storia collegata a un luogo sacro del Nepal chiamato Maratika. È una delle pratiche principali di lunga vita utilizzate nella Comunità Dzogchen.

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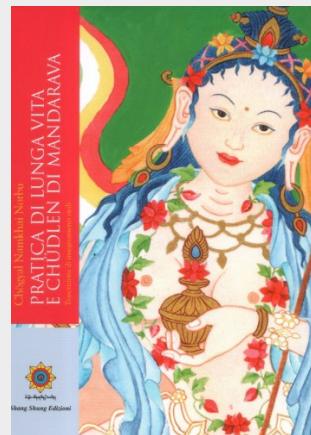
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Pratica di Lunga Vita e Chülen di Mandarava

Trascrizione di insegnamenti orali

Compiled by

Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



Commento orale, dato a Merigar nell'agosto del 1986, al testo
dell'insegnamento gongter ricevuto da Chögyal Namkhai
Norbu nel 1984 e 1985.

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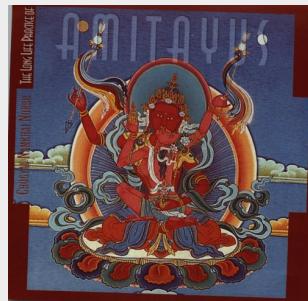
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Chögyal Namkhai Norbu

The Long-Life Practice of Amitayus



The practice of Amitayus is a terma discovered by Nyagla Pema Dundul and is considered to be extremely important. The original text states: "This is the essential long-life practice of Guru Padmasambhava who received it from Buddha Amitayus and obtained the power of long-life through the empowerment of Candali, the yum of Buddha Amitayus. Guru Padmasambhava and his consort Mandarava practiced together in the cave of Maratika in Nepal obtaining the siddhi of immortality."

Chögyal Namkhai Norbu explains the practice in a detailed and easy to understand teaching that was given in Conway, Massachusetts 1984. The practice was compiled and edited mainly from the England retreat held the same year.

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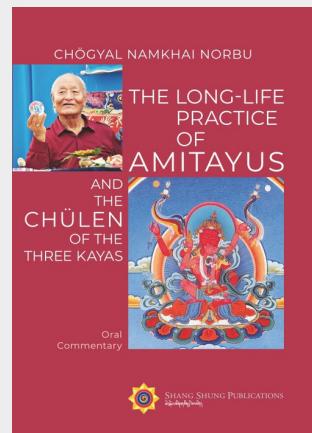
Chögyal Namkhai Norbu

The Long-Life Practice of Amitayus and the Chülen of the Three Kayas

The Long-Life Practice of Amitayus and the related instructions on *The Chülen of the Three Kayas* are terma teachings of Padmasambhava discovered by Nyagla Pema Dündul. This book contains Chögyal Namkhai Norbu's oral commentary on the two texts, given during a retreat in 2014 at Merigar West, Italy. Rinpoche's explanations alternate with relevant passages he had selected for the occasion, translated here from the original Tibetan.

The complete translations from the Tibetan of *The Long-Life Practice of Amitayus* from the original *Tsedrub Gongdü* and of *The Chülen of the Three Kayas* from Nyagla Pema Dündul's terma cycle *The Self-Liberation That Encompasses Space (Khakhyab Rangdrol)* are provided in the appendix.

Also included are the short and long practices of Amitayus adapted by Chögyal Namkhai Norbu for his students on the basis of Nyagla Pema Dündul's *Union of Primordial Essences Long-Life Practice (Tsedrub Gongdü)*.



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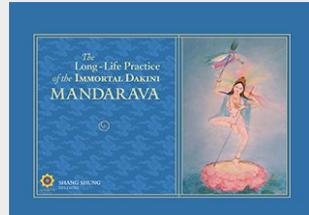
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Chögyal Namkhai Norbu

The Long-Life Practice of the Immortal Dakini Mandarava



New practice book for the Long-Life Practice of Mandarava. Similar in design to our Thun book, it contains four different versions of the practice:

- two long versions complete with the optional Ganapuja (one with instruments and one with mudras only)
- two short versions (one with mantras and mudras only and the other more essential)

The practices selected are representative of recent teachings Chögyal Namkhai Norbu gave on the Long-Life Practice "Thigle of Vajra Life" of the Immortal Dakini Mandarava.

The Tibetan passages are accompanied by a translation into English, newly revised by Adriano Clemente. Delightful illustrations in color and black and white indicate mudras and the use of instruments, making it easier to follow the practice in the correct way, and the book is spiral bound so that it opens flat. It also contains several color reproductions of beautiful paintings of Mandarava by fellow practitioners, as well as one by meditation master and renowned artist Dugu Choegyal Rinpoche.

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Chögyal Namkhai Norbu

The Practice of Dakini Mandarava 2012



This product contains a complete recording of the Practice of Long Life of the Immortal Dakini Mandarava from 2012.

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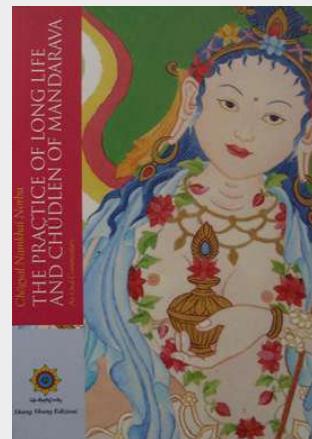
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The Practice of Long Life and Chüdlen of Mandarava. An Oral Commentary

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



Based on a teaching on The Heart Thigle of the Dakini of Immortality ('chi med mkha' gro srog thig) given at Merigar in 1986, this book focuses on the seven main methods for preparing Chüdlen in connection with the Long-Life Practice of Mandarava, which Chögyal Namkhai Norbu first received when he was in Maratika. The seven methods of nectar connected with this practice are also a condition for realizing the Body of Light. In addition to offering detailed information on the ingredients and practice of Chüdlen, in this teaching retreat Rinpoche gave instructions on each aspect of the entire Mandarava practice, including the Ganapuja and Sogthig breathing. This book is particularly valuable aid for anyone doing a personal retreat of Mandarava.

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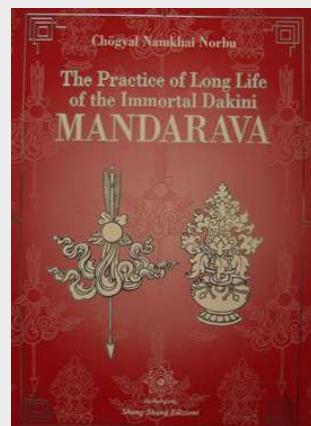


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Chögyal Namkhai Norbu

The Practice of Long Life of the Immortal Dakini Mandarava



Translated from Tibetan by Iacobella Gaetani

The Practice of Long Life of the Immortal Dakini Mandarava contains Iacobella Gaetani's translation of the original text of the teaching revealed by Chögyal Namkhai Norbu in 1984 while on pilgrimage to Maratika, the cave where Guru Padmasambhava and Mandarava practiced and attained immortality.

Additionally, it comprises Rinpoche's story of how this terma originated, as well as the text of the Seven Elixirs, the recipes for Chülen nectar that Rinpoche revealed in 1985 during a teaching retreat at Tsegaygar East, Massachusetts, USA. The book also includes the full manuscript of both texts in the Tibetan handwriting of the Author himself.

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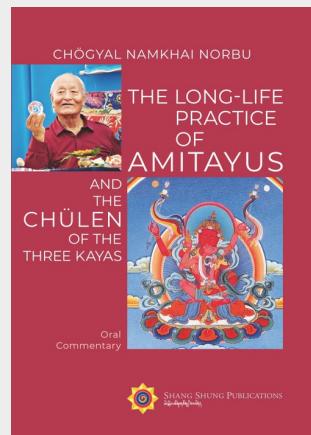
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Chögyal Namkhai Norbu

[ebook] The Long-Life Practice of Amitayus and the Chülen of the Three Kayas (pdf)



The Long-Life Practice of Amitayus and the related instructions on *The Chülen of the Three Kayas* are terma teachings of Padmasambhava discovered by Nyagla Pema Dündul. This book contains Chögyal Namkhai Norbu's oral commentary on the two texts, given during a retreat in 2014 at Merigar West, Italy. Rinpoche's explanations alternate with relevant passages he had selected for the occasion, translated here from the original Tibetan.

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Chögyal Namkhai Norbu

Chöd Teachings and Practice

The practice of Chöd is widespread throughout Tibet, not only in the Dzogchen teachings but also in all schools of Buddhism, as well as in the Bönpo tradition.

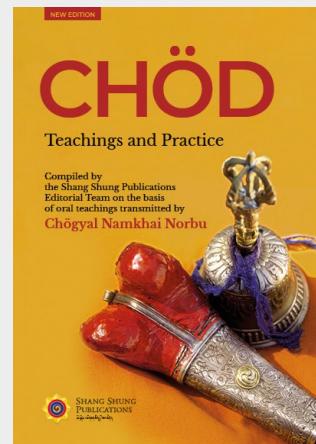
Its origins can be traced principally to the female master Machig Labdrön (1031-1129). She was a great Tibetan practitioner, a manifestation of Vajrayogini.

The Chöd practice came into being as the essence of all the teachings she had received, but above all, it derived directly from her own experience and knowledge.

Machig Labdrön discovered that at the root of all our problems is the ego, because it is the ego that limits us. She realized that it is our attachment to the “I” that causes all our problems.

We live in the human condition, in a material dimension, and even if we talk about being beyond everything, it is difficult to actually have that realization. In fact, what restricts us most is our own limitations, which Machig Labdrön referred to as düd, meaning demon.

Why Machig Labdrön called this practice Chöd? In general chöd means cutting. Here it signifies cutting through our ego. The Prajñaparamita teaches that the worst problem we have is our ego, and she understood the importance of this crucial point.



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Chögyal Namkhai Norbu

Explanation and Practice of Odzer Chenma

Merigar West , March 1992



Explanation and Practice of Odzer Chenma; includes explanations from Singapore 2015.

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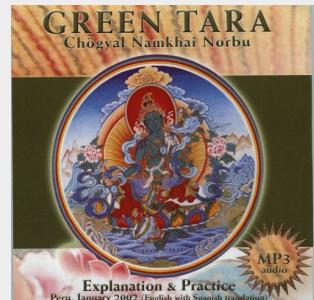


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Chögyal Namkhai Norbu

Green Tara

Explanation and Practice



Tara represents the function of Compassion, the energy of all the Illuminates and their wisdom. For this reason the ancient generations of the Indian and Tibetan people considered Tara as having great importance as a Divinity and a Yidam. This MP₃₃ CD contains the entire teachings Chögyal Namkhai Norbu gave in Peru where he explained the historical origins of Tara, how to do the practice in general as well as giving precise and detailed teachings for doing a personal Tara retreat.

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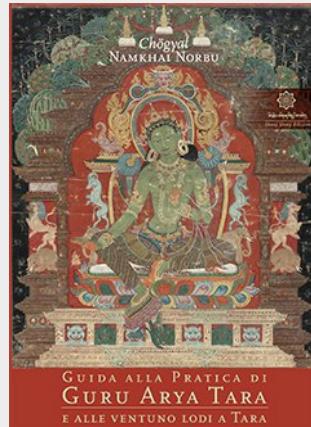
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શંગ શુંગ પ્રાઇવેટ લિમિટેડ

Guida alla Pratica di Guru Arya Tara e alle Ventuno Lodi a Tara

Inclusa la pratica di Wöser Chenma

Compiled by

Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



Innumerevoli generazioni di indiani e tibetani hanno venerato Arya Tara in quanto divinità principale della meditazione. Poiché rappresenta la compassione, l'energia e la saggezza di tutti gli esseri realizzati, Tara è considerata la madre di tutti i buddha e personifica la perfezione della saggezza. Nella sua vera essenza Tara è il puro e vuoto dharmakaya non nato, la suprema sorgente di tutta l'esistenza: in altre parole è l'origine dell'illuminazione che è presente in tutti noi. In quanto manifestazione dello stato puro dell'elemento aria, Tara è nota per la sua capacità di agire rapidamente e di accorrere in nostro soccorso quando siamo afflitti dalla sofferenza.

Questo libro raccoglie gli insegnamenti e le istruzioni sulla pratica essenziale dello Yoga di Guru Arya Tara, inclusi i ventuno mantra dell'azione e il commento alle ventuno lodi a Tara. Inoltre contiene una sezione dedicata a chiarire come si fa un ritiro personale d Tara Verde, una guida alla pronuncia della versione sanscrita delle lodi e un'appendice contenente il commento orale alla pratica di Wöser Chenma e i relativi testi della pratica.

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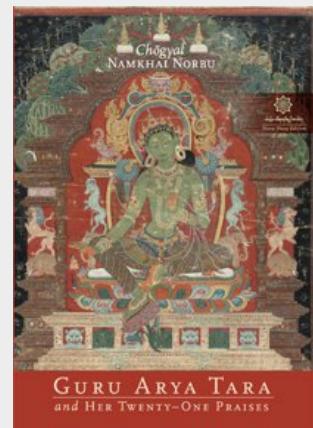
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શંગ શુંગ પ્રાઇવેટ લિમિટેડ

Guru Arya Tara and Her Twenty-One Praises

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



Hundreds, if not thousands, of generations of Indian and Tibetan people have venerated Arya Tara as a principal divinity and meditation deity. Representing the function of the compassion, energy, and wisdom of all realized beings, she is considered the mother of all buddhas and the perfection of wisdom. In the ultimate sense, she is the unborn, pure, and empty dharmakaya, the supreme origin of all existence. She is the source of enlightenment that is present in all of us. As the manifestation of the pure state of the air element, Tara is known for her ability to act swiftly, reaching out to save us when we are in distress.

This book is a comprehensive collection of Chögyal Namkhai Norbu's teachings on Guru Arya Tara, combining his instructions on the essential practice of the Yoga of Arya Tara and the twenty-one action mantras with his commentary on the Twenty-One Praises to Arya Tara. It features a section explaining how to do a Green Tara personal retreat, a guide to pronouncing the Sanskrit version of the praises, and the full practice texts, including a special section consisting of the commentary and practice texts for Ozer Chenma.

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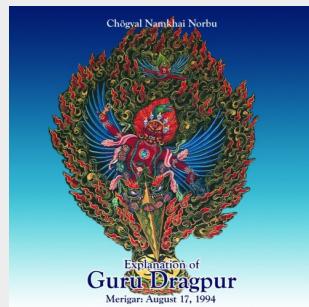
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Chögyal Namkhai Norbu Guru Tragphur



Guru Tragphur: the explanation and the practice itself led by Chögyal Namkhai Norbu, registered in 1994 in Merigar. The explanations are in Italian with simultaneous translation into English.

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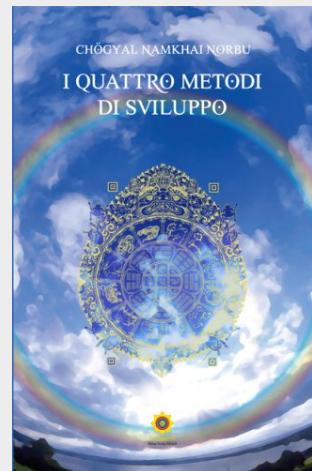
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Chögyal Namkhai Norbu

I quattro metodi di sviluppo



COME ARMONIZZARE GLI ELEMENTI DELL'ANNO DI NASCITA Di UN INDIVIDUO CON GLI ELEMENTI DELL'ANNO IN CORSO

Il Buddha ha chiaramente spiegato che la ruota dell'esistenza gira attraverso i dodici anelli dell'interdipendenza: ignoranza, volizione, coscienza, nome e forma, basi sensoriali, contatto, sensazione, desiderio, attaccamento, divenire, nascita, vecchiaia e morte. Su questa base, nell'astrologia degli elementi insegnata da Arya Mañjushri, tutti gli aspetti relativi all'anno, al mese, al giorno e all'ora sono determinati secondo il ciclo dodecennale degli animali topo, bue, tigre, lepre, drago, serpente, cavallo, pecora, scimmia, uccello, cane e maiale. Questo ciclo dodecennale si combina con i cinque elementi – legno, fuoco, terra, metallo e acqua – nonché con l'alternanza degli anni maschili e femminili. Il risultato finale di queste combinazioni è un ciclo di sessant'anni. Sulla base di questi periodi astrologici è possibile determinare la condizione degli elementi sia dell'anno in corso, sia dell'anno di nascita di un individuo. Quando, in base alle relazioni madre-figlio-amico-nemico, si generano conflitti tra gli elementi della vita, del corpo, della capacità e della fortuna relativi all'anno di nascita, e i corrispondenti elementi dell'anno in corso, è importante eliminare i fattori negativi per mezzo del quadruplice metodo che rafforza la vita, il corpo, la capacità e la fortuna dell'individuo.

