



From the Heart of Chenrezig: The Dalai Lamas on Tantra

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The lineage of the reincarnated line of Dalai Lamas has held primary spiritual authority and, until recently, temporal power in Tibet since the beginning of the fifteenth century. The translations in this book represent a curated set of their writings specifically on tantra, the advanced path of Tibetan Buddhism in which practitioners use a variety of methods and techniques to directly overcome delusion and conflicting emotions. If one has the proper training in sutra and tantra, it is said that the path to enlightenment can be traversed swiftly. Glenn H. Mullin, one of the foremost translators of the Dalai Lamas, has selected key texts from eight of the Dalai Lamas that clearly elucidate the proper understanding and context of the tantric system in this lineage.

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