



COMMUNAUTÉ DZOGCHEN  
INTERNATIONALE  
PALRILING

English DVD, CD catalog  
and English book catalog



SHANG SHUNG PUBLICATIONS

# Summary

DVD/CD

P.3 À 19

BOOKS AND BOOKS WITH TRANSMISSION

P.20 À 77

JIM VALBY BOOK

P.78 À 82

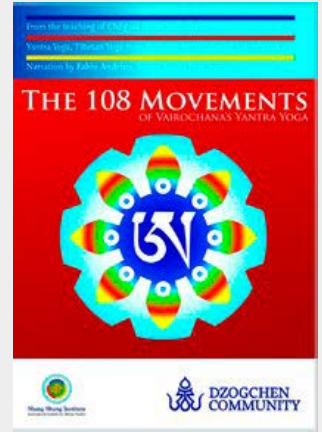
BOOK ORDER

P.83

**English  
DVDs  
&  
CDs**

Fabio Andrico, Laura Evangelisti

# The 108 Movements of Yantra Yoga



These two DVDs show all of the 108 movements of Vairochana's Yantra Yoga, performed by various practitioners of different age and capacity, in different places and moments.

The video does not include instructions or commentaries. It is meant to be used as a tool by the experienced practitioner, one who has received the transmission from a Master of the lineage and instructions from a qualified teacher.

Yantra Yoga is a system of practice that includes body postures, movements, breathing exercises and methods of concentration, and can be considered to be the equivalent of Hatha Yoga within the Buddhist tradition. There are numerous systems of Yantra belonging to the various tantric cycles. The system we practice is based on the root text *The Union of the Sun and Moon Yantra* written in the eighth century by the Dzogchen Master Vairochana and on the commentary written by Chögyal Namkhai Norbu, *A Stainless Mirror of Jewels*. From the eighth century, the profound knowledge and experience of this practice has been transmitted from master to disciple in an unbroken lineage until the present time, when Chögyal Namkhai Norbu began teaching this Yantra in the West in the early seventies.

YANTRA YOGA

DZOGCHEN  
INTRODUCTION  
REQUIRED

This product is intended only for those who have received direct introduction from a qualified master.

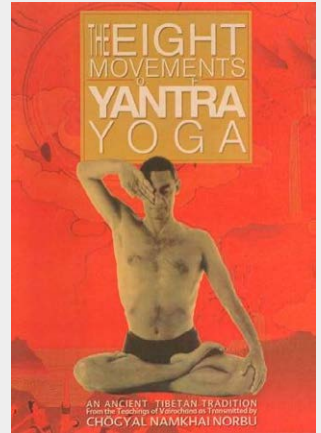


20 euros

Fabio Andrico, Laura Evangelisti

# Eight Movements - Gli Otto Movimenti

Yantra Yoga



This DVD is a practical and simple guide for learning and practicing the Eight Movements of Yantra Yoga. With these eight movements we harmonize and strengthen our energy through simple and effective methods which act on the physical level through the body movements and on the subtle level through the coordination of the breath. Set in the beautiful Himalayan Mountains, with a breathtaking view of famous peaks, the video is an enjoyable guide for learning and applying this ancient Tibetan yogic practice. Chögyal Namkhai Norbu introduces the video in an interview about the origins and purpose of the eight movements of Yantra Yoga. The next part gives step-by-step instructions and the final part shows a practice session.

Questo Dvd è una semplice e pratica guida per l'apprendimento e la pratica degli Otto Movimenti dello Yantra Yoga. Con essi, armonizziamo e rafforziamo la nostra energia attraverso metodi semplici e efficaci che agiscono a livello fisico attraverso i movimenti del corpo e a livello sottile attraverso la coordinazione del respiro. Ambientato nelle magnifiche montagne dell'Himalaya, con una vista mozzafiato su vette famose, il video è una piacevole guida per imparare e applicare questa antica pratica yogica tibetana. Chögyal Namkhai Norbu nella sua presentazione parla delle origini e dello scopo degli otto movimenti dello Yantra Yoga. La parte successiva fornisce istruzioni dettagliate e la parte finale mostra una sessione di pratica.

YANTRA YOGA

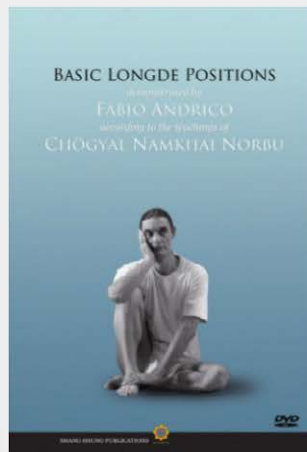


13 euros

# Chögyal Namkhai Norbu, Fabio Andrico Basic Longde Positions

In this DVD Fabio Andrico, international Yantra Yoga instructor, demonstrates and explains in detail the main positions used in the practice of Longde, as well as the use of the belt and stick as physical supports in many of these positions.

The video contains the instructions for learning the positions in a correct way, but no other explanation: practitioners who have received transmission are invited to study the available books, audios, and videos containing the indispensable, detailed teachings on the Longde practice by Chögyal Namkhai Norbu.



LONGDE

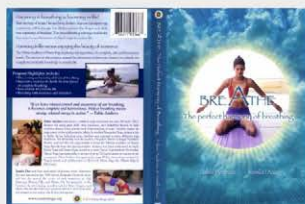
**PARTICULAR  
TRANSMISSION  
REQUIRED**

Please be sure that you have received the teachings and transmissions corresponding to this product.



13 euros

Fabio Andrico  
**Breathe**



With the help of Yamilla Diaz and Fabio Andrico, beginner and expert yoga practitioners will find simple but effective exercise that deepen and clarify their experience of breathing. This ground-breaking technique enables the discovery of a new dimension of relaxed energy in modern life.

YANTRA YOGA



13 euros

Chögyal Namkhai Norbu

## Chang Chog

From Shitro Teachings of Namchö Mingyur Dorje



In our modern western world, when our father, mother, friends or relatives die, we remain helpless and disheartened witnesses of the transient nature of life without the possibility to help those who have departed and are moving on to another life. Here, going beyond the delusion that our existence will end after death or will last eternally in some other world, Chögyal Namkhai Norbu presents, for the first time in the Western world, a ritual whose aim is to purify the negative karma and obstacles of the deceased, giving them a chance of accessing a higher knowledge.

This ritual embodies a new and authentic approach to death which allows us to help the deceased thanks to the special relation we had with them in our life, while providing us with the strength to overcome the suffering of our loss.

Connected to the Shitro Teachings of Namchö Mingyur Dorje, this short form of the Chang Chog ritual can be performed by all those who have received the transmission and wish to help their dear ones who have passed away. It is equally valid and beneficial for those who died recently and those who departed years ago.

The DVD contains the explanation of the meaning of the different phases of the ritual along with the practice and related preparations, based on a retreat held by Chögyal Namkhai Norbu in November 2007 in Merigar, Italy.

PROTECTION

DZOGCHEN  
INTRODUCTION  
REQUIRED

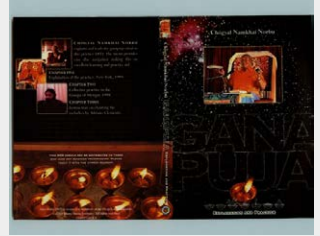
This product is intended only for those who have received direct introduction from a qualified master.



