



Mind in Comfort and Ease: The Vision of Enlightenment in the Great Perfection

By Dalai Lama XIV

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Editorial Review

Review

"This extraordinary and essential book of live oral teachings, transmitting the sublime View, Meditation, Action & Result of the direct-access Dzogchen approach to incandescent awareness and the natural state of spiritual living, provides us with the basis for meaningful study and meditation practice for years and generations to come." (Lama Surya Das, author of *Awakening the Buddha Within*)

"This attractive volume should delight both scholar and practitioner, and can now take its place as an experientially based and intellectually solid contribution to the living study and practice of the Buddhadharma." (Steven D. Goodman, Asian and Comparative Studies, California Institute of Integral Studies)

"This is one of the absolutely best and richest books on meditation practice that I have ever read. Here are finely nuanced Dzogchen teachings, offered by His Holiness with remarkable precision and clarity, and with astonishing humility and candor. A precious resource for anyone who loves the Dharma and is committed to its embodiment. This book has it all." (Jon Kabat-Zinn, author of *Coming to Our Senses* and Vice Chair of the Mind and Life Institute)

"All who wish to be at ease in the awakened, boundless, sublime nature of their own minds-- Buddhahood-- should cherish/read this book." (Tulku Thondup Rinpoche, author of *The Practice of Dzogchen and Hidden Teachings of Tibet*)

"In this book, His Holiness the Dalai Lama draws on his vast learning and insight to reveal both the meaning of the Great Perfection and its place within Buddhism as a whole. He also illuminates the interface between Buddhism and modern science, highlighting the materialistic assumptions that hinder the scientific study of consciousness. This beautifully translated book is a treasure, of great value to all who are interested in fathoming the secrets and possibilities of the mind." (B. Alan Wallace, author of *The Attention Revolution*)

"All of us were moved by the depth, relevance, and accessibility of these teachings; there were those who said that they were among the most remarkable they had ever heard him give. In a wholly original, but always authentic, way, His Holiness brought a sense of his own personal quest, as he explored the whole Buddhist path, and particularly the pith instructions of the great masters of the Great Perfection." (Sogyal Rinpoche, from his Foreword)

About the Author

Tenzin Gyatso, the Fourteenth Dalai Lama, is the spiritual leader of the Tibetan people. He frequently describes himself as a simple Buddhist monk. Born in northeastern Tibet in 1935, he was as a toddler recognized as the incarnation of the Thirteenth Dalai Lama and brought to Tibet's capital, Lhasa. In 1950, Mao Zedong's Communist forces made their first incursions into eastern Tibet, shortly after which the young Dalai Lama assumed the political leadership of his country. He passed his scholastic examinations with honors at the Great Prayer Festival in Lhasa in 1959, the same year Chinese forces occupied the city, forcing His Holiness to escape to India. There he set up the Tibetan government-in-exile in Dharamsala, working to secure the welfare of the more than 100,000 Tibetan exiles and prevent the destruction of Tibetan culture. In his capacity as a spiritual and political leader, he has traveled to more than sixty-two countries on six continents and met with presidents, popes, and leading scientists to foster dialogue and create a better world.

In recognition of his tireless work for the nonviolent liberation of Tibet, the Dalai Lama was awarded the Nobel Peace Prize in 1989. In 2012, he relinquished political authority in his exile government and turned it over to democratically elected representatives.

His Holiness frequently states that his life is guided by three major commitments: the promotion of basic human values or secular ethics in the interest of human happiness, the fostering of interreligious harmony, and securing the welfare of the Tibetan people, focusing on the survival of their identity, culture, and religion. As a superior scholar trained in the classical texts of the Nalanda tradition of Indian Buddhism, he is able to distill the central tenets of Buddhist philosophy in clear and inspiring language, his gift for pedagogy imbued with his infectious joy. Connecting scientists with Buddhist scholars, he helps unite contemplative and modern modes of investigation, bringing ancient tools and insights to bear on the acute problems facing the contemporary world. His efforts to foster dialogue among leaders of the world's faiths envision a future where people of different beliefs can share the planet in harmony. Wisdom Publications is proud to be the premier publisher of the Dalai Lama's more serious and in-depth works.

Sogyal Rinpoche is the author of *The Tibetan Book of Living and Dying* and the founder and spiritual director of Rigpa, an international network of more than one hundred Buddhist centers and groups in twenty-three countries around the world. He has been teaching for over thirty years and continues to travel widely in Europe, America, Australia, and Asia, addressing thousands of people on his retreats and teaching tours.

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