Confusion Arises as Wisdom: Gampopa's Heart Advice on the Path of Mahamudra. In this volume of advanced teachings, Gampopa passes on these same instructions in the form of heart advice on how to practice the nature of mind and reach enlightenment. Ringu Tulku’s commentary on the text, taken from his own community talks to students in Europe and America, makes Gampopa’s teaching wonderfully accessible. His gentleness, warmth, and humor, as well as his wisdom and practicality, shine through in his own heartfelt advice on how we too could transform confusion into wisdom. This book covers Gampopa’s Heart Advice on the Path of Mahamudra. Chapters to be covered will be announced one week in advance.

This is a mistaken idea in the Mahamudra tradition, because there is no wisdom higher than present mind itself. – Ponlop Rinpoche

Awakening the Sleeping Buddha. The Wisdom of No Escape and the Path of Loving-Kindness. Befriending who we are ~ Pema Chödron

Meditation practice isn’t about trying to throw ourselves away and become something better, it’s about befriending who we are.