15 euros



Chögyal Namkhai Norbu  
**Ganapuja**  
Explanation and Practice



Chögyal Namkhai Norbu explains and leads the Ganapuja ritual in this practice DVD. The menu provides easy disc navigation making this an excellent learning and practice aid. The DVD consists of three parts: 1. Explanation, 2. Practice, and 3. Instruction on chanting the melodies by Adriano Clemente.

MISCELLANEOUS  
SECONDARY  
PRACTICES

DZOGCHEN  
INTRODUCTION  
REQUIRED

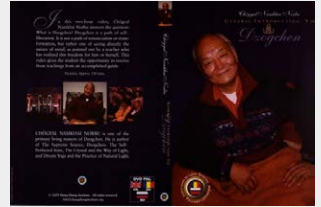
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17 euros

# Chögyal Namkhai Norbu

## General Introduction to Dzogchen



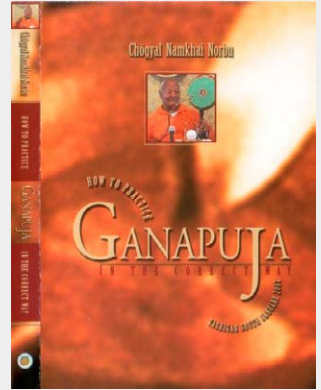
In this two-hour video, Chögyal Namkhai Norbu answers the question: What is Dzogchen? Dzogchen is a path of self-liberation; it is different from the paths of renunciation (Sutra) or transformation (Vajrayana or Buddhist Tantra), but rather one of seeing directly the nature of mind, as pointed out by a teacher who has realized this freedom for him or herself.

DZOGCHEN &  
BUDDHISM



17 euros

Chögyal Namkhai Norbu  
How to Practice  
Ganapuja in the Correct  
Way DVD



Chögyal Namkhai Norbu explains how to correctly practice the Ganapuja.

MISCELLANEOUS  
SECONDARY  
PRACTICES

DZOGCHEN  
INTRODUCTION  
REQUIRED

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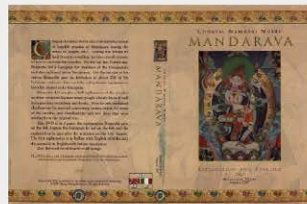


15 euros

Chögyal Namkhai Norbu

# Mandarava, Explanation and Practice

Merigar West, August 2007



This Mandarava DVD contains a video from a month-long teaching retreat held at Merigar West in August 2007.

During this retreat, Chögyal Namkhai Norbu had dreams revealing further clarifications of how to perform the practice. On the August 8, Dakini day, Rinpoche led a Ganapuja for members of the Community and also explained his dreams. On the last day of the retreat Rinpoche gave an initiation to about 700 of his fortunate students. This was followed by further explanations from his dreams and a Ganapuja.

This DVD is in three parts: the explanations Rinpoche gave on August 8, the Ganapuja he led that same day, and the explanations he gave after the initiation on the August 31.

The first explanation is in Italian with English subtitles and the second is in English with Italian translation.

LONG LIFE

**PARTICULAR  
TRANSMISSION  
REQUIRED**

Please be sure that you have received the teachings and transmissions corresponding to this product.



15 euros

Chögyal Namkhai Norbu

# Teachings on The Vajra Dance

Edited by Prima Mai



This DVD contains a selection of teachings on the Vajra Dance given by Chögyal Namkhai Norbu from 1991 to 1999: Tsegyalgar East 1992, Tashigar South 1991, Moscow 1992, Namgyalgar 1992, 1997, Merigar 1998, as well as an interview with Chögyal Namkhai Norbu by Prima Mai.

VAJRA DANCE

DZOGCHEN  
INTRODUCTION  
REQUIRED

This product is intended only for those who have received direct introduction from a qualified master.



12 euros

Chögyal Namkhai Norbu

# Tundus, Tundrin, Tungyas

The Short, Medium, and Long Thun



The Thun practices of the Dzogchen Community provide the opportunity to maintain samayas, strengthen our energies and make contact with the Guardians of the teachings who control negative forces in a powerful way so that our daily life can be easier as well as helping our personal practise to develop more smoothly. Chögyal Namkhai Norbu explains the invocations, mantras, mudras and visualizations specific to each of the three tuns (short, medium and long). The corresponding practice follows each explanation.

The DVD menu is structured so one can select whichever explanation or practice one wants, making it an excellent practice aid.

MISCELLANEOUS  
SECONDARY  
PRACTICES

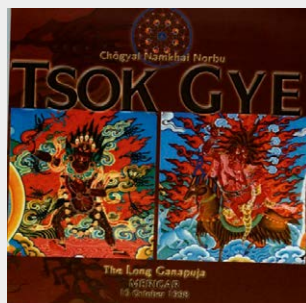
DZOGCHEN  
INTRODUCTION  
REQUIRED

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17 euros

Chögyal Namkhai Norbu  
The Long Ganapuja  
Tsok Gye



Since Chögyal Namkhai Norbu has so often stressed the importance of pronouncing the Tibetan words correctly when practicing, the Shang Shung Institute has decided to produce this recording of the Long Ganapuja. It contains the invocations to Ekajati and Dorje Legpa which are quite difficult to pronounce for most Westerners. Rinpoche was recorded during a collective practice led by Adriano Clemente in the Gonpa of Merigar on October 15th, 1998. We have created separate tracks for each phase of the practice making this an excellent learning aid.

MISCELLANEOUS  
SECONDARY  
PRACTICES

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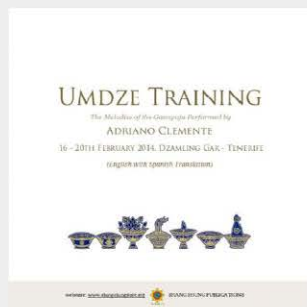


17 euros

Adriano Clemente

# Umdze Training Melodies of the Ganapuja

16-20 February 2014, Dzamling Gar - Tenerife



In February 2014, Adriano Clemente gave a five-day intensive course at Dzamling Gar on how to sing the Ganapuja. This training DVD is an invaluable aid for anyone in the Community because it helps us learn the correct melodies and timing of the Ganapuja. Having studied directly with Rinpoche for many decades, Adriano Clemente, who happens to be a dedicated musician, has perhaps more experience leading practices than any other student in the Community.

“There are many things I am not sure about at all,” says Clemente, “but at least I understood how you should lead, where you should stop and make a pause, where you should continue, how long you should chant mantras, and so on, because these things are all very important. And you don’t need to be a singer to do that. Not even a musician.”

The DVD video is divided into chapters so you can easily play and replay as you learn.

It comes with *How to Practice the Ganapuja in a Correct Way* a booklet compiled by Rita Bizzotto from teachings given by the Master at Tashigar South in 2007, containing concise instructions for each phase of the Ganapuja as practiced in the Dzogchen Community.