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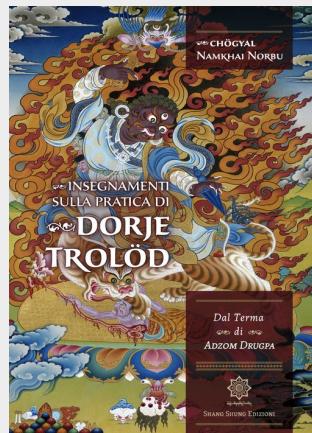


SHANG SHUNG
PUBLICATIONS
శంగ్ శంగ్ ప్రాసుర్మాల్

Chögyal Namkhai Norbu

Insegnamenti sulla pratica di Dorje Trolöd

Dal terma di Adzom Drugpa



Dorje Trolöd è una manifestazione irata di Guru Padmasambhava, il maestro che ne ha nascosto gli insegnamenti affinché le future generazioni potessero liberarsi dagli ostacoli dei loro tempi degenerati.

In seguito Adzom Drugpa (1842-1924), grande maestro Dzogchen, ha riscoperto *Il tesoro segreto del Vajra della chiara luce*, un ciclo di *terma* in cui sono compresi gli insegnamenti di Dorje Trolöd che contengono l'essenza del modo di vedere, della meditazione e del comportamento dell'Anuyoga e dell'Atiyoga.

Nel 2012 Chögyal Namkhai Norbu ha trasmesso per la prima volta diversi *terma* di questo ciclo. Questo libro, basato sul commento orale dato in quell'occasione, contiene anche il testo originale tibetano con la traduzione a fronte.

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Chögyal Namkhai Norbu

Istruzioni sulla pratica di Wöser Chenma

Dzamling Gar, 28 dicembre 2015 - 1 gennaio
2016

In questo ritiro darò la pratica di Wöser Chenma che nel Vajrayana è una pratica altrettanto importante di Tara verde. Nell'insegnamento Sutra di Buddha si trovano numerose spiegazioni di quanto Wöser Chenma sia importante e utile per tutti nella vita quotidiana. Nell'insegnamento Dzogchen, nel tantra *Dra Thalgyur*, si spiega che Wöser Chenma è un metodo del Vajrayana molto importante per ottenere un elevato livello di realizzazione. La sua essenza include lo stato della contemplazione nel modo Dzogchen, ma a livello relativo ci sono anche le visualizzazioni, i mantra ecc. Alcuni mi dicono: "Ho tanti problemi familiari e personali, cosa devo fare per superarli?" Io consiglio di fare la pratica di Wöser Chenma. Quindi voglio dare questo insegnamento perché la gente possa praticarlo.

CHÖGYAL NAMKHAI NORBU

ISTRUZIONI SULLA PRATICA DI
WÖSER CHENMA

Dzamlingar, 28 dicembre 2015 / 1 gennaio 2016



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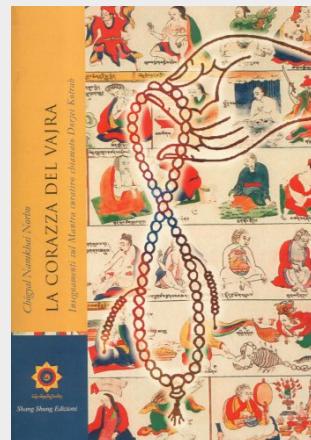


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Chögyal Namkhai Norbu

La corazza del Vajra

Insegnamenti sul mantra curativo chiamato
Dorjei Kotrab



Nel 2006 Chögyal Namkhai Norbu ha trasmesso più volte il prezioso mantra curativo chiamato Dorjei Kotrab, la corazza del Vajra. Tra l'altro ha detto: "Sapendo che questo è un mantra curativo molto importante e molto essenziale, Padmasambhava lo ha selezionato tra tutti i vari mantra e lo ha nascosto come *terma* a Namke Trak, dove successivamente Dorje Lingpa lo ha riscoperto. Se conoscete questo mantra non avete bisogno di andare ulteriormente a caccia di mantra curativi perché questo è il mantra curativo supremo. Con questo mantra potete aiutare gli altri e proteggere voi stessi." Questo libro contiene tutte le istruzioni necessarie per utilizzare il mantra in maniera appropriata e corretta. Inoltre contiene un mantra molto importante ed una invocazione che servono a superare le conseguenze negative in particolari circostanze legate a date astrologicamente non favorevoli alla propria salute o alle proprie attività.

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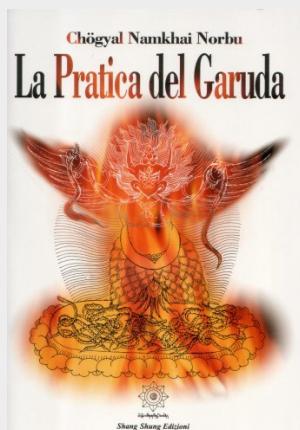
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La pratica del Garuda

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



Trascrizione degli insegnamenti dati da Chögyal Namkhai Norbu ad Amsterdam, novembre 1986, Merigar, aprile 1985 e agosto 1986, Nea Macri, gennaio 1987. Una spiegazione ampia e dettagliata della pratica breve del Garuda secondo il sistema Anuyoga della trasformazione istantanea. La manifestazione del Garuda è molto usata in generale per la cura delle malattie e in particolare per curare certe malattie legate alle provocazioni negative dell'energia come il cancro. Alcuni disegni illustrano le mudra dell'invocazione.

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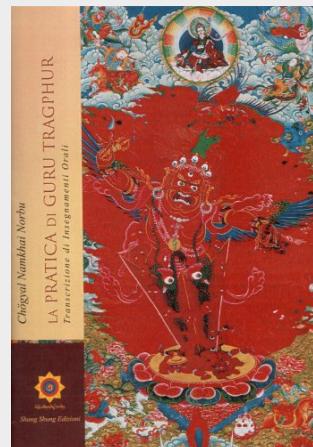
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La pratica di Guru Tragphur

Compiled by
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on the basis of the teachings of
Chögyal Namkhai Norbu



Guru Tragphur è una delle molte manifestazioni irate di Guru Padmasambhava. Guru vuol dire maestro, Trag significa irato. Quando si usa il metodo di Guru Tragphur attraverso il sistema di trasformazione dell'Anuyoga, si collega la manifestazione con il Guruyoga. In questo modo la trasmissione diventa viva e il punto principale della pratica è la realizzazione totale o la conoscenza reale della propria potenzialità attraverso l'esperienza della chiarezza. Nonostante la realizzazione totale sia il punto principale, la pratica di Guru Tragphur può anche essere molto utile a livello relativo. Infatti la nostra esistenza è una condizione di grande confusione, piena di problemi e di provocazioni negative che riceviamo da altri esseri. La pratica di Guru Tragphur possiede molte funzioni secondarie che contrastano tali provocazioni; però le funzioni secondarie non devono mai essere al centro della nostra attenzione, altrimenti la pratica non potrà mai diventare efficace ai fini della realizzazione totale. Questo testo raccoglie gli insegnamenti orali trasmessi da Chögyal Namkhai Norbu sulla pratica di Guru Tragphur dal 1994 al 2005 in varie parti del mondo (Francia, Italia, Venezuela, Germania), nonché la spiegazione della pratica stessa.

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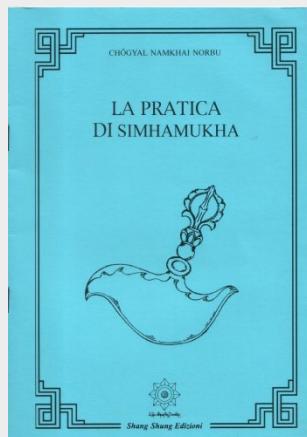
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Chögyal Namkhai Norbu La pratica di Simhamukha

Trascrizione dell'insegnamento trasmesso dal Maestro a Merigar nel 1991. Simhamukha è una manifestazione feroce della Dakini Sangwa Yeshe.



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La Pratica di Wözer Chenma

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu

Maritse o Wözer Chenma (Colei che ha i raggi di luce) è una manifestazione particolare di Tara associata alla luce del sole. Contiene anche un'invocazione scritta dalla nonna paterna di Chögyal Namkhai Norbu, Lhundrub Tso (1864-1945), discepolo diretta di Adzam Drugpa, insieme a una breve sadhana. Insegnamenti dati a Merigar nel marzo 1991.

CHÖGYAL NAMKHAJ NORBU



• La Pratica di •
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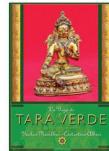


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Yuchen Namkhai, Costantino Albini

Lo Yoga di Tara Verde

Merigar West, 12-15 luglio 2006



La Pratica di Tara Verde trasmessa da Chögyal Namkhai Norbu viene qui spiegata e commentata da Yuchen Namkhai e Costantino Albini che, in un ritiro tenuto a Merigar West nel 2006, hanno dedicato una cura particolare agli aspetti della visualizzazione, dei mantra e delle mudra, alla precisa esecuzione delle melodie e alla perfetta pronuncia delle invocazioni in lingua tibetana.

Il testo della trascrizione è infatti abbinato a un CD audio che riporta puntualmente l'esecuzione delle melodie e la riproduzione della pronuncia corretta. Questa pubblicazione multimediale è quindi uno strumento indispensabile per chiunque voglia imparare in maniera precisa e accurata la pratica di Tara Verde.

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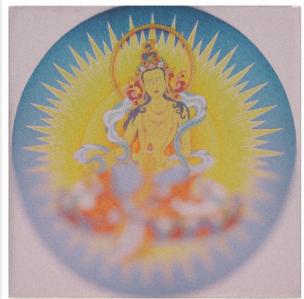


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Chögyal Namkhai Norbu

Odzer Chenma

[PRACTICE ONLY]



Practice of Odzer
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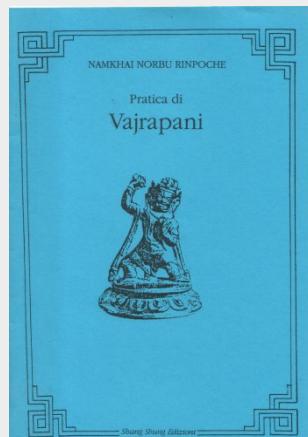


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Pratica di Vajrapani

Compiled by
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on the basis of the teachings of
Chögyal Namkhai Norbu



Questo insegnamento sulla pratica di Vajrapani appartiene a un terma riscoperto da Chökyi Wangchug (1910-1963), zio e maestro di Chögyal Namkhai Norbu, in seguito a sogni e indicazioni che anno portato al ritrovamento di una piccola statua di Vajrapani occultata da Lhalung Palgyi Dorje sulla montagna Lhalung Paldo nei pressi di Galen, nel Tibet orientale. Insegnamenti dati a Merigar nel novembre del 1991.

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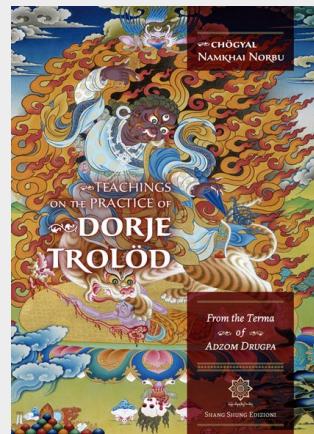
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Chögyal Namkhai Norbu

Teachings on the Practice of Dorje Trolöd from the Terma of Adzom Drugpa



Dorje Trolöd is a wrathful manifestation of Guru Padmasambhava, who concealed teachings on related practices to help future generations free themselves from obstacles in a degenerate age. Centuries later, the great Dzogchen master Adzom Drugpa (1842-1924) rediscovered the *Secret Treasure of the Vajra of Clear Light*, a terma cycle containing Dorje Trolöd teachings essentializing the Anuyoga and Atiyoga view.

Chögyal Namkhai Norbu transmitted several termas from this cycle for the first time in 2012. This book is based on the oral commentary he gave on that occasion.

It also contains the original Tibetan texts alongside a translation into English.

Tashigar Sur, Argentina, February 3-7, 2012

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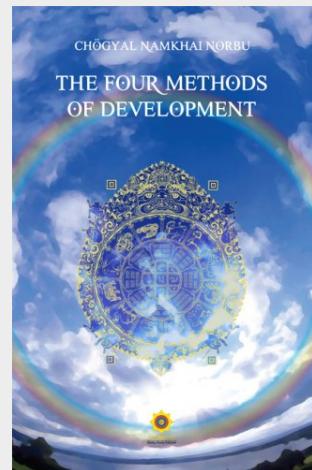
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Chögyal Namkhai Norbu

The Four Methods of Development



The twelve-year cycle in Tibetan astrology is combined with the five elements (wood, fire, earth, metal, and water) and with alternate female and male years. On the basis of these astrological periods, one can ascertain both the elemental condition of the present year and the elemental condition of the birth year. When, on the basis of the mother-son-enemy-friend relationship, conflict exists between the elements of life, body, capacity, and fortune of the year of birth, and the corresponding elements of the current year, it is important to eliminate the negative factors by means of the fourfold method to increase one's life, body, capacity, and fortune.

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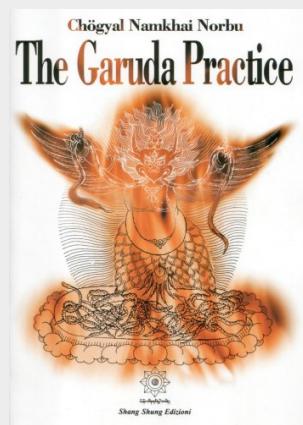


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The Garuda Practice

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Chögyal Namkhai Norbu

A concise but exhaustive explanation on the origin, the meaning and the way of applying the essential Garuda practice, according to a terma of the great Dzogchen master Adzam Drugpa, which is specially useful for overcoming negative provocations and diseases like cancer. Besides helping practitioners to stabilize their integration with the transformation practice, it also provides therapists with a means for protecting and strengthening their energy when curing their patients. This booklet includes the drawings of the mudras relating to the short opening invocation of the practice and the Tibetan text of the mantras of Garuda.



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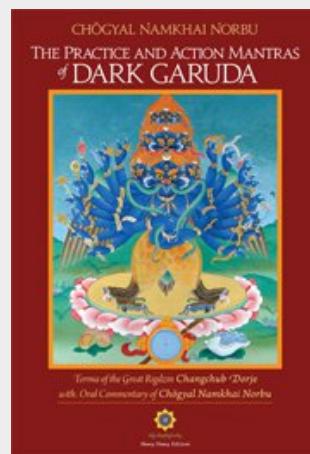


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Chögyal Namkhai Norbu

The Practice and Action Mantras of Dark Garuda + Audio CD

Terma of the Great Rigdzin Changchub Dorje with Oral Commentary of Chögyal Namkhai Norbu



The Practice and Action Mantras of Dark Garuda is reserved for those who received the direct transmission of these mantras from Chögyal Namkhai Norbu and were thus physically present at the Dark Garuda retreat at Merigar West on the days when the mantras were transmitted or at a later retreat on this Dark Garuda (closed webcast from Kunsangar North, July 25-29, 2012).

This book contains an explanation of the practice of Dark Garuda along with the practice text and a collection of related mantras extracted from the Quintessence of the Profound Instructions of the Master (*bLa ma zab don snying thig*), a terma of the great Rigdzin Changchub Dorje.

The transmission of the practice and mantras was given by Chögyal Namkhai Norbu during a retreat on Dark Garuda in August 2011 at Merigar West in Arcidosso, Italy. The booklet includes a translation from Tibetan of Rigdzin Changchub Dorje's *Wish-Fulfilling Precious Vase: A Collection of Mantras from the Quintessence of the Profound Instructions of the Master*. This text identifies the specific medical purpose of each of the mantras and provides instructions on the various substances to be used in conjunction with their recitation. The translation has been expanded with brief commentary passages based on the oral teaching given by Chögyal Namkhai Norbu in the August 2011 retreat at Merigar.

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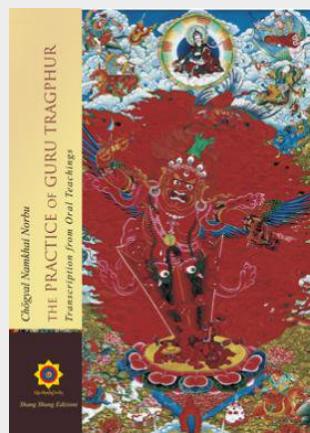
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The Practice of Guru Tragphur

Transcription from Oral Teachings

Compiled by

Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



“One of the most effective practices for controlling negativities is Guru Tragphur. This form of Guru Tragphur, however, is very special because it is the union of Hayagriva, Vajrapani, Garuda, and Vajrakilaya as well as Yangdag Heruka. This practice is a terma of my uncle Heka Lingpa, also known as Jamyang Chökyi Wangchug and Khyentse Yangsid Rinpoche.”

