



The Ninth Karmapa's Ocean Of Definitive Meaning

Khenchen Thrangu

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The *Ocean of Definitive Meaning* by the Ninth Karmapa (1556–1603) is the most profound and famous text on Mahamudra ever written and is of vital importance in the living Kagyu tradition. It offers a detailed, uniquely comprehensive presentation of instruction on both the view and the practice. In the teachings contained in this book, Thrangu Rinpoche has distilled the essence of the Ninth Karmapa's massive text into manageable proportions and has given pointed guidance on the implementation of its instruction. According to Thrangu Rinpoche, Mahamudra practice is especially appropriate for Westerners and contemporary practitioners because it can be realized in the context of virtually any lifestyle. Mahamudra dissolves the artificial separation between phenomena and emptiness, revealing the radiant display of mind. The Ninth Karmapa's text has traditionally been available only to advanced students. However, Khenchen Thrangu Rinpoche has kindly consented to the publication of these core teachings on the text, which he gave in the context of a retreat he led in 2001 in the mountains of British Columbia for 140 Western students. His compelling presentation provides teachers and students with a systematic approach to some of the highest practices in the Kagyu tradition. Thrangu Rinpoche's extraordinary wisdom and insight make this new commentary a peerless jewel in the canons of spiritual literature.

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