MISCELLANEOUS  
SECONDARY  
PRACTICES

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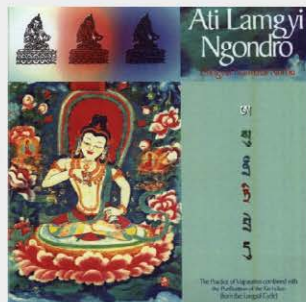


20 euros



# Chögyal Namkhai Norbu

## Ati Lamgyi Ngondro



The practice of Ati Lamgyi Ngondro is a Terma of Chögyal Namkhai Norbu. It combines the practice of Guru Vajrasattva with inner rushen practice for purifying the six lokas. These teachings were given by Rinpoche in August 2002 at Merigar with supplemental detailed practice explanations by Adriano Clemente. All explanations are in English with Italian translation and saved in MP3 file format. the practice led by Adriano Clemente is an audio CD with separate tracks facilitate its memorization.

PURIFICATION

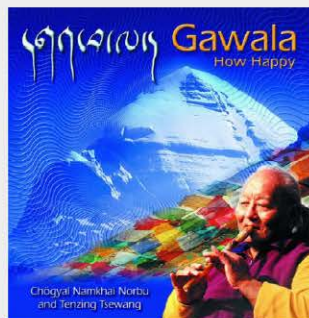
DZOGCHEN  
INTRODUCTION  
REQUIRED

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17 euros

Chögyal Namkhai Norbu, Tenzin Tsewang  
**Gawala**  
How Happy!



This CD is a unique collection of traditional Tibetan songs and melodies collected by Chögyal Namkai Norbu, which he and Tenzin Tsewang performed with the assistance of Trish Sperandio and Guna Studio in Australia. Tsewang carefully recorded all lyrics written by Rinpoche and included them here for your enjoyment. Most of these songs have not previously been recorded, making this CD a precious cache of gems of the ancient culture of Tibet. This CD will particularly appeal to students of Chögyal Namkai Norbu, who will recognize many aspects of the lyrics and melodies.

Questo CD unico nel suo genere, è una raccolta di canzoni e melodie tibetane fatta da Chögyal Namkhai Norbu ed incisa insieme al musicista tibetano Tenzin Tsewang con l'assistenza di Trish Sperandio e dello Studio Guna in Australia. La maggior parte delle canzoni contenute in questo disco non sono mai state registrate, rendendo questo CD un prezioso scrigno pieno di gemme dell'antica cultura del Tibet. Il CD piacerà in modo particolare agli studenti di Chögyal Namkhai Norbu, che riconosceranno molti aspetti dei testi e delle melodie.

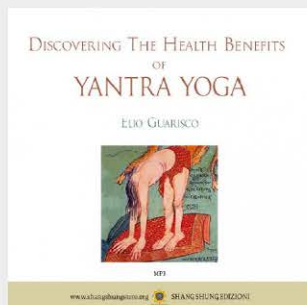
SONGS & DANCES



10 euros

Elio Guarisco

## Discovering the Health Benefits of Yantra Yoga



From July 27 to 29, 2014, Tibetan medical expert Elio Guarisco and senior Yantra Yoga instructor Laura Evangelisti led a course at Merigar West on the benefits of Yantra Yoga from the perspective of Tibetan Medicine as described in Rinpoche's books on Yantra Yoga.

This recording focuses on the explanatory sessions of the course, during which Elio Guarisco clarified how the movements, breathing, and mental condition that form a part of the practice are of benefit for the various energies and organs of the body as well as for the related functions. He also shed light on the way Yantra Yoga influences the energies connected to the emotions, consequently facilitating the process of healing illnesses and overcoming disturbances that obstruct our life force.

The course covered the benefits associated with each of the 108 Yantras, from the three preliminary groups through the five series including pranayamas to the seven lotuses, from the perspective of both Tibetan Medicine and Vajrayana. A recording of the course is now available as a CD or downloadable MP3. It expands on and complements the recording of the 2013 course on Yantra Yoga and the Vajra Body, also with Elio Guarisco, which covered the fundamentals of Tibetan medicine in general as well as the principles of the Vajra Body, tsa (subtle channels), lung (prana), and thigle (essence).

YANTRA YOGA

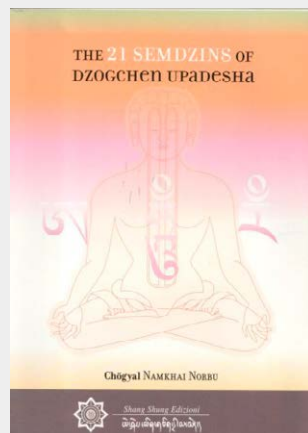


15 euros

# English BOOKS

# The 21 Semdzins of Dzogchen Upadesha

Compiled by  
*Shang Shung Publications Editorial Team*  
on the basis of the teachings of  
*Chögyal Namkhai Norbu*



The twenty-one Semdzins of the Upadesha series of Dzogchen teachings are one of the main practices for obtaining a precise understanding of the state of contemplation in non-dual presence or rigpa. The great master Longchenpa gave a detailed explanation of the twenty-one Semdzins in the *Theg mchod mdzod*. On the basis of this text, Chögyal Namkhai Norbu taught and gave a commentary on the Semdzins during a retreat held at Merigar West over Easter 1989. These teachings constitute the fundamental core of this book, which also comprises explanations taken from teachings given in July 1977 at Prata, Italy. The Semdzin Yugu contained in the first appendix, which belongs to the Upadesha teachings traditionally ascribed to the great master Shri Simha, has been taken from a teaching given at Merigar West in August 1985.

UPADESHA

DZOGCHEN  
INTRODUCTION  
REQUIRED

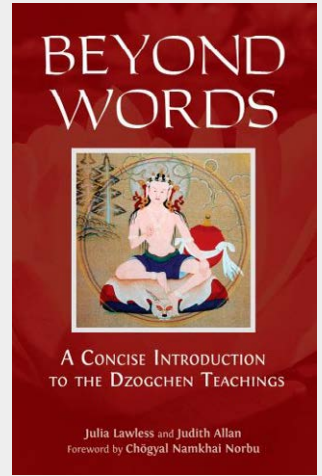
This product is intended only for those who have received direct introduction from a qualified master.

16 euros

Julia Lawless, Judith Allan

# Beyond Words

A Concise Introduction to the Dzogchen Teachings



Written for general readers, *Beyond Words* is a lucid introduction to the profound Total Perfection teachings (Dzogchen Atiyoga). Drawing on quotations from translated materials and secondary sources, the authors outline the philosophical, historical, and practical perspectives of Dzogchen, as presented by their mentor Chögyal Namkhai Norbu.

DZOGCHEN &  
BUDDHISM

**18 euros**

Chögyal Namkhai Norbu

# The Book of the Tun and the Ganapuja



This edition of the *Tun Book* contains the Tibetan and English text of the various Tuns (Short, Medium, Long), Ganapujas (Simple, Short, Medium, Long), the Invocation of the Lamp, and the Namkha and Lungta practices. Beautiful color illustrations indicate the visualizations, mudras, masters, deities, and guardians of these practices. This important practice book also provides instructions for playing the bell and the drum, including the position of the drum depending on the required action.

