

CONTENTS

Preface to the Revised Edition	xi
Preface to the First Edition	xv
Note on the Structure of the Book	xxiii

Part One: Overview: Dzogpa Chenpo in Context

1. Introduction	3
Distinctions between Sutra and Tantra	5
Definition of Tantras (<i>rGyud</i>)	9
Divisions of Tantra	10
Different Classes of Teachings on Tantra	10
The Development and Perfection Stages of Tantra	11
2. The Three Outer Tantras	15
Kriyāyoga (<i>Bya rgyud</i>)	15
Caryāyoga or Upayoga (<i>sPyod rgyud</i>)	17
Yogatantra (<i>rNal 'byor rgyud</i>)	18
Distinctions between Outer Tantras and Inner Tantras	20
Distinctions between the Three Inner Tantras	21
Subdivisions of the Three Inner Tantras	26
Sources of the Major Tantric Scriptures	27
Some Major Tantric Scriptures of the Three Inner Tantras	28

3. The Three Inner Tantras	35
Mahāyoga (<i>rNal 'byor chen po</i>)	35
Anuyoga (<i>rJes su rnal 'byor</i>)	37
Atiyoga (<i>Shin tu rnal 'byor</i>)	40
4. The Three Divisions of Atiyoga	45
Semde	45
Longde	47
Men-ngag-de	48
The Superiority of Men-ngag-de to the Two Previous Divisions	48
The View of Men-ngag-de	49
Divisions of Men-ngag-de	60
Meditation of Men-ngag-de	63
Divisions of Meditation of Men-ngag-de	63
Attainment of the Paths and Stages of Dzogpa Chenpo	72
Attainments of Fruition at Death	76
5. Dzogpa Chenpo and Other Yānas and Traditions	83
All the Yānas and Trainings Are Steps to Dzogpa Chenpo	84
Distinctions of the Teachings of the Two Turnings of the Wheel	85
The Goal of Dzogpa Chenpo Is the Attainment of Buddha-Essence	86
Dzogpa Chenpo Is Based on the Second Turning of the Wheel	86
Buddha-Essence as Taught in Sutric Yānas	87
Superiority of the Buddha-Essence as Taught in Dzogpa Chenpo	88
Distinction between the Buddha-Essence of Dzogpa Chenpo and of Yogācāra	95
Differences between Dzogpa Chenpo and Madhyamaka	96
Unique Distinction of Dzogpa Chenpo	97
Nyingma and Bon	98
Dzogpa Chenpo and Ha-shang Mahayana	104

6. Excerpts from the Lives of Dzogpa Chenpo Masters to Illustrate the Ways of Training in Dzogpa Chenpo	115
Some Ancient Dzogpa Chenpo Masters	115
Devotion Caused Realization in Gyalwa'i Nyuku	117
Virtues Develop in Those Who Have Dzogpa Chenpo Experiences	118
Realization Attained Instantly by Nyoshul Lungtog	118
Patrul Attained Realization through the Teacher's Yogic Power	120
The Importance of Earnest Training	121
The Importance of Relying on Authentic Scriptures	122
Refrain from Being Taken Over by Certain Mystical Experiences	122
Sincere Mind Is Better Than Many So-Called High Realizations	123
Dodrup Chen's Testament and Transmission at the Time of His Death	124
Wondrous Signs at the Time of Death of Konme Khenpo	126
Rainbow Body Attained by Sonam Namgyal	128
Yukhog Chatralwa, a Great Dzogpa Chenpo Teacher	129

Part Two: The Life of Kunkhyen Longchen Rabjam

7. The Life of Kunkhyen Longchen Rabjam	137
Names of Longchen Rabjam and Their Significance	173

Part Three: Selected Writings of Longchen Rabjam

8. Summary of the Selections	177
9. Counsel for Liberation: An Exhortation to Pursue Virtuous Secular and Dharma Trainings in Order to Practice Dzogpa Chenpo	187

View (Basis)

10. How Samsara and Nirvana Originate from the Basis as the Appearances of the Basis according to the Innermost Dzogpa Chenpo Teachings	207
---	-----

11. The Karma of Samsaric Deeds, the Cause of Beings' Wandering in Delusory Samsara	215
12. The Karma of Liberative Virtues, the Means of Liberation from Samsara	235
13. Philosophical View of Phenomenal Existents	259
<i>Meditation (Path)</i>	
14. Meditation on the Meaning of the View	277
15. Twenty-Seven Courses of Training in Dzogpa Chenpo	297
16. Naturally Liberated Mind, the Great Perfection	309
17. Instructions on the Meditation on Naturally Liberated Mind, the Great Perfection	337
18. The Trainings on the Five Paths of Mahayana	353
19. The Trainings on the Paths and Stages of Tantra	367
20. Attainment of the Paths, Stages, and Visions of Dzogpa Chenpo	373
<i>Result</i>	
21. Attainment of the Result, the Buddha Bodies and Primordial Wisdoms of Buddhahood in Mahayana Sutras and Tantras	383
22. The Buddha Bodies and Primordial Wisdoms in Dzogpa Chenpo	389
Appendix	397
Notes	401
Bibliography of Works Cited	421
Index	431