



An Ocean of the Ultimate Meaning: Teachings on Mahamudra

By Khenchen Thrangu

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In this new book, Khenchen Thrangu provides an exhaustive commentary on the longest and most comprehensive of the three classic treatises on Mahamudra composed by the sixteenth-century scholar Wangchuk Dorje, the Ninth Karmapa. Khenchen Thrangu's teachings encompass the entire path of Mahamudra, including the preliminaries, the main practice, removing obstacles, and attaining the result of buddhahood—with detailed instruction in tranquility and insight meditation. This is the only available volume that presents Khenchen Thrangu's detailed commentary on this entire text.

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Editorial Review

Review

"A practical handbook for advanced meditators that discusses the subtleties of shamatha and vipashyana meditation, particularly their stages and the methods for working with obstacles."— *Buddhadharma*

From the Inside Flap

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About the Author

Khenchen Thrangu was born in Tibet in 1933. He has founded numerous monasteries and nunneries, schools for Tibetan children, and medical clinics. He has taught extensively throughout Europe, Asia, and the United States, and is the abbot of Gampo Abbey. He was appointed by the Dalai Lama to be the personal tutor for the Seventeenth Karmapa.

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