



# **Highest Wisdom: A Guidebook to the Stages of the Path of the Primal Guardian According to Longchen Nyingthig By Jigmey Lingpa (Longchen Nyingthig Series)**

*Tony Duff*

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The text here by Jigme Lingpa is commonly known as Triyig Yeshe Lama, or Guidebook Called Highest Wisdom. It is the central text in the Longchen Nyingthig tradition of Dzogchen. This book is meant only for those who already have received the necessary introduction and instructions of the Nyingthig system of Dzogchen meditation from a qualified teacher. Without having received these necessary instructions, reading this text can be harmful to your spiritual health. The translator and author Tony Duff has spent much time at Dzogchen Monastery in Eastern Tibet, receiving the complete transmissions of the Longchen Nyingthig system. He made and verified this translation during attendance at a number of extended teaching retreats on the text. It has to be said that this Guidebook Called Highest Wisdom is sealed and locked. The reason for this is that the text is a summation of the key points for practice found in the Seventeen Tantras, the tantras which are the very root of the Great Completion, Dzogchen. Those tantras explicitly warn that one must have the necessary empowerments, and so on, before beginning to be instructed in and read about these teachings. This is not a meaningless requirement; there is a great danger in reading this material without first having the necessary empowements and related instructions. Therefore, there is a mandate by the lineage that this text is only to be read after having received the Rigpa Liveliness Empowerment (rigpa'i tsal wang) or by those who are about to receive it during a session of teaching on the text. Includes text in Tibetan. Email details of this title to a friend

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