MISCELLANEOUS  
SECONDARY  
PRACTICES

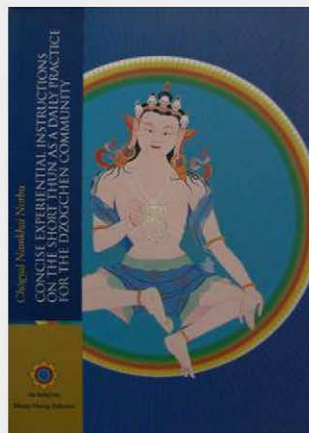
DZOGCHEN  
INTRODUCTION  
REQUIRED

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**20 euros**

Chögyal Namkhai Norbu

# Concise Experiential Instructions on the Short Thun as a Daily Practice for the Dzogchen Community



A short but precise explanation of the Short Thun, an essential practice combining the most important points of the practice of Anuyoga and Dzogchen, based on the principle of Guruyoga, written by Chögyal Namkhai Norbu for the practitioners of the Dzogchen Community. The Tibetan is included.

MISCELLANEOUS  
SECONDARY  
PRACTICES

**PARTICULAR  
TRANSMISSION  
REQUIRED**

Please be sure that you have received the teachings and transmissions corresponding to this product.

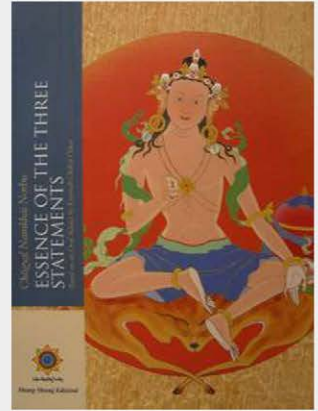
**12 euros**



Chögyal Namkhai Norbu

# The Essence of the Three Statements of Garab Dorje

Based on Oral Advice by Khyenrab Chökyi  
Özer



This transcription of the teachings transmitted in New York in 1999 contains the text of the four lines written by the master Khyenrab Chökyi Özer and the related oral commentary by Rinpoche. Among other things Chögyal Namkhai Norbu says: "Some people say that to practice the Dzogchen teachings you don't need a teacher or transmission, you can learn it from a book and then you can apply it. This is a very wrong view. In Western countries today they are developing this kind of tradition or school but you must not follow it... Since Garab Dorje until today the transmission has continued without interruption. If there is no transmission you cannot enter into real knowledge, it's impossible. That is why here it says that you can only have that knowledge if you are connected with the three transmissions... To really enter into this knowledge by just reading books is a fantasy."

This book contains a picture of Khyenrab Chökyi Özer, courtesy of Rinpoche himself, and the Tibetan text of the four lines written by his Master, translated by Adriano Clemente.

DZOGCHEN &  
BUDDHISM

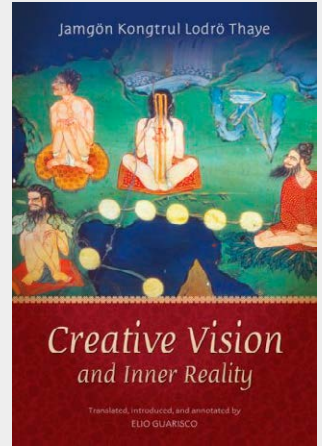
DZOGCHEN  
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11 euros

Jamgön Kongtrul Lodrö Thaye

# Creative Vision and Inner Reality



Translated from Tibetan, introduced and annotated by Elio Guarisco

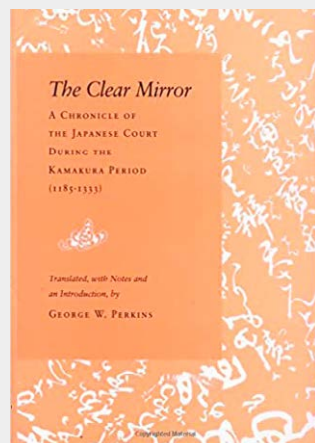
*Creative Vision and Inner Reality* is a translation of *Easing the Beginner's Way: The Essential Points of Creation and Completion*, written in verse at the age of twenty-seven by the amazing nineteenth-century realized master and profound scholar Jamgön Kongtrul Lodrö Thaye. Born in 1813 in Kham in eastern Tibet, Kongtrul offered this advice based on his own experiential understanding of these two basic methods in Tibetan Buddhist tantric meditation. The aspiring practitioner's way is eased by clear and extremely practical explanations of firstly, the phase of creation referring to the gradual imaginative process of recreating, with the aid of mantra and mudra, one's self as the deity and the environment as the mandala, while maintaining the awareness of the lack of real existence of these and all appearances and secondly, the phase of completion, referring to the dissolution of the visualization until the mind rests in its natural condition, the inseparability of bliss and emptiness, a state accomplished by, among other methods, concentration on one's so-called vajra body and its channels, winds, and vital essences.

DZOGCHEN &  
BUDDHISM

15 euros

# The Clear Mirror

Translated from George W. Perkins



The Clear Mirror (Masukagami) is an account of Japanese history from 1185 to 1333 by an anonymous author, almost certainly a court noble writing around the third quarter of the fourteenth century. During this time, the military government at Kamakura controlled the country, maintaining the emperor with his court at Kyoto as symbolic head of the State. Though the Imperial Court had little real power, it attempted to maintain as much of its former dignity and prestige as it could.

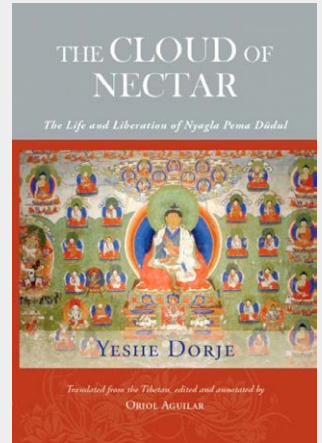
The Clear Mirror is at least semi-fictionalized, promoting a picture of a Court healthier and more powerful than it really was. Moreover, the work sees the Court as guardian of its own traditional arts and lifestyle, and thus provides not only a history of imperial succession and other events, but also (copious) numerous examples of poetic expressions and descriptions of courtly traditions and ceremonies. Because of its attempt to exemplify the best in the courtly prose tradition it is noticed for its imitation of the style of the masterpiece The Tale of Genji, the work has long been praised in Japan as much for its artistic literary contribution as for its historical significance. The present translation makes available to English readers the last significant work belonging to the genre of “historical tales” (rekishi monogatari), another example of which is A Tale of Flowering Fortunes (translated by William and Helen Craig McCullough, Stanford, 1980).