—Chögyal Namkhai Norbu

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The Practice of Vajrapani

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Chögyal Namkhai Norbu

This booklet contains a brief explanation of a concise practice of Vajrapani from the Lhalung Sangdag terma of Heka Lingpa (Jamyang Khyentse Chökyi Wangchuk).

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The Practice of Wözer Chenma

Compiled by
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on the basis of the teachings of
Chögyal Namkhai Norbu

Maritse or Wözer Chenma ('od zer can ma, "She who has rays of light"), a particular manifestation of Tara, is associated with the light of the sun. This teaching also includes an invocation written by Rinpoche's paternal grandmother, Lhundrub Tso (1864-1945), who was a direct disciple of Adzom Drugpa, and a short sadhana.

CHÖGYAL NAMKHAJ NORBU



• The Practice of •
Wözer Chenma

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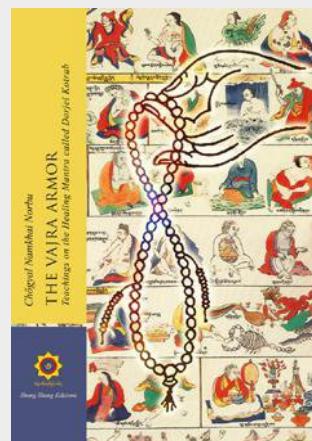


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Chögyal Namkhai Norbu

The Vajra Armor

Teachings on the Healing Mantra called
Dorjei Kotrab



Teachings on the Healing Mantra called Dorjei Kotrab. In 2006 Chögyal Namkhai Norbu transmitted the very precious healing mantra called Dorjei Kotrab several times. He explained: "Knowing that this is a very important and very essential healing mantra, Padmasambhava singled it out among all the different kinds of mantras and concealed it as a terma at Namke Trak, and later Dorje Lingpa discovered it. If you know this mantra you don't need to go after 'mantra healing' anymore, because this is the supreme 'mantra healing'. With it, you can benefit others, as well as protect yourself." This book contains all the complete and precise instructions that are needed to use it properly and correctly. It also contains an important mantra and an invocation to avert negative consequences to your health in particular circumstances linked to a specific date.

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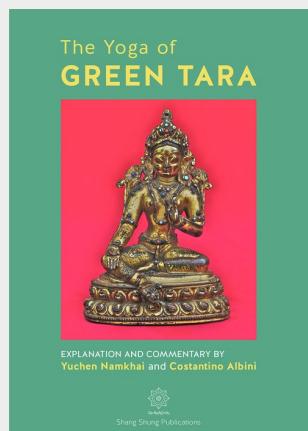
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Yuchen Namkhai and Costantino Albini

The Yoga of Green Tara

Explanation and Commentary by Yuchen
Namkhai and Costantino Albini



Transcription of a retreat held at Merigar from July 12 to 15, 2006

In a teaching retreat given at Merigar in 2006, Yuchen Namkhai and Costantino Albini explained and commented on the practice of Green Tara transmitted by Chögyal Namkhai Norbu, paying special attention to the various aspects of the visualizations, the mantras, and the mudras. In addition to explaining how to sing the melodies precisely and how to correctly pronounce the invocations in the Tibetan language, they communicated the meaning of the practice with heartfelt sincerity and reverence.

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Chögyal Namkhai Norbu

Twenty-One Praises to Tara



The *Twenty One Praises to Tara*, whose Sanskrit text is found in the Kangyur, were uttered by Buddha Shakyamuni and have been taught since ancient times. Their chanting, in which the 21 main manifestations of the Goddess are praised one by one, is one of the most widespread forms of Tara practice.

There are few Tibetans who do not know these praises by heart. They are practiced several times a day in every Tibetan monastery all around the world, and over the centuries innumerable benefits and miracles have been attributed to their recitation.

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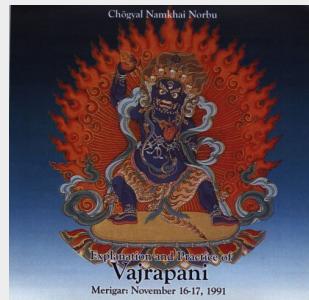
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Vajrapani

Compiled by
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Chögyal Namkhai Norbu



This audio recording consists of two parts. The first one is the explanation of an essential practice of Vajrapani (in peaceful and wrathful forms) coming from the Lhalung Sangdag terma of tertön Heka Lingpa (Jamyang Chökyi Wangchug), and the second part is the practice itself.

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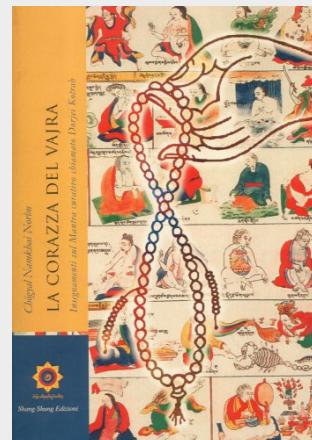
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[e-Book] La corazza del Vajra (PDF)

Insegnamenti sul mantra curativo chiamato Dorjei Kotrab



Nel 2006 Chögyal Namkhai Norbu ha trasmesso più volte il prezioso mantra curativo chiamato Dorjei Kotrab, la corazza del Vajra. Tra l'altro ha detto: "Sapendo che questo è un mantra curativo molto importante e molto essenziale, Padmasambhava lo ha selezionato tra tutti i vari mantra e lo ha nascosto come *terma* a Namke Trak, dove successivamente Dorje Lingpa lo ha riscoperto. Se conoscete questo mantra non avete bisogno di andare ulteriormente a caccia di mantra curativi perché questo è il mantra curativo supremo. Con questo mantra potete aiutare gli altri e proteggere voi stessi." Questo libro contiene tutte le istruzioni necessarie per utilizzare il mantra in maniera appropriata e corretta. Inoltre contiene un mantra molto importante ed una invocazione che servono a superare le conseguenze negative in particolari circostanze legate a date astrologicamente non favorevoli alla propria salute o alle proprie attività.

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Chögyal Namkhai Norbu

[ebook] The Practice of Sinhamukha (pdf)

Transcription of the teaching transmitted by Rinpoche at Merigar in 1991. Simhamukha is a wrathful manifestation of the Dakini Sangwa Yeshe.

CHÖGYAL NAMKHA NORBU

The Practice
of
SINHAMUKHA



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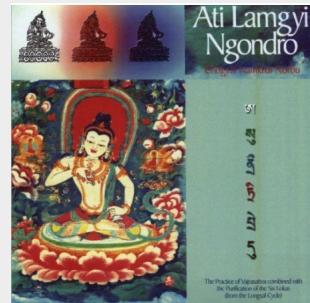
Chögyal Namkhai Norbu

Ati Lamgyi Ngondro [PRACTICE ONLY]

The practice of Ati Lamgyi Ngondro is a Terma of Chögyal Namkhai Norbu. It combines the practice of Guru Vajrasattva with inner rushen practice for purifying the six lokas. The practice is led by Adriano Clemente and the download is divided into separate tracks.

The full CD with Rinpoche's explanations can be found here:

<http://shop.shangshungfoundation.com/en/restricted/247-ati-lamgyi-ngondro-200000000084.html>



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Chögyal Namkhai Norbu

Chang Chog del Namchö Shitro

Un breve rito di purificazione per i defunti



Contiene la trascrizione dell'insegnamento dato nel novembre 2007 a Merigar West e il testo della pratica. Qui Chögyal Namkhai Norbu presenta un nuovo autentico modo di affrontare la morte e ciò che ne segue, tramite un rito che ha lo scopo di purificare il karma negativo e gli ostacoli dei defunti per dar loro la possibilità di accedere a una conoscenza superiore. Questo metodo, oltre a essere un ottimo mezzo per aiutare i defunti, ci dà la forza di affrontare la sofferenza dovuta alla perdita dei nostri cari e ci dà l'opportunità di poterli aiutare utilizzando la relazione che abbiamo avuto con loro quand'erano in vita. Questo breve rito del Changchog, che è collegato all'insegnamento dello Shitro di Namchö Mingyur Dorje, può essere eseguito facilmente da chiunque ne abbia ricevuto la trasmissione e desideri sinceramente aiutare i genitori, i parenti e gli amici defunti.

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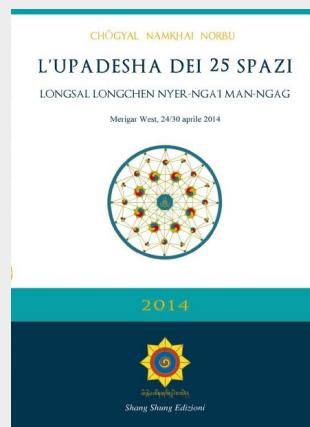


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Chögyal Namkhai Norbu

L'upadesha dei 25 spazi Longsal Longchen Nyer-Nga'i Man-ngag

Merigar West, 24-30 aprile 2014



Questa versione dei 25 spazi di Samantabhadra appartiene al ciclo del Longsal. Si tratta di suoni che si manifestano direttamente dalla dimensione del dharmakaya. La pratica dei 25 spazi di Samantabhadra è molto utile perché questi mantra, abbinati alla contemplazione, sono molto potenti per la purificazione. Ogni mantra ha una specifica funzione che favorisce la capacità del praticante di restare nello stato della contemplazione.

Il testo tibetano e la relativa traduzione si trovano in *Insegnamenti Longsal, Volume Settimo*.

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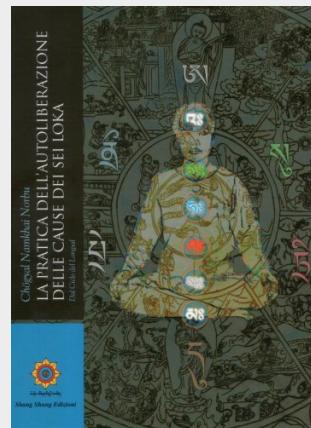


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Chögyal Namkhai Norbu

La pratica dell'autoliberazione delle cause dei sei loka

Dal ciclo del Longsal



Nell'insegnamento Dzogchen si usa moltissimo la purificazione dei sei loka. Che cosa significa? Ognuno di noi ha diverse emozioni, in particolare le cinque o sei emozioni principali. A causa di queste emozioni noi cadiamo sempre nella visione dualistica, siamo condizionati dalle emozioni, ne siamo sempre schiavi. Per questo siamo distratti ed accumuliamo molto karma negativo che diventa la causa dei sei loka. Col metodo Dzogchen noi non purifichiamo solo ciò che abbiamo già accumulato, ma purifichiamo principalmente le cause dell'accumulazione. Liberare tutto questo si chiama Gyudrug Rangdrol.

Il testo orginale tibetano e la relativa traduzione si trovano in *Insegnamenti Longsal, Volume Secondo*.

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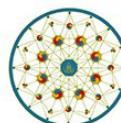
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Chögyal Namkhai Norbu

La pratica di purificazione dei sei loka Dorsem Rigdrug Nejong

Tenerife, 7-11 marzo 2014

CHÖGYAL NAMKHA NORBU
LA PRATICA DI PURIFICAZIONE DEI SEI LOKA
DORSEM RIGDRUG NEJONG
Tenerife Ned, 7-11 marzo 2014



La purificazione dei sei loka esiste solo nei sistemi Anuyoga e Dzogchen. Da questi insegnamenti sappiamo che siamo tutti condizionati dalle cinque emozioni che sono l'effetto delle cause accumulate in questa vita e nelle vite precedenti. Grazie alla conoscenza dell'insegnamento Dzogchen possiamo fare una pratica che purifica direttamente queste cause.

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Chögyal Namkhai Norbu

Le Scale che Conducono alla Liberazione

Istruzioni sul Ngöndro



Istruzioni sul Ngöndro

I preliminari per entrare nella pratica della profonda via dello Dzogpa Chenpo

sono tre:

1. La purificazione della mente attraverso i sette allenamenti mentali.
2. Il Guruyoga per ottenere il potenziamento.
3. Lo speciale ngöndro dello Dzogpa Chenpo.

Perciò senza dubbio è necessario applicare le istruzioni segrete basate sull'esperienza, conformi alle parole di Buddha, circa i metodi che servono a interrompere

i movimenti del prana e della mente ordinaria.

La sfera della saggezza dice: "Riguardo a queste perfette istruzioni segrete, nello

Dzogchen esistono metodi semplici ed estremamente efficaci per tagliare i pensieri illusori direttamente, senza che sia necessario praticare i numerosi metodi

straordinari della tradizione del Mantra Segreto superiore. Se li si applica correttamente, il pensiero illusorio e il prana karmico si interromperanno da soli."

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Chögyal Namkhai Norbu

Narag Tongtrug

[PRACTICE ONLY]



This mp3 cd contains the practice of Narag Tongtrug, a teaching found in both Mahayoga and Anuyoga. Narag means "hell" and more generally the three lower realms of existence. Tongtrug means "to reserve" or "to empty". The instructions contained herein pertain to the Anuyoga practice system and are based on a brief text by Lochen Dharmashri (1654-1718) called Na rag dong sprugs phyag rgya gcig pa'i khrid yig zab lam snang byed. The tun was compiled and edited from a practice retreat held in Merigar led by Adriano Clemente in December 1998. Periods of silence are included to allow for the application of the instructions Rinpoche gave in the teachings.

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Practicing Together: Vajrasattva and 25 Spaces

A set of two audio recordings:

- * The practice of purification with Vajrasattva and the 25 Spaces of Samantabhadra
- * The explanation of the above practices by Adriano Clemente



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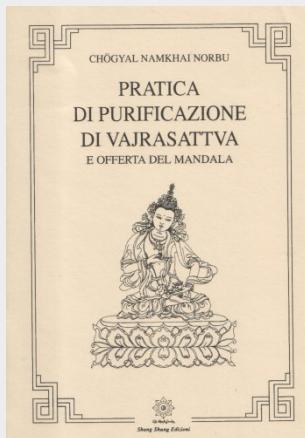
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Pratica di purificazione di Vajrasattva e offerta del mandala

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



Una pratica di Vajrasattva per la purificazione trasmessa dal Maestro negli anni '70.

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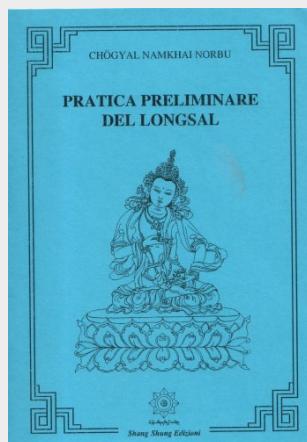


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Chögyal Namkhai Norbu

Pratica preliminare del Longsal



Un mazzo di bianchi fiori di loto, metodo per purificare le sedi dei sei loka attraverso la pratica di Guru Vajrasattva.

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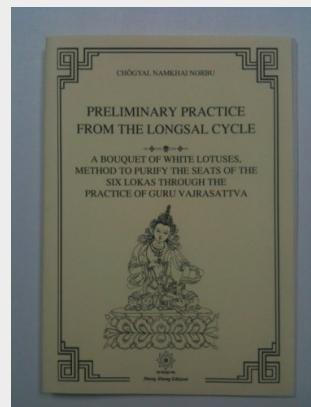
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Chögyal Namkhai Norbu

Preliminary Practice from the Longsal Cycle

A Bouquet of White Lotuses, Method to Purify the Seats of the Six Lokas through the Practice of Guru Vajrasattva



This booklet entitled A Bouquet of White Lotuses: Preliminary Practice from the Longsal Cycle, Method to Purify the Seats of the Six Lokas through the Practice of Guru Vajrasattva contains an essential practice of the purification of the Six Lokas combined with the practice of Guru Vajrasattva.

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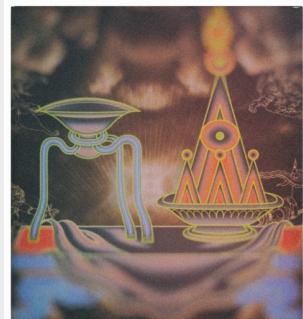
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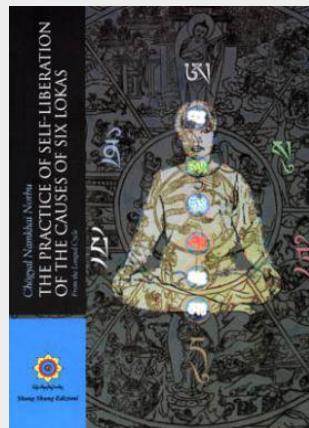
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The Practice of Self-Liberation of the Causes of Six Lokas

From the Longsal Cycle



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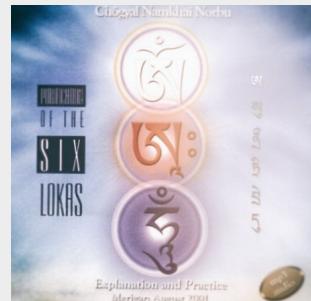


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The practice of The Purification of the Six Lokas, by Chögyal Namkhai Norbu.

