



A Spacious Path To Freedom: Practical Instructions On The Union Of Mahamudra And Atiyoga

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This manual of Tibetan meditation simply and thoroughly presents the profound Dzogchen and Mahamudra systems of practice. Karma Chagmé sets forth the stages of meditation practice, including the cultivation of meditative quiescence and insight, the experiential identification of awareness, and the highest steps of Mahamudra and Atiyoga, leading to perfect enlightenment in one lifetime. Drawing from his enormous textual erudition and mastery of Tibetan oral traditions, he shows how these two meditative systems can be unified into a single integrated approach to realizing the ultimate nature of consciousness.

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