**17 euros**

Yeshe Dorje

# The Cloud of Nectar

The Life and Liberation of Nyagla Pema Dündul

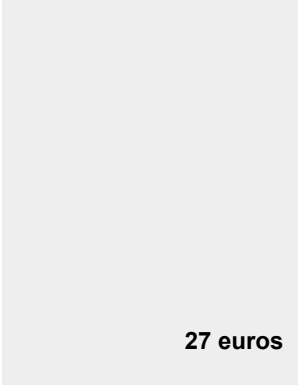


Translated from Tibetan by Oriol Aguilar

*The Cloud of Nectar* is an annotated translation of the biography written by Yeshe Dorje of Nyagla Pema Dündul, a nineteenth-century master, tertön, and well-known exponent of the practice and realization of Total Perfection (Dzogchen). Born in the rugged eastern Tibetan region of Kham, as a fatherless youth Pema Dündul suffered great personal loss, severe deprivation, and repeated violence. A social outcast, his early attempts to obtain spiritual instruction were cruelly thwarted. Increasingly recognized for his spiritual attainments, he sought and exchanged teachings with some of the region's leading figures of Buddhist and Bön learning and practice. But despite his fame and spiritual influence, Pema Dündul never held a position in any religious hierarchy, choosing instead the austere yet joyous lifestyle of a wandering yogi and remaining in solitary meditation retreat for extended periods until, upon his passing, he attained the Rainbow Body.

In this important scholarly work, through his substantial introduction Oriol Aguilar precisely places his subject in that fertile time and place in which both the struggle to preserve traditional learning and practice and exceptional spiritual creativity flourished against a backdrop of social and political unrest.

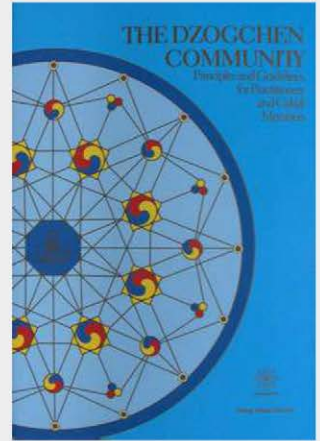
## BIOGRAPHIES



**27 euros**

Chögyal Namkhai Norbu

# The Dzogchen Community



This book contains the main documents and teachings on the Dzogchen Community that Chögyal Namkhai Norbu wrote or said during the last twenty years, therefore it is very useful to all practitioners interested in Dzogchen teachings and especially to the most active members engaged in the Gakyils and other activities of the Dzogchen Community. This book was first published on behalf of the International Gakyil in 2001, but the present reprint is an abridged version because many details and guidelines on the organization and management of the Dzogchen Community are now changing because of the reorganizing work in progress within the International Dzogchen Community.

DZOGCHEN &  
BUDDHISM

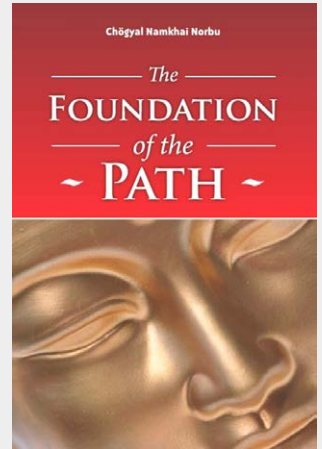
DZOGCHEN  
INTRODUCTION  
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This product is intended only for those who have received direct introduction from a qualified master.

**10 euros**

# The Foundation of the Path

*Compiled by  
Shang Shung Publications Editorial Team  
on the basis of the teachings of  
Chögyal Namkhai Norbu*



“If we observe well we can see that most of us are like a stone in water. Maybe we talk about bodhichitta, about acting for the good of others, and many other nice things, and maybe we live in a rosy atmosphere, but then we remain like a stone. Usually things that are left in water get soft, but not a stone, it always remains hard because that is its condition, it never relaxes and even after centuries it does not have the least idea of integrating with the water. Even if it stays in the water for thousands of years, if we break it open it is still dry inside. In this way our ego never integrates with the teaching, all it is capable of doing is uttering a lot of nice words, like a scholarly professor who gives a talk and everyone says, ‘Ah, how erudite he is, what a good talk.’ But really he has not integrated anything in himself and his condition has not changed one bit. So the teaching must not become like this, we must integrate it in ourselves, but in order to integrate it we must open a bit, that is, we must observe ourselves and understand our condition.”

—Chögyal Namkhai Norbu

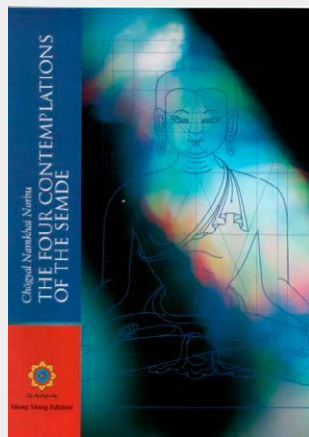
This collection of teachings contains the foundation for observing ourselves and understanding our real condition: the Four Awarenesses, the Three Sacred Principles (Refuge, Bodhichitta, dedication of merit), the Three Trainings, and the Vajra state.

DZOGCHEN &  
BUDDHISM

**15 euros**

# The Four Contemplations of Semde

Compiled by  
Shang Shung Publications Editorial Team  
on the basis of the teachings of  
Chögyal Namkhai Norbu



The Four Contemplations (*nepa*, *miyowa*, *nyamnyid*, and *lhundrub*) are used in Dzogchen Semde as a means for progressing in our practice and directly discovering our real state.

Semde means “series of the mind.” In general, Dzogchen is considered to be not a method of the mind but of rigpa, instant presence. The way of the mind is created by the mind and is subject to mental judgment. In the method of transformation, for example, at the beginning, you need to apply transformation with the guidance of the mind; only later when the practice is developed is it possible to find yourself in the presence of the manifestations. The state of complete integration and presence beyond judgment is called the contemplation of clarity. The way of the mind uses reasoning, while the method of the Dzogchen teachings is to go directly, from the beginning, to the state of presence. Thus, in Semde, the word *sem*, “mind,” does not refer to ordinary mind but to an abbreviation of the Tibetan expression *changchubsem* (in Sanskrit *bodhicitta*), which indicates our real condition, also called the primordial state.

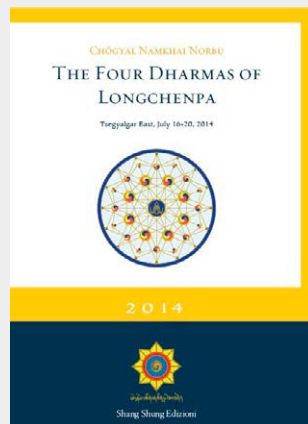
SEMDE

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Chögyal Namkhai Norbu  
The Four Dharmas of  
Lonchenpa  
Tsegylgar East, July 16-20, 2014



During the retreat held in Tsegylgar East, July 16-20, 2014, Chögyal Namkhai Norbu explained Longchenpa's Four Dharmas — similar to the Four Dharmas of Gampopa — together with the instructions on how to integrate their essential meaning with the daily life of aspiring Dzogchen practitioners.

DZOGCHEN &  
BUDDHISM

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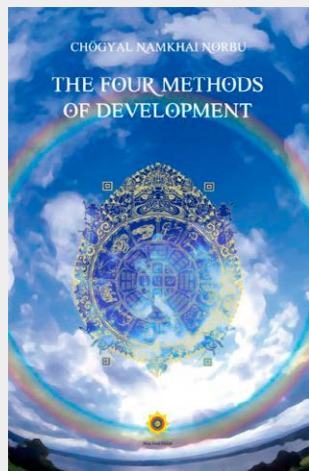
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**10 euros**



Chögyal Namkhai Norbu

# The Four Methods of Development



The twelve-year cycle in Tibetan astrology is combined with the five elements (wood, fire, earth, metal, and water) and with alternate female and male years. On the basis of these astrological periods, one can ascertain both the elemental condition of the present year and the elemental condition of the birth year. When, on the basis of the mother-son-enemy-friend relationship, conflict exists between the elements of life, body, capacity, and fortune of the year of birth, and the corresponding elements of the current year, it is important to eliminate the negative factors by means of the fourfold method to increase one's life, body, capacity, and fortune.