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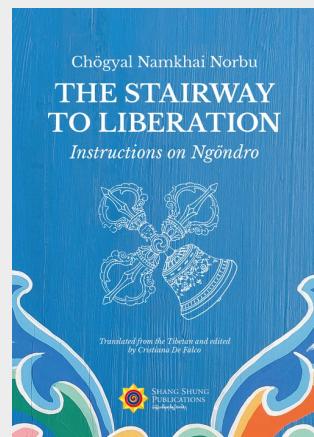
The preliminaries for entering the practice of the profound path of Dzogpa Chenpo are of three kinds:

1. Purification of one's mind through the seven Mind Trainings.
2. Guruyoga in order to receive the blessing.
3. A special Ngöndro of Dzogpa Chenpo.

The Sphere of Wisdom says: "There is no doubt that it is necessary to apply the secret instructions established through experience and corresponding with the words of the Buddha regarding the methods to cut the movements of the coarse prana and mind. Regarding such perfect secret instructions, in Dzogchen simply and highly effective methods exist to cut illusory thoughts directly, without the necessity of practicing the many extraordinary methods of the tradition of the Highest Secret Mantra. If one applies them, the illusory thought and karmic prana will stop by themselves."

I, the Dzogchenpa Namkhai Norbu, wrote this down by hand on the basis of the profound Vajra words of the Rigdzins and Mahasiddhas. May this benefit many sentient beings!

Chögyal Namkhai Norbu



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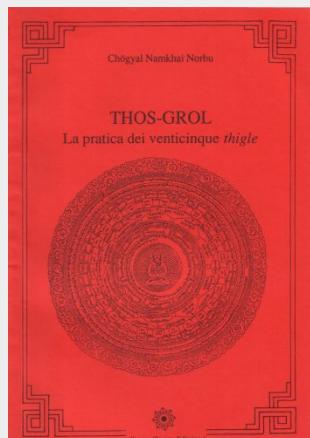
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THÖDROL. La pratica dei venticinque thigle

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



Trascrizione di insegnamenti dati a Merigar nel settembre del 1995 e a Namgyalgar nel dicembre del 1995 sul Korde Rangdrol, *terma* di Changchub Dorje.

Questi venticinque mantra rappresentano l'unificazione dello stato di Samantabhadra Yab-Yum. Ogni mantra ha una funzione specifica, innanzitutto per purificare il karma negativo, poi per sviluppare la chiarezza, per favorire la realizzazione, per aumentare la capacità dell'integrazione.

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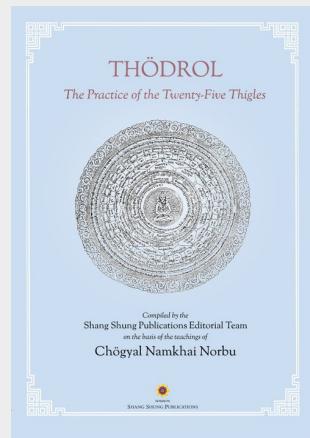
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THÖDROL. The Practice of the Twenty-five Thigles

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



The 25 thigle are specific mantras belonging to the category of the “natural sound of Dharmata”. Their different versions are presented in various thödrol (“liberation through hearing”) tantras. This book contains the thödrol teaching given by Chögyal Namkhai Norbu at Namgyalgar, Australia, in December 1995 and Merigar, Italy, September 1995, based on terma teachings of Rigidzin Changchub Dorje.

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Chögyal Namkhai Norbu

[audio] Sang offering and Serkyem of the eight classes (mp3)



“This very short Sang Offering was written by Adzom Drugpa, a great Dzogchen master gifted with profound understanding and a discoverer of many termas. The Sang rite is principally for purification and, in particular, for purifying the energy of the individual. It is said, in fact, that every individual possesses five divinities corresponding to five types of energy that protect and maintain the positive aspects of the individual. When one’s own protective energy is weakened, one becomes passive and vulnerable to negative influences, so the Sang rite purifies the obstacles and negative forces linked to the place in which one lives, because the local guardians and their energy also influence the individual.

The Degyed Serkyem is a very special Serkyem. It was composed by Nub Sangye Yeshe, a very important Dzogchen practitioner who was also a very powerful Vajrayana practitioner. Degyed Serkyem is a rite for making contact or communicating with the Eight Classes and particularly with the local guardians.”

—Chögyal Namkhai Norbu

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Chögyal Namkhai Norbu

[ebook] An Oral Commentary to Narag Tongtrug (mobi, epub)

“This practice pertains to the Anuyoga tradition and its related method to achieve the final goal that is the state of contemplation tied to the Dzogchen teaching. It is considered very important, above all, in order to purify negative karma and obstacles connected with breaking samaya with the teaching.”

—Chögyal Namkhai Norbu

Chögyal Namkhai Norbu



An Oral Commentary
to
Narag Tongtrug

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Chögyal Namkhai Norbu

[ebook] Le Scale che Conducono alla Liberazione (mobi, epub)

Istruzioni sul Ngöndro

Istruzioni sul Ngöndro

I preliminari per entrare nella pratica della profonda via dello Dzogpa Chenpo

sono tre:

1. La purificazione della mente attraverso i sette allenamenti mentali.
2. Il Guruyoga per ottenere il potenziamento.
3. Lo speciale ngöndro dello Dzogpa Chenpo.

Perciò senza dubbio è necessario applicare le istruzioni segrete basate sull'esperienza, conformi alle parole di Buddha, circa i metodi che servono a interrompere

i movimenti del prana e della mente ordinaria.

La sfera della saggezza dice: "Riguardo a queste perfette istruzioni segrete, nello

Dzogchen esistono metodi semplici ed estremamente efficaci per tagliare i pensieri illusori direttamente, senza che sia necessario praticare i numerosi metodi

straordinari della tradizione del Mantra Segreto superiore. Se li si applica correttamente, il pensiero illusorio e il prana karmico si interromperanno da soli."

Chögyal Namkhai Norbu

LE SCALE CHE CONDUCONO ALLA LIBERAZIONE

Istruzioni sul Ngöndro



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Instructions on Ngöndro

Instructions on Ngöndro

The preliminaries for entering the practice of the profound path of Dzogpa

Chenpo are of three kinds:

1. Purification of one's mind through the seven Mind Trainings.
2. Guruyoga in order to receive the blessing.
3. A special Ngöndro of Dzogpa Chenpo.

The Sphere of Wisdom says: "There is no doubt that it is necessary to apply the

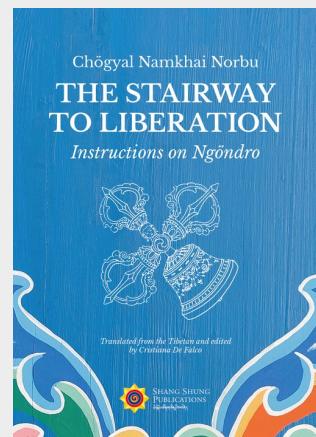
secret instructions established through experience and corresponding with the

words of the Buddha regarding the methods to cut the movements of the coarse

prana and mind.

Regarding such perfect secret instructions, in Dzogchen simply and highly effective methods exist to cut illusory thoughts directly, without the necessity of

practicing the many extraordinary methods of the tradition



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Chögyal Namkhai Norbu

Gomadevi [PRACTICE ONLY]



The Jnanadakini Gomadevi practice belongs to the precious cycle of teachings entitled The Luminous Clarity of the Universe, Heart Essence of the Dakinis.

YOU CAN PURCHASE THIS BOOK ONLY IF YOU HAVE RECEIVED THE INITIATION OF JNANADAKINI OR THE READ AUTHORIZATION (LUNG) FOR THIS PARTICULAR PRACTICE

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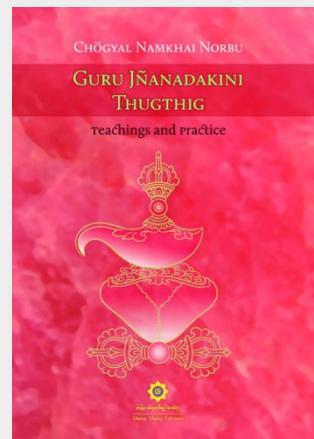
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Guru Jnanadakini Thugthig

Teachings and Practice

Compiled by

Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



This book, based on teachings given in Crimea (2005), at Merigar (2005), and at Namgyalgar (2009), combines instructions conveying a general understanding of the three paths of liberation (Sutra, Tantra, and Dzogchen) with detailed teachings on the Guru Jnanadakini practice, part of the Longchen Wösal Khandro Nyingthig series.

"Before learning about the practice of Jnanadakini, it is important to understand what is meant by Jnanadakini. We should not think of her as a kind of lady or a sort of statue. Jnanadakini is related with our knowledge, our understanding. The instant presence we talk about is Jnanadakini. If we are not in that state, Jnanadakini does not exist. She is the essence of all Jnanadakinis or wisdom dakinis, the union of all three kayas. The dharmakaya aspect is Samantabhadri; the sambhogakaya aspect is Guhyajnana (Sangwa Yeshe in Tibetan); one nirmanakaya manifestation is Gomadevi and another is Mandarava. Her real essence is the state of our teacher manifesting in the form of the Wisdom Dakini. This is why we call her Guru Jnanadakini."

—Chögyal Namkhai Norbu

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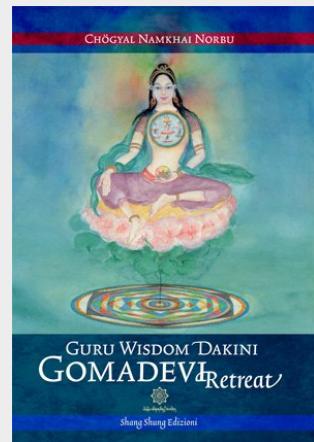


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Chögyal Namkhai Norbu Guru Wisdom Dakini Gomadevi Retreat



The very first teachings on Wisdom-Dakini Guru Gomadevi given by Chögyal Namkhai Norbu are contained in this book. The text is a precise transcription of these special revealed teachings, as explained by the treasure-discoverer himself, during the retreat in Tashigar Norte, Margarita Island, Venezuela, in March 2004. As the master said when he gave these teachings:

“We must understand what Jnanadakini means, what Gomadevi means... Jnanadakini is what we call instant presence: it is our real knowledge, our understanding. If we are not present in that state, Jnanadakini does not exist.”

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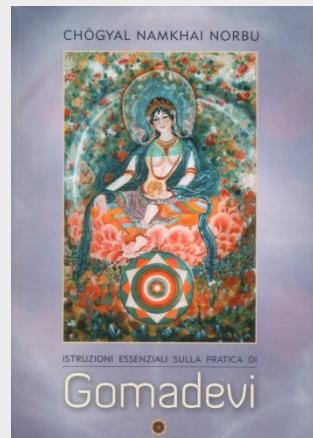
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Chögyal Namkhai Norbu

Istruzioni essenziali sulla pratica di Gomadevi



La pratica della Jñanadakini Gomadevi appartiene al prezioso ciclo di insegnamenti *La chiarezza luminosa dell'universo, essenza del cuore delle Dakini*, o *Longsal*, ed è stata ricevuta dal Maestro Chögyal Namkhai Norbu, attraverso una serie di rivelazioni in sogno, in un periodo che va dal 1985 al 2007. Questa pratica, che si può abbinare alla Danza del Canto del Vajra, è stata trasmessa in diverse forme: lunga, media e breve. In questo libro sono riportate tutte e tre le versioni. La pratica si può eseguire con l'uso di strumenti rituali quali il damaru, la campana e il vajra, oppure solo con la campana e il vajra, o anche senza l'ausilio di strumenti rituali, con la semplice esecuzione delle mudra.

La prima parte del libro contiene le istruzioni essenziali per eseguire la pratica, la seconda parte contiene il testo della pratica stessa, corredata da illustrazioni per la visualizzazione e dalle indicazioni per l'uso e le battute degli strumenti rituali. In Appendice sono riportate le istruzioni per le offerte rituali e i benefici della pratica.

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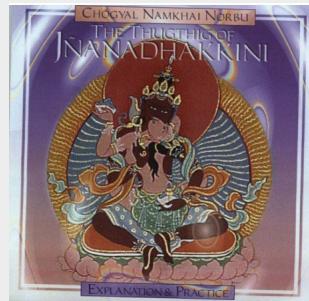


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Chögyal Namkhai Norbu Jnanadhakkini Thugthig [PRACTICE ONLY]



The Thug Thig of Jnanadhakkini is from the Longsal Cycle of teachings rediscovered by Chögyal Namkhai Norbu. It deals with the aspect of the Jnanadhakkini or Wisdom Dhakkini to which also the practices of Mandarava and Gomadevi belong. It was taught for the first time in Crimea 2000 and then in Merigar the same year.

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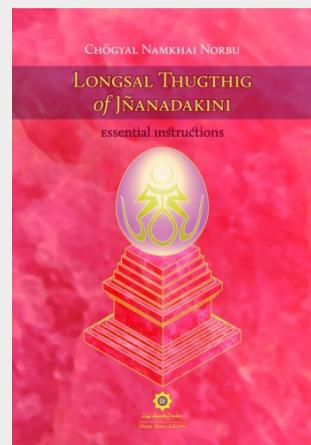
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Longsal Thugthig of Jnanadakini

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



These essential instructions, composed of the words of the Master, serve as a practical guide for the short and medium versions of the practice of the Longsal Thugthig of Jnanadakini. The text is a compilation of passages explicitly relating to the practice, taken from transcriptions of retreats in Crimea (2005), at Merigar (2005), and at Namgyalgar (2009) as well as from the root text revealed in dreams of the Master (Longsal Teachings, vol. VII), with the source of each passage clearly identified. In some instances, different passages on the same aspect of the practice have been presented so the reader can benefit from a comparison of the various nuances of the teaching transmitted by the Master at different retreats. Extensive notes, also based on words of the Master, clarify fundamental concepts and convey a deeper understanding of details of the practice. The practice text itself, with drawings and color images illustrating the visualizations and mudras, is included in a separate section of the book.

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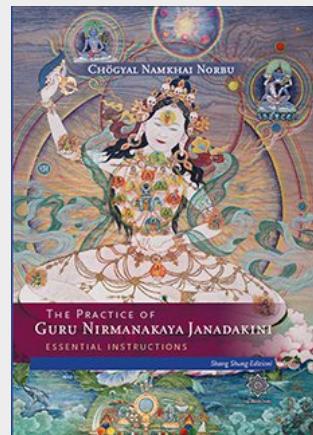


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Chögyal Namkhai Norbu

The Practice of Guru Nirmanakaya Jnanadakini

Essential Instructions



The practice of Guru Nirmanakaya Jnanadakini is a terma teaching of Dzogchen Master Chögyal Namkhai Norbu and belongs to his Longsal cycle of teachings.

This book contains the essential instructions for performing the practice of Guru Nirmanakaya Jnanadakini, compiled in particular from the teachings given in August 2010 at Merigar West as well as in 2007 at Tashigar North. It comprises instructions on visualizations and mantra recitation, illustrations of the mudras (including with ritual instruments), instructions on how to play the ritual instruments, illustrations of the deity in yab/yum form, and the practice text.

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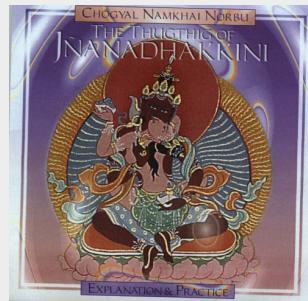


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Chögyal Namkhai Norbu

The Thugthig of Jnanadhakkini - Explanation and practice



The Thug Thig of Jnanadhakkini is from the Longsal Cycle of teachings rediscovered by Chögyal Namkhai Norbu. It deals with the aspect of the Jnanadhakkini or Wisdom Dhakkini to which also the practices of Mandarava and Gomadevi belong. It was taught for the first time in Crimea 2000 and then in Merigar the same year.

