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In Stilling the Mind, he uses the wisdom of Dzogchen--the highest of all the meditation traditions--to open up the shamatha practice into a space of vast freedom. Here, Wallace introduces us to Dudjom Lingpa's Vajra Essence , one of the most cherished works of the Nyingma school from which Dzogchen stems.

Stilling the Mind: Shamatha Teachings from Dudjom Lingpa's

B. Alan Wallace, Brian Hodel Stilling the Mind: Shamatha Teachings from Dudjom Lingpa's Vajra Essence Publisher: Wisdom Publications; Original edition (August 16, 2011)

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