PROTECTION

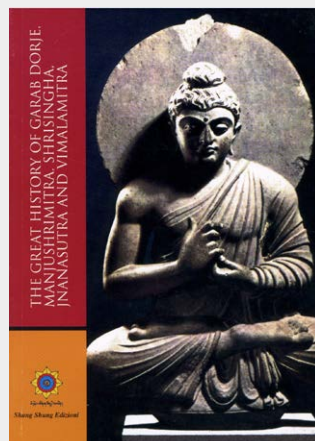
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# Great History of Garab Dorje, Manjushrimitra, Shrishingha, Jnanasutra and Vimalamitra

Translated from Tibetan by Jim Valby

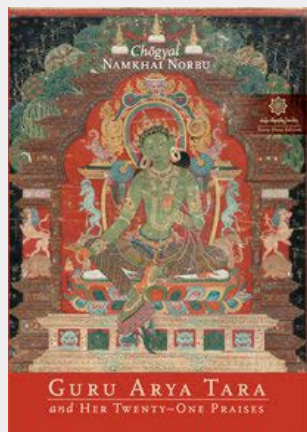


This book is a translation of pages 84 to 165 of The Great History of the Innermost Essence of Dzogchen, attributed to fourteenth-century master Longchen Rabjampa, which presents a history of Dzogchen masters who lived in the period from around the third century BCE to the ninth century CE: Garab Dorje, Manjushrimitra, Shrishingha, Jnanasutra, and Vimalamitra.

11 euros

# Guru Arya Tara and Her Twenty-One Praises

*Compiled by  
Shang Shung Publications Editorial Team  
on the basis of the teachings of  
Chögyal Namkhai Norbu*



Hundreds, if not thousands, of generations of Indian and Tibetan people have venerated Arya Tara as a principal divinity and meditation deity. Representing the function of the compassion, energy, and wisdom of all realized beings, she is considered the mother of all buddhas and the perfection of wisdom. In the ultimate sense, she is the unborn, pure, and empty dharmakaya, the supreme origin of all existence. She is the source of enlightenment that is present in all of us. As the manifestation of the pure state of the air element, Tara is known for her ability to act swiftly, reaching out to save us when we are in distress.

This book is a comprehensive collection of Chögyal Namkhai Norbu's teachings on Guru Arya Tara, combining his instructions on the essential practice of the Yoga of Arya Tara and the twenty-one action mantras with his commentary on the Twenty-One Praises to Arya Tara. It features a section explaining how to do a Green Tara personal retreat, a guide to pronouncing the Sanskrit version of the praises, and the full practice texts, including a special section consisting of the commentary and practice texts for Ozer Chenma.

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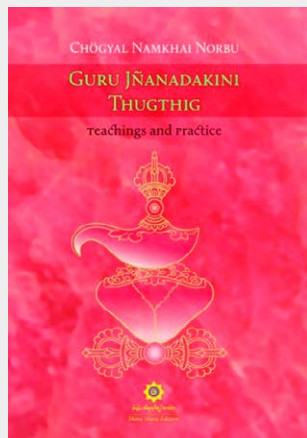
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# Guru Jnanadakini Thugthig

Teachings and Practice

Compiled by  
Shang Shung Publications Editorial Team  
on the basis of the teachings of  
Chögyal Namkhai Norbu



This book, based on teachings given in Crimea (2005), at Merigar (2005), and at Namgyalgar (2009), combines instructions conveying a general understanding of the three paths of liberation (Sutra, Tantra, and Dzogchen) with detailed teachings on the Guru Jnanadakini practice, part of the Longchen Wösal Khandroi Nyingthig series.

“Before learning about the practice of Jnanadakini, it is important to understand what is meant by Jnanadakini. We should not think of her as a kind of lady or a sort of statue. Jnanadakini is related with our knowledge, our understanding. The instant presence we talk about is Jnanadakini. If we are not in that state, Jnanadakini does not exist. She is the essence of all Jnanadakinis or wisdom dakinis, the union of all three kayas. The dharmakaya aspect is Samantabhadri; the sambhogakaya aspect is Guhyajnana (Sangwa Yeshe in Tibetan); one nirmanakaya manifestation is Gomadevi and another is Mandarava. Her real essence is the state of our teacher manifesting in the form of the Wisdom Dakini. This is why we call her Guru Jnanadakini.”

—Chögyal Namkhai Norbu

JÑANADAKINI  
PRACTICES

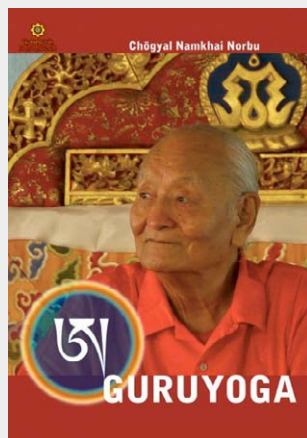
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# Guruyoga

Compiled by  
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on the basis of the teachings of  
Chögyal Namkhai Norbu



Chögyal Namkhai Norbu ha ripetuto infinite volte che il Guruyoga è la pratica principale dell'insegnamento Dzogchen: bisogna quindi cercare di trovarsi nello stato del Guruyoga in ogni istante della vita. Guruyoga in sanscrito vuol dire unione col Maestro, ma l'etimologia del tibetano *lamai naljor* ci permette di comprendere meglio il senso del Guruyoga: infatti *naljor* significa possedere la conoscenza della nostra condizione reale così com'è, che è la stessa conoscenza del Maestro.

Nel primo capitolo, dopo la spiegazione generale del lignaggio dello Dzogchen, del senso del Guruyoga e del modo di praticarlo in modo essenziale, sono presentati alcuni passi specifici sulle tre trasmissioni, l'importanza del lignaggio, le qualificazioni di un maestro e il significato del Guruyoga nel Tantra e nello Dzogchen. Il secondo capitolo è specificamente dedicato al modo di vedere. Il terzo capitolo tratta il tema della contemplazione e pone l'accento sul senso profondo del Guruyoga come pratica principale. Nel quarto capitolo è illustrato lo stretto rapporto che esiste tra il comportamento di un praticante Dzogchen e il Guruyoga.

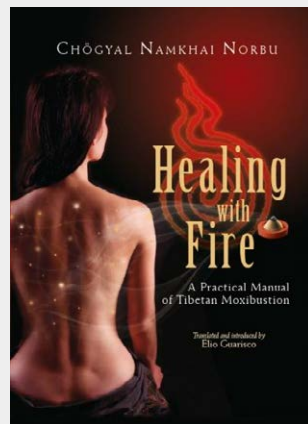
GURUYOGA

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17 euros

Chögyal Namkhai Norbu  
**Healing with Fire**  
A Practical Manual of Tibetan Moxibustion



Translated from Tibetan by Elio Guarisco

This manual is the first of its kind to focus on the Tibetan technique of moxibustion, an external therapy that uses the power of heat to stimulate a curative effect. A widespread form of traditional healing in the East, moxibustion is one of the most ancient medical therapies known to humanity. Mainly popularized as a branch of Chinese medicine, moxibustion was originally practiced in Shang Shung, a kingdom predating Tibet whose existence can be traced back at least four thousand years.