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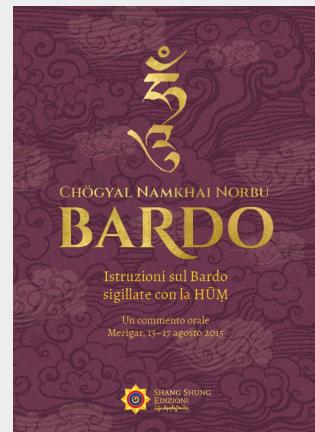


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Chögyal Namkhai Norbu

Bardo Istruzioni sul Bardo sigillate con la Hum

Un Commento Orale Merigar 13 - 17 Agosto
2015



BARDO

Istruzioni sul Bardo sigillate con la HŪM

BARDO. Le istruzioni sul bardo sigillate con la HŪM è uno straordinario insegnamento che appartiene al ciclo “La chiarezza luminosa dell’universo, intima essenza delle dakini” riscoperto da Chögyal Namkhai Norbu, e contiene le istruzioni basate sull’esperienza relative ai diversi stati intermedi, o bardo, incluse le spiegazioni sul momento della morte, gli stati successivi e i vari modi di ottenere la liberazione in quei particolari momenti.

BARDO. Istruzioni sul bardo sigillate con la HŪM - Un commento orale, si basa sugli insegnamenti che Chögyal Namkhai Norbu ha dato a Merigar West dal 13 al 17 agosto 2015 e su citazioni del ritiro sullo stesso argomento che si è tenuto in Giappone, a Kyoto, dal 15 al 18 ottobre 2015.

Alcuni sono sempre preoccupati e dicono: “La mia vita è piena di problemi.” Avete tanti problemi perché credete troppo alla realtà della vita. La vita non è altro che un lungo sogno. Domani, quando morirete, non esisterà più nulla di questa vita per voi, quindi non datele troppa importanza, è solo relativa. Per la nostra vera natura la morte non esiste. Noi dobbiamo stare nella nostra vera natura, non nella mente. La morte è relativa, è come uno piacevole vacanze in un hotel in

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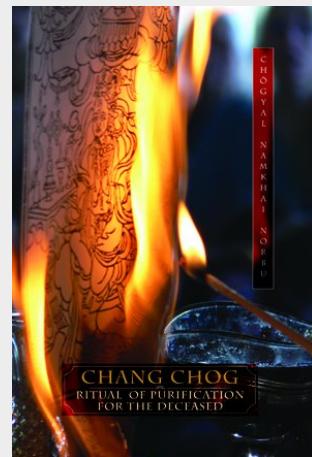
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Chögyal Namkhai Norbu

Chang Chog Ritual of Purification for the Deceased



Connected to the Shitro Teachings of Namchö Mingyur Dorje, the Chang Chog ritual can be easily performed by anyone who has received its transmission and wishes to help his or her deceased father, mother, partner, friends, or relatives. The purpose of the ritual is to purify the negative karma and obstacles of the deceased and to give the deceased a chance to access higher knowledge. In addition to being one of the best ways to help the deceased, practicing this ritual gives us the strength to overcome the suffering of having lost our loved ones and a sense that we can do something for those who have died.

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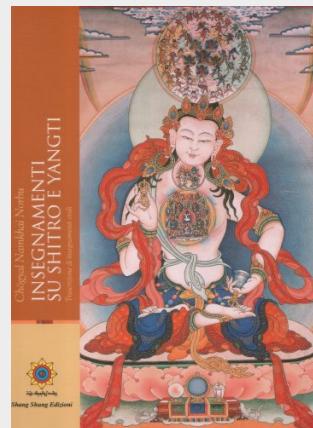


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Insegnamenti su Shitro e Yangti

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



Questo libro contiene ampie e approfondite spiegazioni sull'insegnamento dello Shitro, in particolare sul *terma* dello Shitro di Namchö Mingyur Dorje, e sull'insegnamento dello Yangti, in particolare sui *terma* dello Yangti di Tungtso Repa contenente le istruzioni di Guru Padmasambhava. Oltre alle spiegazioni sul vero senso di questi insegnamenti, il libro contiene le istruzioni sulla pratica dello Shitro e le istruzioni sui preliminari del ritiro al buio, tra cui il Guruyoga della A bianca. In appendice è riportato il testo della pratica dello Shitro e il testo del Guruyoga della A bianca: entrambi sono stati scritti da Rinpoche con alcune concise istruzioni per la pratica. La traduzione dal tibetano è di Adriano Clemente.

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Chögyal Namkhai Norbu

Istruzioni sul Bardo sigillate con la HUM

Merigar West, 13-17 agosto 2015

In questo insegnamento, che appartiene al ciclo del Longsal, il Maestro spiega in dettaglio le varie fasi del *bardo*, o stato intermedio, che costituiscono la nostra esistenza, e le pratiche del giorno e della notte che ci preparano al momento della morte. Questo insegnamento è stato ricevuto attraverso cinque sogni descritti per esteso nel corso del ritiro. Il testo originale tibetano e la relativa traduzione si trovano nel settimo volume degli *Insegnamenti Longsal*.



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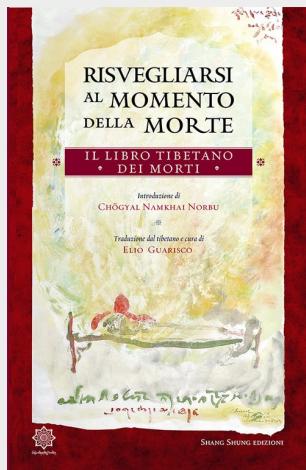


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Chögyal Namkhai Norbu

Risvegliarsi al momento della morte

Il libro tibetano dei morti



Traduzione dal tibetano di Elio Guarisco

Conosciuto in Tibet come “La grande liberazione mediante l’udito”, questo libro è un manuale di istruzioni per guidare i moribondi nel difficile percorso del momento della morte e i defunti nello sconvolgente stato post mortem in cui essi vagano confusi alla ricerca di una nuova vita. Il lettore innanzitutto deve risvegliarsi alla consapevolezza che la morte fa inevitabilmente parte della vita. Se lo comprendiamo davvero, la vita diventa più significativa, e quando la morte bussa alla nostra porta noi possiamo guardarla in faccia e siamo pronti ad usare quel momento cruciale per raggiungere l’autorealizzazione.

—Chögyal Namkhai Norbu

Nel presente volume si è voluta seguire l’intenzione di Chögyal Namkhai Norbu, espressa nella sua nota alla traduzione della edizione italiana del 1983: “Più che rendere il testo in una prospettiva strettamente accademica, pur rimanendo fedele all’originale ho scelto un approccio più adatto a un pubblico laico occidentale.”

—Elio Guarisco

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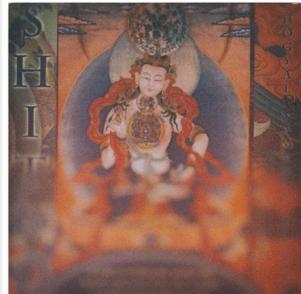
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Chögyal Namkhai Norbu

Shitro [PRACTICE ONLY]



The practice was recorded at Merigar just after the events of September 11, 2001 and has been divided into separate tracks for easy memorization.

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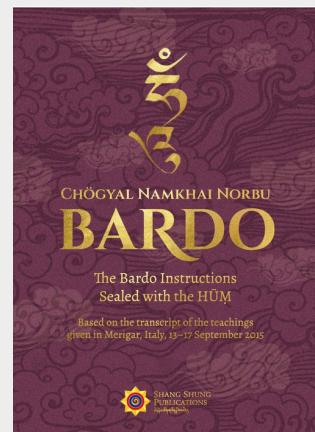


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The Bardo Instructions Sealed with the HUM

Based on the Transcript of the Teachings
given in Merigar, Italy, 13 - 17 August 2015



The Bardo Instructions Sealed with the HŪM is an extraordinary teaching belonging to the cycle of The Luminous Clarity of the Universe, Heart Essence of the Dakinis rediscovered by Chögyal Namkhai Norbu. It contains experiential instructions related to different types of intermediate states (bardo), including explanations of the moment of death and the states afterwards as well as various ways of attaining liberation in these special moments.

The Bardo Instructions Sealed with the HŪM: An Oral Commentary is based on the teachings given by Chögyal Namkhai Norbu at Merigar West, Italy, 13–17 August 2015, accompanied by notes from the retreat on the same topic in Kyoto, Japan, 15–18 October 2015.

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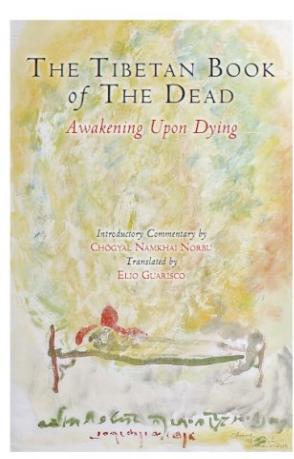
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Tertön Karma Lingpa

The Tibetan Book of the Dead

Awakening Upon Dying



Translated from Tibetan by Elio Guarisco

Known in Tibet as the *Great Liberation through Hearing*, this book is a manual of instructions to guide the dying person on the difficult path at the moment of death and the deceased person in the bewildering postmortem state, as he or she wanders in confused search for a new life. The reader first needs to awaken to the awareness that death is an ineluctable part of life. If we truly know that, our life becomes more meaningful, so that we can face death when it knocks on our door and are prepared to use that crucial time for self-realization.

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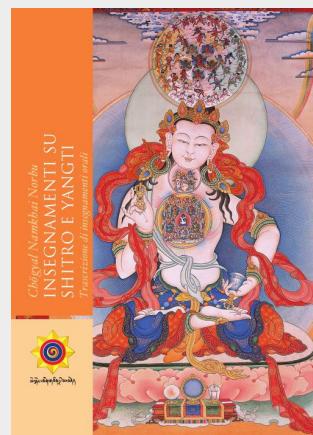
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Questo libro contiene ampie e approfondite spiegazioni sull'insegnamento dello Shitro, in particolare sul *terma* dello Shitro di Namchö Mingyur Dorje, e sull'insegnamento dello Yangti, in particolare sui *terma* dello Yangti di Tungtso Repa contenente le istruzioni di Guru Padmasambhava. Oltre alle spiegazioni sul vero senso di questi insegnamenti, il libro contiene le istruzioni sulla pratica dello Shitro e le istruzioni sui preliminari del ritiro al buio, tra cui il Guruyoga della A bianca. In appendice è riportato il testo della pratica dello Shitro e il testo del Guruyoga della A bianca: entrambi sono stati scritti da Rinpoche con alcune concise istruzioni per la pratica. La traduzione dal tibetano è di Adriano Clemente.

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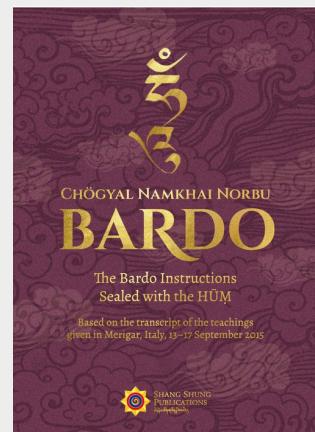


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Chögyal Namkhai Norbu

[ebook] The Bardo Instructions Sealed with the HUM (mobi, epub)

Based on the Transcript of the Teachings
given in Merigar, Italy, 13 - 17 September 2015



The Bardo Instructions Sealed with the HŪM is an extraordinary teaching belonging to the cycle of The Luminous Clarity of the Universe, Heart Essence of the Dakinis rediscovered by Chögyal Namkhai Norbu. It contains experiential instructions related to different types of intermediate states (bardo), including explanations of the moment of death and the states afterwards as well as various ways of attaining liberation in these special moments.

The Bardo Instructions Sealed with the HŪM: An Oral Commentary is based on the teachings given by Chögyal Namkhai Norbu at Merigar West, Italy, 13–17 September 2015, accompanied by notes from the retreat on the same topic in Kyoto, Japan, 15–18 October 2015.

Please note that ePub version contains the Tibetan text whereas the Mobi version does not.

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Il Mo. Una tecnica divinatoria tibetana

Compiled by
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Chögyal Namkhai Norbu



Un conciso manuale su un metodo tibetano di divinazione tramite una mala (*phreng mo*). Insegnamenti dati negli anni '70.

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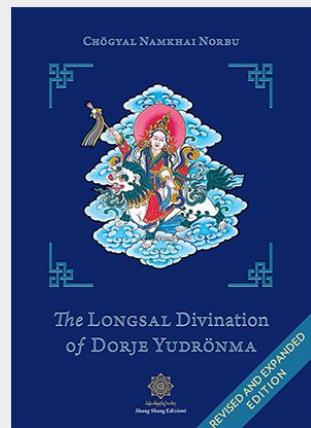


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Chögyal Namkhai Norbu

The Longsal Divination of Dorje Yudrönma + dice set



The art of divination or Mo has always been widespread in Tibetan culture. Various methods of prediction have been practiced and passed down from ancient times.

The *Tag-ril Divination of Dorje Yudrönma* (*Rdo rje g.yu sgron ma'i phywa mo'i brtag ril*) is a short, cryptic text on divination that the Author received in 2009 as part of the Longsal cycle of teachings. Dorje Yudrönma, queen of the Pramohas, is the guardian of the Longsal teachings. *The All-Illuminating Lamp* (*Kun gsal sgron me*) is a detailed commentary meant to be used as a practical manual.

This method of divination uses five dice with the colors of the five elements, rather than numbers, as the identifying factor in the various responses. Outcomes depend upon the relationship between elements according to the system of Tibetan astrology. One hundred twenty different combinations are possible.

The twelve categories of prediction are: protective energy, spirituality, goals and wishes, social condition, family, travel, marriage and relationships, business, health, enemies and negative forces, gifts of fortune, and wealth.

The five dice necessary for performing the divination are included with the book.

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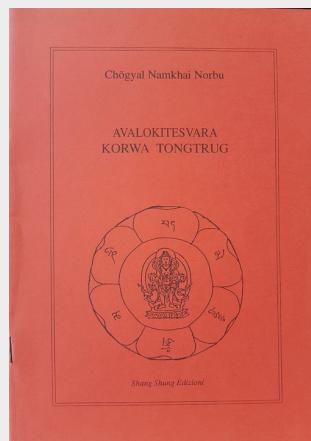
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Avalokiteshvara Korwa Tongtrug

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Questa pratica appartiene all'insegnamento Anuyoga e la sua finalità è lo stato dello Dzogchen. Questa forma di Avalokiteshvara si chiama Korwa Tongtrug, che significa rovesciare o svuotare il samsara: perciò può dare tanto beneficio non solo a noi stessi ma a tutti gli esseri. Questo insegnamento è stato trasmesso originariamente da Guru Padmasambhava alla sua consorte Yeshe Tsogyal e ai suoi discepoli, tra i quali Vairochana. Da un *terma* di Adzom Drugpa Drondul Pawo Dorje.

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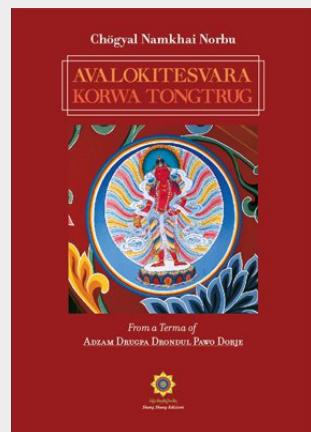
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Avalokiteshvara Korwa Tongtrug

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Chögyal Namkhai Norbu



This practice is a terma discovered by the master Adzom Drugpa and belongs to the cycle of *The Secret Treasure of the Vajra of Clear Light*. The lineage of this practice goes back to Vairochana, Yeshe Tsogyal and Guru Padmasambhava. This booklet presents the teachings given by Chögyal Namkhai Norbu in Merigar on Easter 1991.

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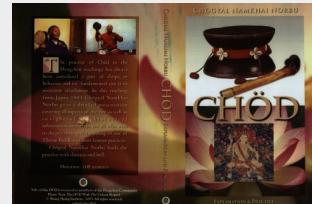
Chögyal Namkhai Norbu

Chöd

Explanation and Practice

The practice of Chöd in the Dzogchen teachings has always been considered a part of chöpa or behavior, and its fundamental aim is to overcome attachment. In this teaching from Japan 1993 Chögyal Namkhai Norbu gives a detailed presentation covering all aspects of the rite as well as insightful historical information important for all who wish to deepen their understanding of one of Tibetan Buddhism's most famous practices.

Chögyal Namkhai Norbu leads the practice with damaru and bell.



