



# Mahamudra Tantra: The Supreme Heart Jewel Nectar

*Geshe Kelsang Gyatso*

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Mahamudra is the union of great bliss and emptiness--the very subtle mind that experiences great bliss and realizes ultimate truth. By enabling us to go within to uncover the deepest level of our mind and then to use the very subtle mind to meditate on ultimate truth, Mahamudra practice destroys all our delusions at their very root and thus propels us quickly to the state of full enlightenment.

"Mahamudra Tantra" begins by explaining the basic correct view and intention needed for successful Mahamudra meditation, as well as the meaning of Tantra and the two stages of Highest Yoga Tantra practice, and then explains the preliminaries and stages of training in this profound practice.

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