*Healing with Fire* is a comprehensive compendium of the five hundred most important and effective moxibustion points in the Tibetan and Shang Shung system, with an emphasis on practical instructions for readers with varying levels of expertise in the healing arts. The book is the culmination of decades of painstaking research by Professor Chögyal Namkhai Norbu, a foremost scholar of Tibetan culture and philosophy, who inspired by his personal experience of this unique and effective treatment method has gathered knowledge from ancient scriptures ranging from the well-known *Four Medical Tantras* to recondite manuscripts found in the caves of Tun-Huang.

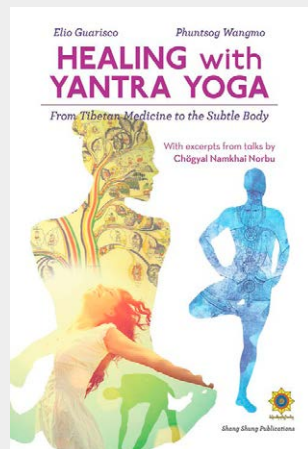
TIBETAN MEDICINE

**30 euros**

Elio Guarisco, Phuntsog Wangmo

# Healing with Yantra Yoga

From Tibetan Medicine to the Subtle Body



Yantra Yoga, originally transmitted in Tibet by Guru Padmasambhava in the eighth century, was first introduced to the West by Dzogchen master Chögyal Namkhai Norbu in the 1970s.

Working primarily on the physical and energetic structure of the body, the practice profoundly affects the functions of body, energy, mind, producing benefits that begin with deep relaxation and better health in general and can go all the way to complete realization.

*Healing with Yantra Yoga* aims to convey an understanding of the workings of the specific health benefits of the practice. Following an overview of the basic principles of traditional Tibetan medicine by Phuntsog Wangmo, a Tibetan physician, and Elio Guarisco, a Tibetan translator with extensive experience in the field, this book examines the positive health effects attributed to each of the 108 movements of Yantra Yoga.

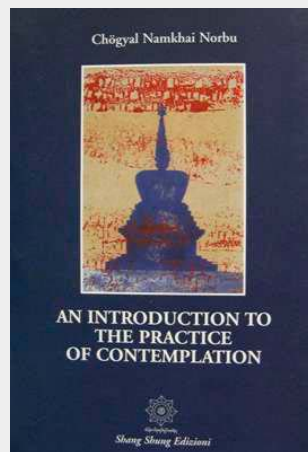
The final part is dedicated to the chakras and channels of the subtle body as elucidated in Tantra.

YANTRA YOGA

18 euros

# An Introduction to the Practice of Contemplation

*Compiled by  
Shang Shung Publications Editorial Team  
on the basis of the teachings of  
Chögyal Namkhai Norbu*



In 1980, during a retreat held at Monte Faito, Chögyal Namkhai Norbu transmitted a complete and step-by-step method for entering the practice of contemplation according to the teachings of Dzogchen Semde. The present book has been edited by Costantino Albini, with clear explanations of each phase of the practice.

SEMDE

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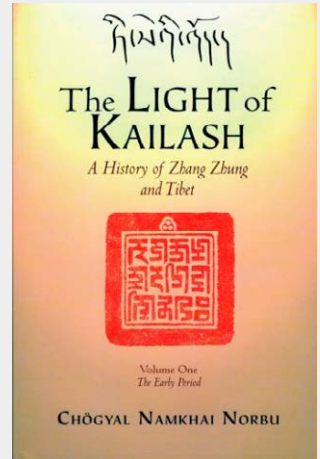
**17 euros**



Chögyal Namkhai Norbu

# The Light of Kailash, Volume One

A History of Zhang Zhung and Tibet: The  
Early Period



Translated from Tibetan by Donatella Rossi

This summa of Chögyal Namkhai Norbu's researches is dedicated first and foremost to his fellow countrymen and women and to Tibetan youth in particular. The text was originally conceived as a set of university lectures that Chögyal Namkhai Norbu was invited to give at the University of Nationalities in Beijing in 1988, forming a first abridged version of *The Light of Kailash* subsequently enlarged by the author after further research; the manuscript through meticulous selection and a critical use and analysis of a vast array of literary and frequently unpublished sources became a work of 1,900 pages divided in three volumes.

The first volume, *The Early Period*, the History of Ancient Zhang Zhung, considers the rise of early human generations and the Bön lineages of ancient Zhang Zhung, its dynasties, language, and culture.

This amazing trilogy, aptly named *The Light of Kailash*, offers an open, daring, holistic, unbiased approach to the study of the cultural and spiritual heritage of Tibet and to the understanding of the origin of this fascinating and endangered civilization.

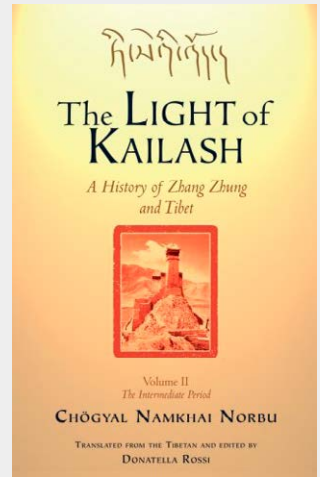
TIBETAN HISTORY

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Chögyal Namkhai Norbu

# The Light of Kailash, Volume Two

A History of Zhang Zhung and Tibet: The  
Intermediate Period



Translated from Tibetan by Donatella Rossi

This summa of Chögyal Namkhai Norbu's researches is dedicated first and foremost to his fellow countrymen and women and to Tibetan youth in particular. The text was originally conceived as a set of university lectures that Chögyal Namkhai Norbu was invited to give at the University of Nationalities in Beijing in 1988, forming a first abridged version of *The Light of Kailash* subsequently enlarged by the author after further research; the manuscript through meticulous selection and a critical use and analysis of a vast array of literary and frequently unpublished sources became a work of 1,900 pages divided in three volumes.

The second volume, *The History of the Intermediate Period: Tibet and Zhang Zhung*, is focused upon human generations, the Bönpo lineages, the spread of Bön during the lifetimes of the first Tibetan monarchs, the dynasties, written language, and civilization of ancient Tibet, as well as upon the reigns of specific kings, the Bön religion, and Bönpo religious figures (Dran-pa Nam-mkha' in particular) of Zhang Zhung during that period.

This amazing trilogy, aptly named *The Light of Kailash*, offers an open, groundbreaking, holistic, unbiased approach to the study of the cultural and spiritual heritage of Tibet and to the understanding of the origin of this fascinating and endangered civilization.