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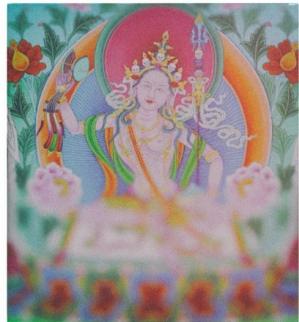
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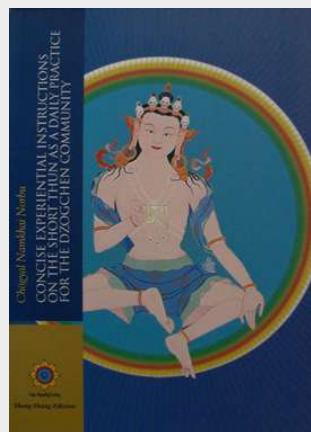
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Concise Experiential Instructions on the Short Thun as a Daily Practice for the Dzogchen Community



A short but precise explanation of the Short Thun, an essential practice combining the most important points of the practice of Anuyoga and Dzogchen, based on the principle of Guruyoga, written by Chögyal Namkhai Norbu for the practitioners of the Dzogchen Community. The Tibetan is included.

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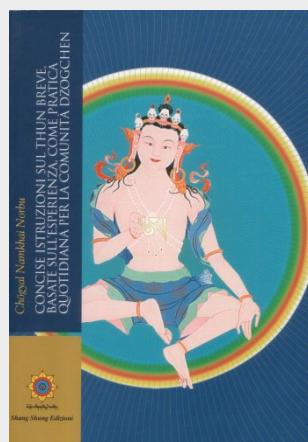
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Concise istruzioni sul Thun Breve basate sull'esperienza

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Dzogchen



Traduzione dal tibetano di Adriano Clemente

Una breve ma precisa spiegazione del Thun Breve scritta da Chögyal Namkhai Norbu quale complemento del suo ciclo di terma del Longsal. Contiene il testo tibetano a fronte.

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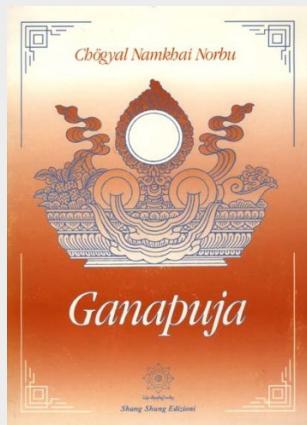
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Una spiegazione del significato essenziale della Ganapuja seguita dalle norme pratiche per la preparazione, la presentazione e il consumo delle offerte materiali. Include il testo della pratica nella versione aggiornata. Raccolta di insegnamenti dati in varie parti del mondo dal 1980 al 1997.

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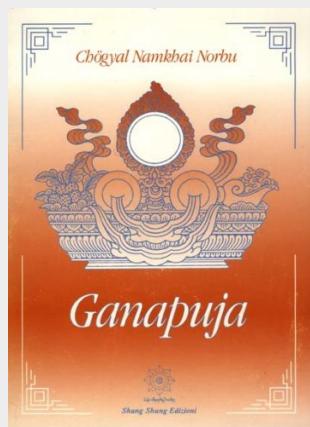
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A long and general explanation of the real meaning of the Ganapuja followed by an explanation of the ritual itself, the way to behave during the practice and the updated way of doing the practice. This book contains teachings given in different parts of the world between 1980 and 1997.

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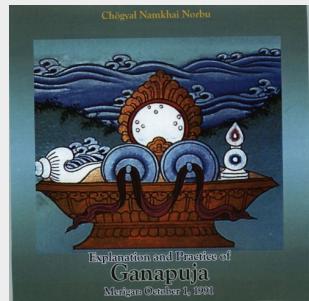
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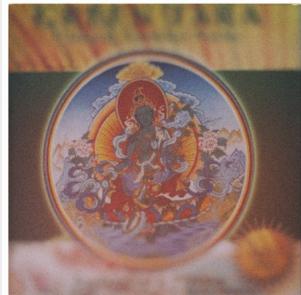


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Il libro dei Tun e della Ganapuja



Questa edizione illustrata del libro dei Tun contiene il testo tibetano e italiano dei vari Tun (breve, medio, lungo), della Ganapuja (semplice, breve, media, lunga), l'Invocazione della lampada e le pratiche del Namkha e del Lungta. Inoltre contiene le immagini a colori delle visualizzazioni, delle mudra, dei maestri, delle divinità e delle guardie collegate a queste pratiche. Infine contiene le istruzioni per suonare la campanella e il tamburo, inclusa la posizione del tamburo secondo l'azione richiesta.

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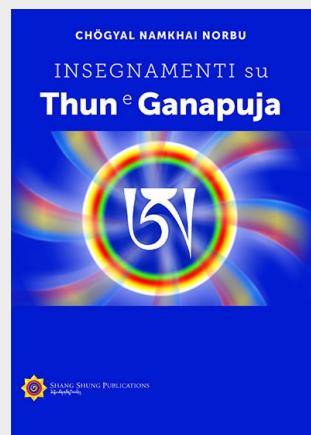
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Insegnamenti su Thun e Ganapuja

*Compiled by
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Chögyal Namkhai Norbu*



Questo libro contiene le spiegazioni dei Thun breve, medio e lungo e della Ganapuja semplice, breve, media e lunga che Chögyal Namkhai Norbu ha trasmesso per la Comunità Dzogchen. I testi delle relative pratiche si trovano ne *Il libro dei Thun e della Ganapuja*.

I Thun e la Ganapuja sono pratiche secondarie, che hanno però lo scopo di aiutarci a integrare l'essenza della trasmissione Dzogchen: il Guruyoga o stato della contemplazione. Da questo punto di vista qualunque pratica secondaria, se combinata col Guruyoga, diventa una pratica principale.

Inoltre l'applicazione delle pratiche secondarie rafforza la connessione con il Maestro, l'insegnamento e, soprattutto nella versione collettiva, con gli altri praticanti, rendendo questa connessione un mezzo per sviluppare la nostra comprensione e la nostra realizzazione dello stato primordiale.

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La pratica dei Lungta e la pratica di purificazione del Jogur

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Lungta indica la forza protettiva dell'individuo che è simboleggiata da un cavallo sormontato da un gioiello. Questa immagine, insieme ad alcuni mantra, viene riprodotta su bandierine di cinque colori, successivamente esposte all'azione dei venti per sviluppare e rafforzare la nostra energia vitale.

Oltre alla pratica dei Lungta, questo libro contiene anche la pratica di purificazione che si esegue all'interno del Jogur, una struttura conica fatta di bandierine Lungta.

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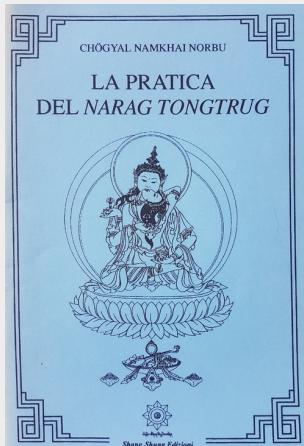
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La pratica del Narag Tongtrug

Traduzione dal tibetano di Adriano Clemente

Istruzioni sulla pratica del Narag Tongtrug secondo il sistema dell'Anuyoga compilate da Chögyal Namkhai Norbu sulla base del testo originale di Lochen Dharmashri.



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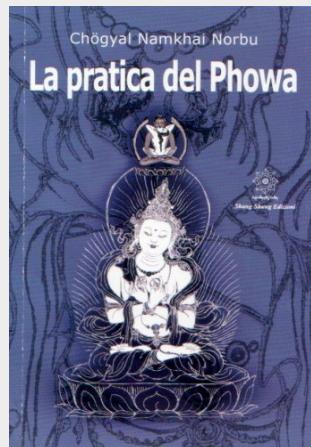
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La pratica del Phowa

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Questo libro contiene la traduzione del testo originale tibetano *Il trasferimento per purificare i tre kaya* secondo il terma del Rigdzin Changchub Dorje. Seguono gli estesi insegnamenti orali sul Phowa trasmessi da Chögyal Namkhai Norbu durante un ritiro tenuto in Galles nel 1994 e il testo della pratica riguardante i tre diversi Phowa del dharmakaya, del sambhogakaya e del nirmanakaya. Il Phowa più diffuso e praticato è quello del nirmanakaya. Questa pratica è legata principalmente al livello relativo ed è anche detta “Phowa delle tre considerazioni” (la coscienza, il luogo dove trasferirla e la via del canale centrale). Ma le considerazioni sono sempre relative: fare delle considerazioni equivale a pensare e giudicare, e quindi naturalmente questo non è il Phowa supremo. Il Phowa del dharmakaya e del sambhogakaya sono superiori e più essenziali, ma chi non ha la capacità di essere nella vera natura del dharmakaya o nello stato della contemplazione, e chi non ha nemmeno la capacità della trasformazione, fa bene a imparare questa pratica che può essere molto utile.

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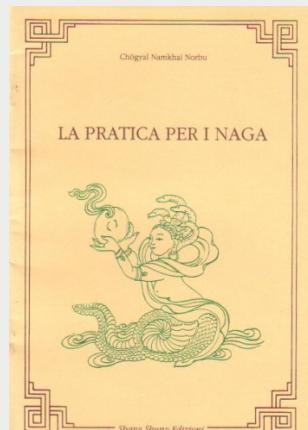
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La pratica per i Naga

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Chögyal Namkhai Norbu



I Naga, che costituiscono una delle Otto Classi, dominano l'elemento acqua, ma sono anche legati alla terra e agli ambienti sotterranei. Insegnamenti dati a Merigar nel 1993.

Spesso i Naga ci creano molti problemi, ma noi con la pratica, attraverso la trasmissione, possiamo entrare in contatto con loro grazie al samaya, cioè alla promessa di obbedienza che lega questi esseri ai realizzati. Questo è l'unico modo per comunicare con i Naga. La pratica per i Naga va fatta solo in determinati giorni. Nel calendario tibetano vengono sempre indicati i giorni positivi o negativi per questa pratica.

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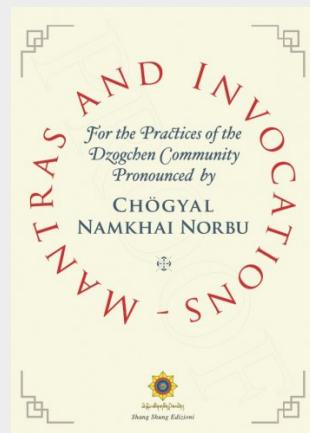
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Chögyal Namkhai Norbu

Mantras and Invocations for the Practices of the Dzogchen Community



The purpose of this book is to ensure the correct pronunciation of the mantras and invocations as transmitted by the Master. It comes with a recording recently made by Rinpoche specifically to accompany the book. Contains a large collection of mantras and invocations transmitted by Chögyal Namkhai Norbu, including all Guruyoga practices, Yidam transformation practices, all series of Ganapuja, long-life practices, purification practices, protection mantras, and Guardian invocations as well as Medicine Buddha mantras, the Naga rite, Sang, and Serkyem.

The emphasis of these recordings is specifically on the pronunciation of the mantras. The melodies are not included. The book gives all of the mantras and invocations in Drajyor transliteration as well as Tibetan script.

It is an essential tool for Dzogchen Community practitioners and is available in three forms:

Printed book with MP3 CD

Printed book with DVD video

Downloadable ebook and MP3 file

This publication should be treated with the greatest respect and is addressed to those who have received the transmission of the teaching from Chögyal Namkhai Norbu.

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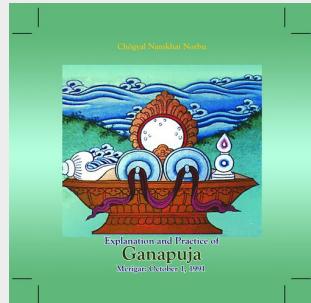
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Chögyal Namkhai Norbu

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The practice of Medium Thun (two separate file sets for waxing and waning moon).

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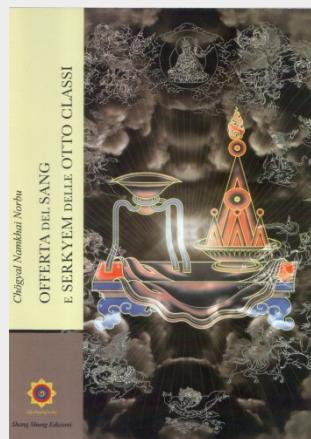
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Offerta del Sang e Serkyem delle Otto Classi

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



Questo breve rito del Sang è stato scritto da Adzom Drugpa, un maestro Dzogchen dotato di profonde conoscenze, che ha scoperto molti *terma*. Il rito del Sang è principalmente una purificazione, in particolare una purificazione dell’energia individuale. Si dice infatti che ogni individuo possieda cinque divinità che corrispondono ai cinque tipi di energia che proteggono e preservano gli aspetti positivi dell’individuo. Quando le proprie energie protettive sono indebolite, si diventa passivi e vulnerabili alle influenze negative. Il Sang purifica gli ostacoli e le forze negative legate ai luoghi in cui si vive, perché anche le guardie locali e la loro energia esercitano un influsso sull’individuo.

Il Serkyem è un rito che serve ad entrare in contatto o a comunicare con le Otto Classi, e in modo particolare con le guardie locali.

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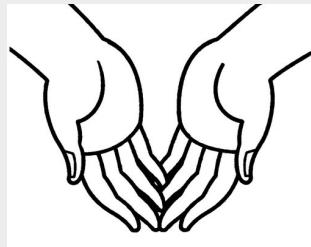
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Practicing Together: Long and Medium Ganapuja



A set of two Ganapuja practices lead by Adriano Clemente:

- * Long Ganapuja with the Invocation of the Lamp
- * Medium Ganapuja with the Practice of Ekajati and the Invocation of the Lamp

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Chögyal Namkhai Norbu

Pratiche collettive per ricorrenze speciali



Questo libro contiene una breve spiegazione e il testo delle sei pratiche collettive per ricorrenze speciali scritte da Chögyal Namkhai Norbu a beneficio di coloro che formano la Comunità Dzogchen (Pratica di lunga vita di Guru Padmasambhava, Pratica di lunga vita di Guru Amitayus, Pratica di lunga vita di Mandarava, Guruyoga della A bianca con l'invocazione a Garab Dorje, Shitro, Purificazione dei Sei Loka).

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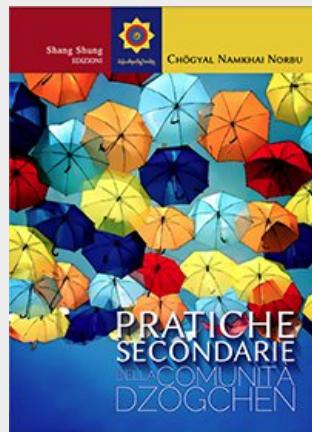
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Pratiche secondarie della Comunità Dzogchen

Compiled by
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“Le pratiche secondarie sono quelle che utilizzate solo quando ne avete bisogno. Se avete un bell’ombrellino non lo usate sempre, lo usate solo quando piove o per proteggervi dal sole. Questo si chiama lavorare con le circostanze.”

In questo libro sono presentate le pratiche che Chögyal Namkhai Norbu trasmetteva alla fine di ogni ritiro, commentandone brevemente il contenuto e la funzione. L’ordine di presentazione è quello generalmente seguito dal Maestro. Tutti i libri citati nel testo sono pubblicati dalla Shang Shung Publications.

La pubblicazione di “Mantra e invocazioni per le pratiche della Comunità Dzogchen”, che include un libro e un audio MP3, fornisce sia la grafia che la pronuncia corretta, eseguita da Chögyal Namkhai Norbu, delle parole tibetane e sanscrite.

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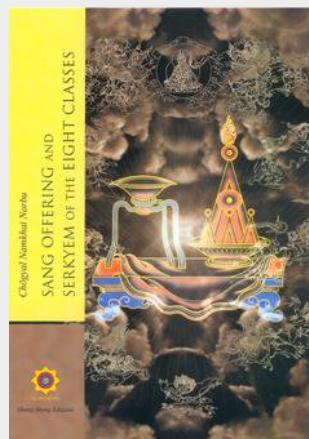
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Sang Offering and Serkyem of the Eight Classes

Compiled by
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Chögyal Namkhai Norbu



This very short Sang Offering was written by Adzom Drugpa, a great Dzogchen master gifted with profound understanding and a discoverer of many termas. The Sang rite is principally for purification and, in particular, for purifying the energy of the individual. It is said, in fact, that every individual possesses five divinities corresponding to five types of energy that protect and maintain the positive aspects of the individual. When one's own protective energy is weakened, one becomes passive and vulnerable to negative influences, so the Sang rite purifies the obstacles and negative forces linked to the place in which one lives, because the local guardians and their energy also influence the individual.

This Degyed Serkyem is a very special Serkyem. It was composed by Nub Sangye Yeshe, a very important Dzogchen practitioner who was also a very powerful Vajrayana practitioner. Degyed Serkyem is a rite for making contact or communicating with the Eight Classes and particularly with the local guardians.

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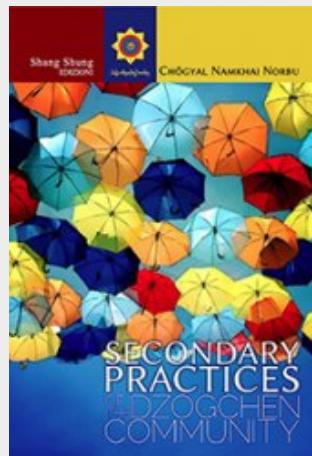
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Secondary Practices of the Dzogchen Community

Compiled by
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Chögyal Namkhai Norbu



This booklet contains brief explanations outlining the content and function of the practices that Chögyal Namkhai Norbu used to transmit at the end of each retreat. “These practices are secondary; this means that you use them only when you need to. If you have a lovely umbrella, you do not use it always, you use it when it rains or to protect you from the sun. This is called working with circumstances.”

The practices are presented in the sequence generally followed by the Master, with references to the relevant publications published by Shang Shung Edizioni for studying the individual practices.

A related publication, *Mantras and Invocations for the Practices of the Dzogchen Community*, which includes both a booklet and MP3 audio, provides the Tibetan and Sanskrit words in written form along with the correct pronunciation as spoken by Chögyal Namkhai Norbu.

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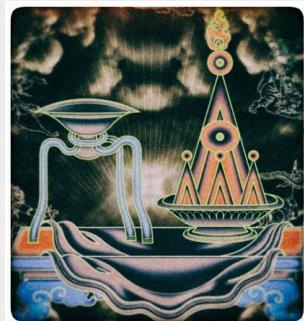


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Chögyal Namkhai Norbu

Serkyem [PRACTICE ONLY]



The practice of
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Short Thun [PRACTICE ONLY]



The practice of Short Thun.

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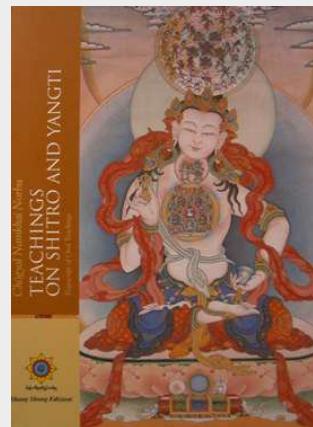
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Teachings on Shitro and Yangti

Transcript of Oral Teachings

Compiled by

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on the basis of the teachings of
Chögyal Namkhai Norbu



This book is a compilation of oral teachings given at Merigar from 1985 to 1998. It contains exhaustive explanations on the Shitro teachings and the Shitro practice transmitted by the famous tertön Namcho Mingyur Dorje, on the Yangti methods based on a text by Tungtso Repa, and on an oral teaching by Guru Padmasambhava. Precise instructions on the preliminary practices for the dark retreat are given, including the Guruyoga of the White A with the invocation of Garab Dorje.

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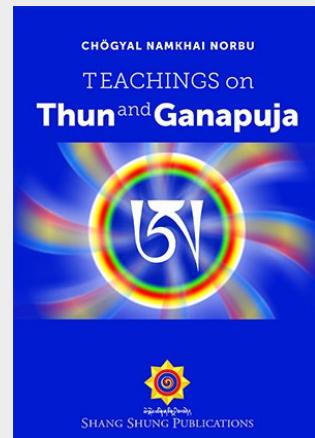
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Teachings on Thun and Ganapuja

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This book contains explanations of the Short, Medium, and Long Thuns and the Simple, Short, Medium, and Long Ganapuja practices performed in the Dzogchen Community founded by Chögyal Namkhai Norbu. The related practice texts can be found in *The Book of the Thun and the Ganapuja* (the “Thun Book”).

Thun and Ganapuja are secondary practices, but they all have the goal of helping us integrate the essence of the Dzogchen transmission: Guruyoga, the state of contemplation. In that sense, any secondary practice when combined with Guruyoga becomes a principal practice. Moreover, performing secondary practices strengthens the connection with our Teacher, the teaching, and – especially when done collectively – our fellow practitioners, making this connection a conduit to boost our understanding and realization of the primordial state.



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Chögyal Namkhai Norbu

The Book of the Tun and the Ganapuja



This edition of the *Tun Book* contains the Tibetan and English text of the various Tuns (Short, Medium, Long), Ganapujas (Simple, Short, Medium, Long), the Invocation of the Lamp, and the Namkha and Lungta practices. Beautiful color illustrations indicate the visualizations, mudras, masters, deities, and guardians of these practices. This important practice book also provides instructions for playing the bell and the drum, including the position of the drum depending on the required action.

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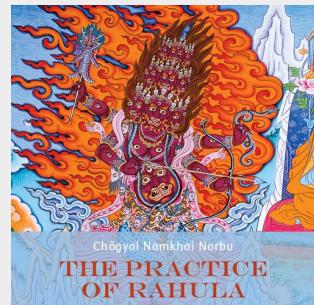


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Chögyal Namkhai Norbu

The Invocation to Rahula

Explanation and Practice in the Long Ganapuja



This product consists of two parts. The first one contains the explanation of the practice of Rahula, one of the three main guardians of Dzogchen teachings, and the second one contains the practice itself performed by Chögyal Namkhai Norbu with his students.

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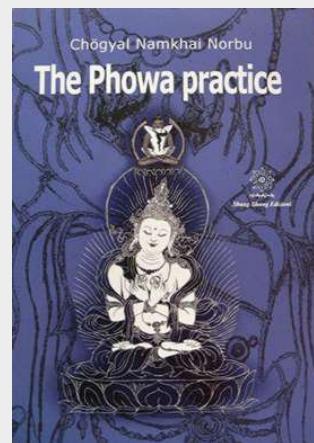


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The Phowa Practice

According to the terma of Rigdzin
Changchub Dorje



This book contains the translation of the original text “Transference for Purifying the Three Kayas” according to the terma of Rigdzin Changchub Dorje, the deep and extensive oral teachings on Phowa given by Chögyal Namkhai Norbu during the 1994 retreat in Wales (U.K.), and the text of the actual practice as taught by the Master regarding the three Phowa of Dharmakaya, Sambhogakaya and Nirmanakaya.

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The practice for the Naga

Compiled by
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The practice for the Naga is a short offering for the class of beings called the Naga. It is not meant to be practiced independently but integrated in the Thun session on special days marked in the Tibetan calendar. The text of the booklet is based on the teachings given in Merigar in 1993.

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The Practice of Lungta

and Chogur Purification Practice

Compiled by

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Chögyal Namkhai Norbu

CHÖGYAL NAMKHAJ NORBU

*The PRACTICE of LUNGTA
and
CHOGUR PURIFICATION PRACTICE*



Excerpted from a teaching given at Merigar in 1997



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Lungta is the protective force of the individual and is symbolized by a horse carrying a jewel. This image together with various mantras are represented on five colored prayer flags which are put up outside in the wind where their vital energy is developed and reinforced. The practice of Chogur Dribjung (purification in a Lungta tent) is also included.

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Chögyal Namkhai Norbu

Tundus, Tundrin, Tungyas

The Short, Medium, and Long Thun



The Thun practices of the Dzogchen Community provide the opportunity to maintain samayas, strengthen our energies and make contact with the Guardians of the teachings who control negative forces in a powerful way so that our daily life can be easier as well as helping our personal practise to develop more smoothly. Chögyal Namkhai Norbu explains the invocations, mantras, mudras and visualizations specific to each of the three tuns (short, medium and long). The corresponding practice follows each explanation.

The DVD menu is structured so one can select whichever explanation or practice one wants, making it an excellent practice aid.

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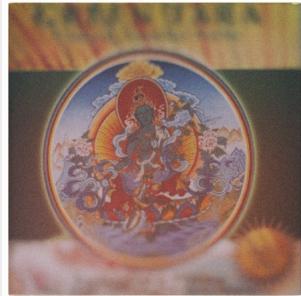
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Chögyal Namkhai Norbu

Twenty-one Praises to Arya Tara [PRACTICE ONLY]



The practice of Twenty-one Praises to Arya Tara

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Chögyal Namkhai Norbu

[ebook] SHORT GANAPUJA

॥ ଶ୍ରୀ ଗନ୍ଧାରା ସ୍ତୋତ୍ରମାଲା ॥

Short Ganapuja



On the occasion of the retreat of Dzogchen Teachings with Yeshi Silvano Namkhai

we make the text of the Short Ganapuja practice downloadable for free.

“When we are going to do a practice first of all we need to observe ourselves, what we are going to do. Remember, when we do practice we also need to cultivate bodhicitta. That means we observe what we are going to do. In particular, if we perform a sitting practice we need to know whether we are going to practice alone or do a collective practice. Collective practice means that everybody should do the same way. We need to do the singing, pronunciation, mudras, and mantras in the same way.”
Chögyal Namkhai Norbu

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[ebook] Avalokitesvara Korwa Tontrug EN (pdf)

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This practice is a terma discovered by the master Adzom Drugpa and belongs to the cycle of *The Secret Treasure of the Vajra of Clear Light*. The lineage of this practice goes back to Vairochana, Yeshe Tsogyal and Guru Padmasambhava. This booklet presents the teachings given by Chögyal Namkhai Norbu in Merigar on Easter 1991.

Chögyal Namkhai Norbu

AVALOKITESVARA
KORWA TONGTRUG



From a Terma of
ADZAM DRUGPA DRONDEU PAWO DORJE



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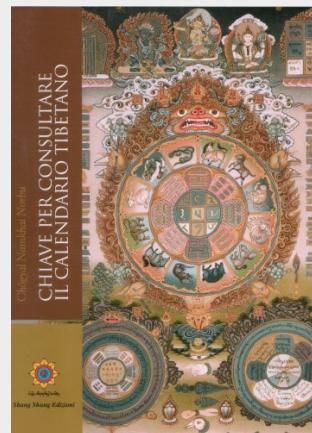
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Chiave per consultare il calendario tibetano

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“La chiave per consultare il calendario tibetano” è nato da un corso tenuto da Chogyal Namkhai Norbu a Roma all’inizio degli anni ’80 nell’ambito di un seminario sulla medicina e l’astrologia tibetane. Questo libro ha la funzione di introdurci all’universo astrologico tibetano così diverso dal nostro nella sua complessa e affascinante ricchezza. Allo stesso tempo può servire come strumento utile per coloro che comprendono quanto le nostre vite siano strettamente legate all’ordito e alla trama dei movimenti dell’universo, nella generale interdipendenza di tutti i fenomeni. Un calendario come quello tibetano utilizza la conoscenza e la sintesi di mille anni di cultura, anche se l’abbiamo dimenticato. E’ uno strumento che ci permette di riscoprire, almeno in parte, il modo in cui ci adattiamo a quella energia universale ed a quel cosmo di cui siamo l’immagine vivente e, una parte, più intensa e intima di quello che solitamente pensiamo di credere. Se tutti i giorni non sono uguali, è importante riconoscere il sapore, il colore e il ritmo con cui ogni giorno si manifesta. Ciò che hai tra le mani è una chiave preziosa per l’interpretazione e la lettura dei cicli temporali e cosmici, ma l’unica persona che può aprire e chiudere la porta delle tue azioini, sei tu stesso.

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Miki Shima

I Ching della medicina



Gli antichi medici cinesi dicevano che la medicina è collegata all'I Ching. Il grande medico di epoca Tang, Sun Si-miao, asseriva: "Se non si comprende l'I Ching non è possibile divenire un medico supremo", e Zhang Jie-bin ha detto: "La teoria del Nei Ching (classico cinese sulla medicina) si basa sulla teoria dell'I Ching; se questa non è chiara, non può esserlo nemmeno il Nei Ching". Sulla base di queste affermazioni si è sviluppata in Cina la vasta letteratura dell'I Ching medico. Questo libro serve a diagnosticare e prevenire i disturbi della salute sulla base di un metodo facile ed efficace, collaudato per millenni nella medicina cinese e tuttora usato da molti medici e terapeuti orientali anche in Occidente.

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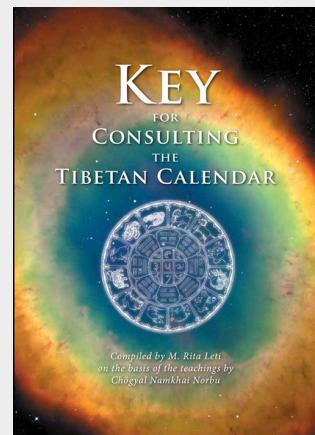
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The *Key for Consulting the Tibetan Calendar* came out of a course held by Chögyal Namkhai Norbu in Rome at the beginning of the 1980s as part of a seminar on Tibetan Medicine and Astrology. It aims to act as an introduction to the Tibetan astrological universe, so different from ours in its complex and fascinating richness. At the same time, it can serve as a useful instrument to guide those who understand how closely our lives are linked to the warp and weft of the movements of the universe, in the general interdependence of all phenomena.

A calendar such as this one uses the knowledge and the synthesis of a thousand years of culture, even if we have forgotten it all. It is a tool which enables us to rediscover, at least in part, how we fit in with that universal energy and with that cosmos of which we are the living image and a part, a more intense and more intimate part than we are usually prepared to believe. If all days are not the same, then it is important and useful to recognize the flavor, color and cadence with which each day manifests. What you have in your hands is a key, a precious key for the interpretation and reading of temporal and cosmic cycles, but the only person who can open and close the door of your actions is yourself.

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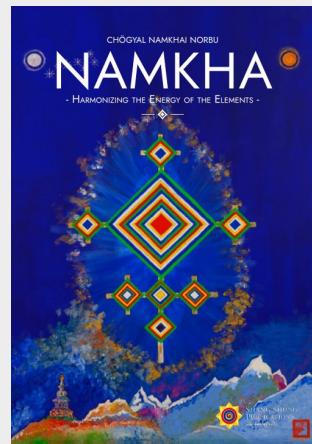


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Chögyal Namkhai Norbu

Namkha

Harmonizing the Energy of the Elements



The Namkha is a particular object, consisting of a cross covered in colored thread, which was widely used in the ancient Tibetan Bön tradition as attested in many ritual texts. Namkha means Space and it represents the basis or origin of all the elements, and the indispensable support for their various energies. In ancient times in the Kingdom of Shang Shung and in Tibet many Bönpos who were well-versed in the knowledge of the condition of energy used various methods and objects, such as Namkhas, to harmonize the energies of the elements. However, the knowledge of how to harmonize an individual's energies relating to the five elements through the Namkha appears to have been lost in the course of time. Although no traditional text that explains the principle and practical application of this harmonization exists, in this book the Dzogchen master Chögyal Namkhai Norbu (1938-2018) describes in detail this extremely important method for harmonizing the conflicts between the elements that may occur during one's lifetime and for increasing and expanding all positive and favorable circumstances.

Translated from the Tibetan by Adriano Clemente and Elio Guarisco

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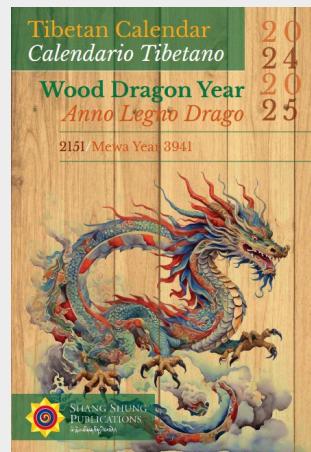


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Updated annually, this pocket agenda contains concise indications of the practices recommended by

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To better understand the information contained in our Tibetan calendar, refer to "Key for Consulting the Tibetan Calendar", also published by Shang Shung Publications and available in our webstore.

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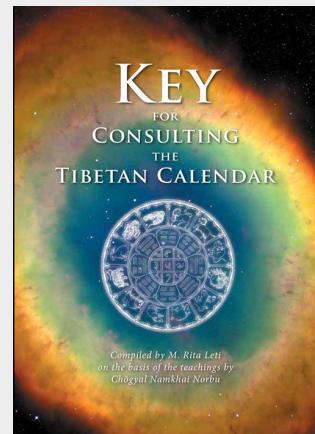
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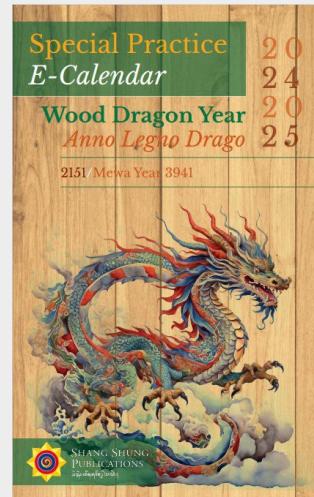
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The *Special Practice Calendar* was first compiled by Chögyal Namkhai Norbu many years ago and contains his indications for each special day in the lunar year. In addition to describing specific practices for Padmasambhava Day, Dakini Day, and full and new moon, this calendar covers anniversaries of many masters from the Buddhist and Bön traditions in Tibet who are also connected with the Dzogchen transmission.

This booklet is conceived as a companion to the Tibetan Calendar published annually for Tibetan New Year (Losar) and containing detailed astrological aspects such as elements and major and minor combinations.

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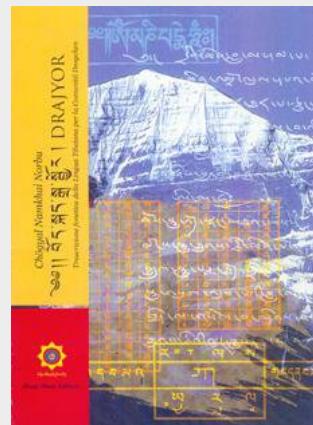
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Chögyal Namkhai Norbu, Adriano Clemente **Drajyor**

Trascrizione fonetica della lingua tibetana per
la Comunità Dzogchen



Con il termine *drajyor*, o scrittura dei suoni, intendiamo la scrittura delle diverse sillabe che compongono una parola in modo da poterle pronunciare correttamente. In questo libretto Chögyal Namkhai Norbu descrive in dettaglio il proprio sistema di traslitterazione dei caratteri tibetani per fare in modo che i praticanti della Comunità Dzogchen siano in grado di pronunciare in maniera corretta le invocazioni delle pratiche e le parole ricorrenti dell'insegnamento.

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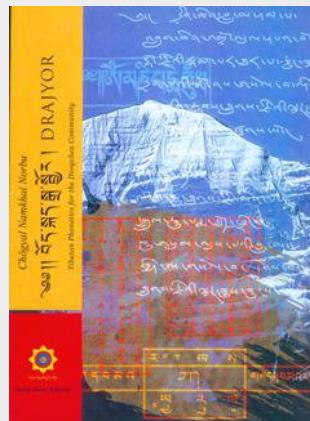


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Chögyal Namkhai Norbu

Drajyor

Tibetan Phonetics for the Dzogchen
Community



The Drajyor phonetic transcription system was created by Chögyal Namkhai Norbu to facilitate the correct pronunciation of Tibetan without knowledge of the Tibetan alphabet and as a support to learn to properly pronounce Tibetan. This booklet introduces all of the possible letter and sound combinations occurring in Tibetan texts along with their Drajyor equivalents.

Drajyor distinguishes subtle differences in pronunciation using technical devices such as accentuation in addition to a conventional (nonstandard) use of the letters of the Latin alphabet and hence can represent a wider range of sounds and tones than more common phonetic systems. Drajyor is particularly useful for practitioners of Tibetan Buddhism and Dzogchen and is commonly used in the Dzogchen Community.

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Piccolo glossario per la Comunità Dzogchen

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on the basis of the teachings of
Chögyal Namkhai Norbu

Questo piccolo glossario intende fornire delle spiegazioni sintetiche di alcuni dei termini maggiormente utilizzati da Chögyal Namkhai Norbu nei suoi insegnamenti.

Può quindi risultare utile soprattutto a coloro che vengono inizialmente in contatto con termini e concetti del tutto estranei alla cultura occidentale.

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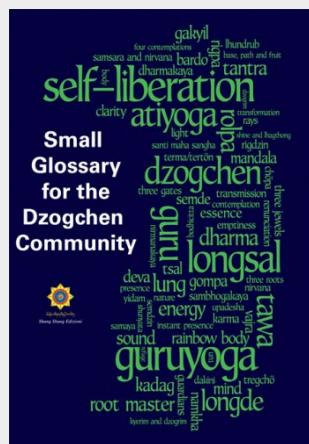


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A guide explaining terms and concepts frequently encountered in the teachings of Chögyal Namkhai Norbu. Particularly useful for new students.



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Adriano Clemente

The Drajyor System of Tibetan Phonetics

The system of phonetic transcription of Tibetan prepared by Choegyal Namkhai Norbu and explained by Adriano Clemente (2010). Contents: Session one - 80 minutes
Session two - 60 minutes

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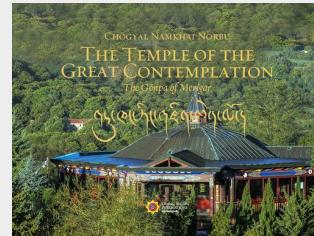


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Chögyal Namkhai Norbu

Il Tempio della Grande Contemplazione

Il Gönpa di Merigar



Traduzione dal tibetano di Fabian Sanders e Iacobella Gaetani

Il Tempio della Grande Contemplazione si trova a Merigar, il primo centro della Comunità Dzogchen, che è situato in Toscana nel comune di Arcidosso, alle pendici del monte Amiata.

Il tempio è stato concepito, ideato e progettato da Chögyal Namkhai Norbu, guida spirituale della comunità, e nel maggio del 1990 è stato inaugurato da Sua Santità il Dalai Lama. Il presente volume, che a questo tempio è dedicato, è diviso in due parti: la prima contiene la traduzione del testo scritto da Chögyal Namkhai Norbu per descrivere le decorazioni del Gönpa e illustrarne il significato, rivelando che il tempio racchiude in maniera essenziale gli insegnamenti Dzogchen di cui il tempio stesso è una rappresentazione geometrica e simbolica.

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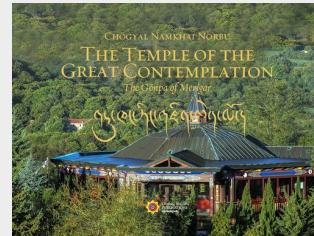


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The Temple of the Great Contemplation

The Gönpa of Merigar



Translated from Tibetan by Fabian Sanders and Iacobella Gaetani

The Gönpa at Merigar represents the original home base of the Dzogchen Community. It is the heart of the first center established by Chögyal Namkhai Norbu. This richly illustrated, full-color book is a well-researched, detailed portrayal of the symbolism and iconography of the temple. In addition to a translation into English and Italian of the design description written by Rinpoche prior to construction, the book includes inspiring biographies of the 148 masters depicted in the Gönpa. Representing all of the main Buddhist and Bön traditions in Tibet, each is also connected with the Dzogchen transmission.

This beautiful book will interest anyone with an open mind, regardless of their religious or philosophical persuasion, and is a perfect gift for your friends and family. It provides an insightful introduction to the origins of the Dzogchen Community and conveys a sense of the extraordinary depth and richness of the teachings.

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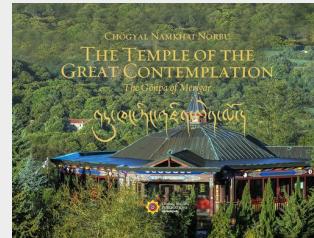


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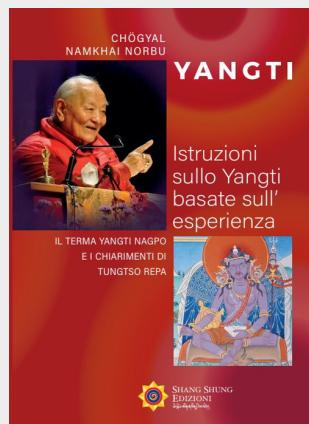


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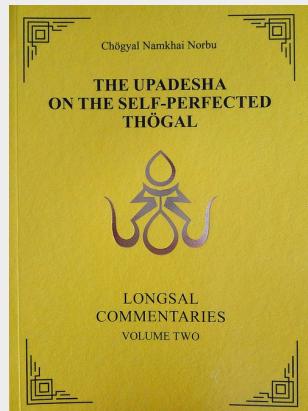
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The Upadesha on the Self-Perfected Thögal

Longsal Commentaries Volume Two



Translated from Tibetan by Adriano Clemente

The Upadesha on the Self-Perfected Thögal (Lhun grub thod rgal gyi man ngag) was written down in its final form in 2001. It offers fundamental guidance on the key points of the practice of Thögal, which together with Tregchöd constitutes the main practice of Dzogchen. This teaching, whose realization leads to the achievement of the Rainbow Body, is originally contained in the Dra Thalgyur and other tantras of the Upadesha series of Dzogchen but it is also found in a large number of Nyingthig terma teachings. Due to the highly secret nature of these teachings, it is crucial that prior to reading this book you receive the full transmission of this Longsal teaching.

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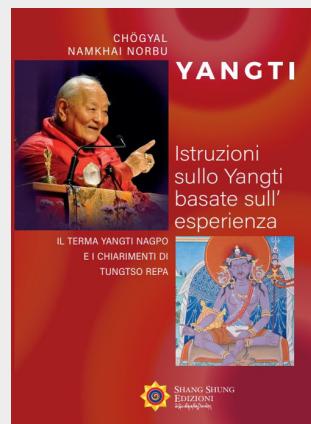


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Chögyal Namkhai Norbu spiega e commenta le canzoni di Message from Tibet

Compiled by
Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



Questo libro rende accessibili i profondi e preziosi commenti orali del Maestro Chögyal Namkhai Norbu alle canzoni della sua prima raccolta *Message from Tibet*.

Le sue parole ci rivelano i diversi livelli di lettura delle canzoni: uno più esterno e immediato, uno più simbolico e uno più interno, legato all'insegnamento.

Oltre a spiegare il senso profondo delle canzoni, i commenti ci permettono di capire il significato dei singoli versi e delle parole e sono un ottimo strumento per imparare alcuni termini ricorrenti e per prendere confidenza con la lingua tibetana.

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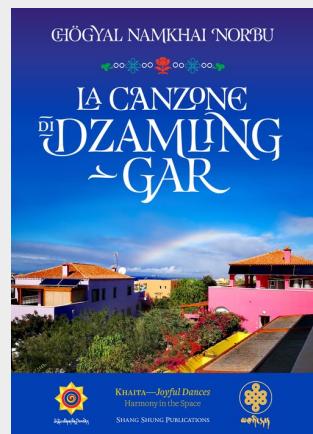


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Chögyal Namkhai Norbu La canzone di Dzamling Gar



Il Maestro Chögyal Namkhai Norbu ha composto questa canzone in occasione della nascita di Dzamling Gar, il Gar globale della Comunità Dzogchen Internazionale.

Le parole e la melodia, e pure alcune parti della danza che l'accompagna, sono sorte in modo spontaneo e gioioso nella Sua mente.

Questo libretto contiene il testo tibetano, la translitterazione Drajor, la traduzione italiana e la partitura musicale della canzone, ma soprattutto include la trascrizione di alcuni preziosi commenti orali del Maestro stesso che ne illuminano il senso profondo.

Nelle Sue parole:

“Sono presenti tutti i significati, esterno, interno, segreto. Se dovessi scrivere un commento sulla canzone di Dzamling Gar sarei capace di farne una descrizione molto minuziosa, anche tre volumi: è veramente molto profonda.”

“Le parole sono molto profonde, bellissime. Questa canzone di Dzamling Gar è bellissima, mi piace.

Cantandola di continuo, riflettendo, assaporando tutte le parole... è veramente bella, è un vero insegnamento.”

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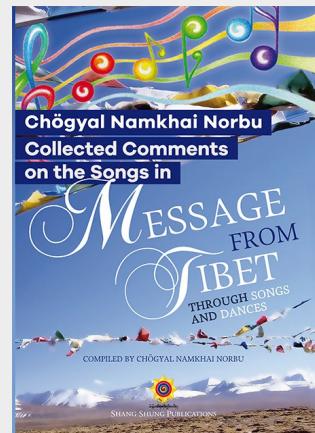
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Through Songs and Dances

Compiled by

Shang Shung Publications Editorial Team
on the basis of the teachings of
Chögyal Namkhai Norbu



This book contains Chögyal Namkhai Norbu's invaluable precious comments on the songs from his first collection, Message from Tibet, revealing multiple levels of interpretation: one more external and immediate, one more symbolic, and one more internal, connected to the teaching. Rinpoche's explanations make it easier to understand the songs in Message from Tibet more precisely because he clarifies the meaning of the individual verses and words and sheds light on nuances that we may not otherwise recognize. In addition, beyond helping us appreciate the poignant message communicated in each song, the Collected Comments can serve as an effective tool for learning some of the recurrent words and becoming familiar with the Tibetan language.

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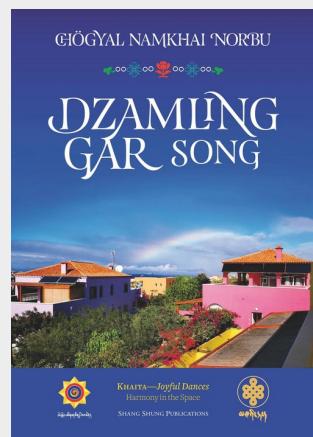
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Chögyal Namkhai Norbu Dzamlingar Song

Master Chögyal Namkhai Norbu composed the Dzamling Gar Song on the occasion of the birth of Dzamling Gar, the Global Gar of the International Dzogchen Community. The words and melody spontaneously and joyfully arose in His mind, as did some parts of the accompanying dance. This booklet contains the Tibetan lyrics, the transliteration in Drajyor, and the musical score. But most importantly, it includes the transcription of some of the Master's precious oral comments that illuminate the Song's profound meaning.



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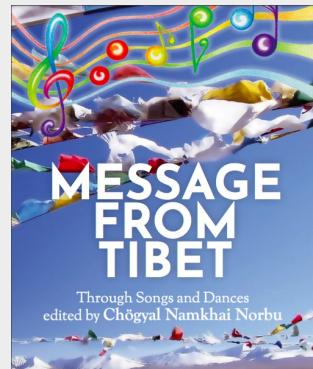
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Compiled by Chögyal Namkhai Norbu

Message from Tibet Through Songs and Dances



This book contains a selection of a hundred and eight songs including songs (glu), songs for dances (gzhas), and dances (bro), presented in Tibetan script with the corresponding phonetic pronunciation and English translation.

Music has always played a central role in Tibet, and in recent years many young Tibetans have been discovering song and dance as a means to express their feelings about their heritage. In 2011 Chögyal Namkhai Norbu began compiling and transcribing modern songs from and about Tibet.

These songs and dances have the important quality of contributing directly and indirectly to the preservation of the different aspects of the Tibetan culture in our world.

Year of publication: 2014

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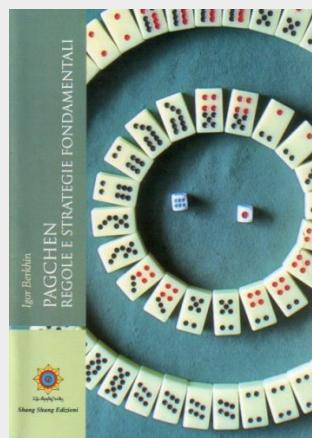
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Pagchen - Regole e strategie fondamentali



Il Pagchen è un gioco tibetano che risale ad alcune migliaia di anni fa e che è attribuito alla potente tribù di esseri non umani chiamati Masang. Il libro contiene tutte le numerose regole del gioco illustrate da figure, foto, da una tavola allegata a colori e da un'utilissima introduzione alle fondamentali strategie del Pagchen basate sulle indicazioni fornite da Chögyal Namkhai Norbu che ha diffuso questo appassionante gioco fra i suoi studenti.

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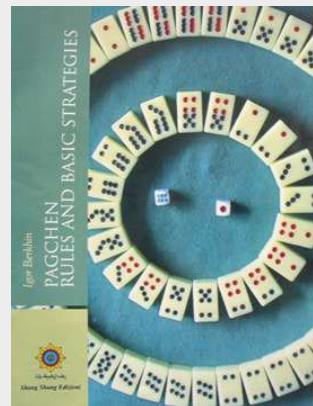


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Pagchen: Rules and Basic Strategies



Pagchen is an ancient, highly sophisticated Tibetan game that has existed for thousands of years and dates back to a powerful tribe called Masang. This book contains the rules of the game, illustrated with drawings, and includes a chart in color that is a useful aid for beginners. It also contains a clear introduction to the basic strategies of Pagchen written on the basis of indications given by Chögyal Namkhai Norbu in the course of many years while playing this game with his students.

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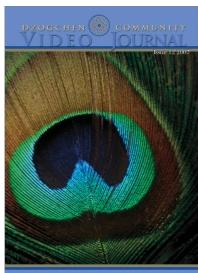
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The Dzogchen Community Video Journal covers the travels and teachings of Chögyal Namkhai Norbu and the rich life of the worldwide Dzogchen Community. Each issue is composed of three main chapters: Teachings, Archives and Chronicles. From time to time special features may be included in the Archives section.

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Khaita Joyful Dances



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Khaita means “Harmony in Space”; it is a simple and joyful way to experience inner harmony:

- The harmony of our body, that we become aware of, moving with elegance and strength.
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- The harmony of our connection with others - when we dance respecting each other's space and moving together as a whole.

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