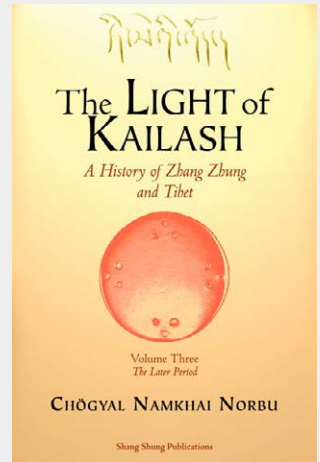
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Chögyal Namkhai Norbu

# The Light of Kailash, Volume Three

A History of Zhang Zhung and Tibet: The  
Later Period



Translated from Tibetan by Donatella Rossi

This summa of Chögyal Namkhai Norbu's researches is dedicated first and foremost to his fellow countrymen and women and to Tibetan youth in particular. The text was originally conceived as a set of university lectures that Chögyal Namkhai Norbu was invited to give at the University of Nationalities in Beijing in 1988, forming a first abridged version of *The Light of Kailash* subsequently enlarged by the author after further research; the manuscript through meticulous selection and a critical use and analysis of a vast array of literary and frequently unpublished sources became a work of 1,900 pages divided in three volumes.

The third volume, *The History of the Later Period*, is concerned with an assessment of the genealogies, Bönpo lineages, royal dynasties (from the first monarch gNya'-khri bTsan-po until the forty-fifth monarch Khri-dar-ma 'U-dum-btsan), language, and civilization of Tibet.

This amazing trilogy, aptly named *The Light of Kailash*, offers an open, daring, holistic, unbiased approach to the study of the cultural and spiritual heritage of Tibet and to the understanding of the origin of this fascinating and endangered civilization.

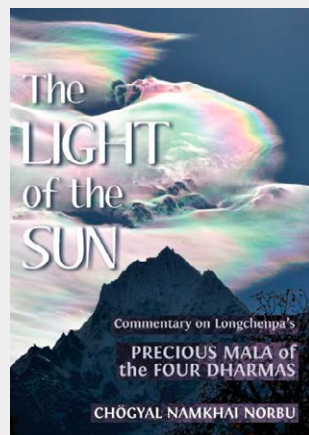
TIBETAN HISTORY

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# The Light of the Sun

Commentary on Longchenpa's Precious Mala of the Four Dharmas

Compiled by  
Shang Shung Publications Editorial Team  
on the basis of the teachings of  
Chögyal Namkhai Norbu



The root text of the *Precious Mala of the Four Dharmas* translated by Jacob Braverman

One thousand years ago, Gampopa, the illustrious heart son of Tibet's great yogin Milarepa, essentialized the entire Buddhist path in a concise set of pith instructions that became known as the Four Dharmas of Gampopa. Since that time, this profound teaching has been used by many eminent masters as a vehicle for imparting the key points of Buddhist practice, including, in the fourteenth century, the incomparable Longchenpa, whose brilliant exposition of the Four Dharmas illuminates the culmination of the path from a Dzogchen perspective.

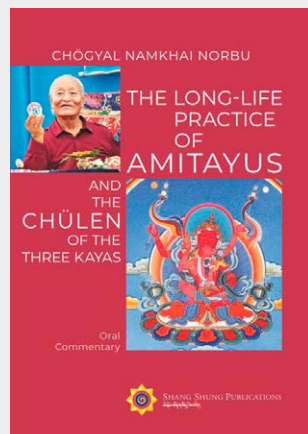
*The Light of the Sun* presents a new translation of Longchenpa's *Precious Mala of the Four Dharmas* alongside the original Tibetan text, with the lucid, accessible, and relevant commentary of contemporary Dzogchen master Chögyal Namkhai Norbu.

DZOGCHEN &  
BUDDHISM

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Chögyal Namkhai Norbu

# The Long-Life Practice of Amitayus and the Chülen of the Three Kayas



*The Long-Life Practice of Amitayus* and the related instructions on *The Chülen of the Three Kayas* are terma teachings of Padmasambhava discovered by Nyagla Pema Düdul. This book contains Chögyal Namkhai Norbu's oral commentary on the two texts, given during a retreat in 2014 at Merigar West, Italy. Rinpoche's explanations alternate with relevant passages he had selected for the occasion, translated here from the original Tibetan.

The complete translations from the Tibetan of *The Long-Life Practice of Amitayus* from the original *Tsedrub Gongdü* and of *The Chülen of the Three Kayas* from Nyagla Pema Düdul's terma cycle *The Self-Liberation That Encompasses Space* (*Khakhyab Rangdrol*) are provided in the appendix.

Also included are the short and long practices of Amitayus adapted by Chögyal Namkhai Norbu for his students on the basis of Nyagla Pema Düdul's *Union of Primordial Essences Long-Life Practice* (*Tsedrub Gongdü*).

LONG LIFE

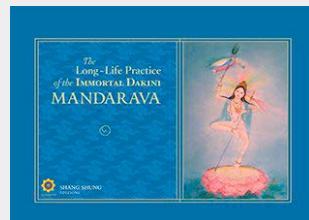
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Chögyal Namkhai Norbu

# The Long-Life Practice of the Immortal Dakini Mandarava



New practice book for the Long-Life Practice of Mandarava. Similar in design to our Thun book, it contains four different versions of the practice:

- two long versions complete with the optional Ganapuja (one with instruments and one with mudras only)
- two short versions (one with mantras and mudras only and the other more essential)

The practices selected are representative of recent teachings Chögyal Namkhai Norbu gave on the Long-Life Practice “Thigle of Vajra Life” of the Immortal Dakini Mandarava.

The Tibetan passages are accompanied by a translation into English, newly revised by Adriano Clemente. Delightful illustrations in color and black and white indicate mudras and the use of instruments, making it easier to follow the practice in the correct way, and the book is spiral bound so that it opens flat. It also contains several color reproductions of beautiful paintings of Mandarava by fellow practitioners, as well as one by meditation master and renowned artist Dugu Choegyal Rinpoche.

LONG LIFE

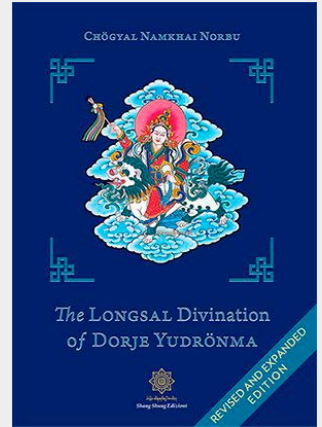
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Chögyal Namkhai Norbu

# The Longsal Divination of Dorje Yudrönma + dice set



The art of divination or Mo has always been widespread in Tibetan culture. Various methods of prediction have been practiced and passed down from ancient times.

The *Tag-ril Divination of Dorje Yudrönma* (*Rdo rje g.yu sgron ma'i phywa mo'i brtag ril*) is a short, cryptic text on divination that the Author received in 2009 as part of the Longsal cycle of teachings. Dorje Yudrönma, queen of the Pramohas, is the guardian of the Longsal teachings. *The All-Illuminating Lamp* (*Kun gsal sgron me*) is a detailed commentary meant to be used as a practical manual.

This method of divination uses five dice with the colors of the five elements, rather than numbers, as the identifying factor in the various responses. Outcomes depend upon the relationship between elements according to the system of Tibetan astrology. One hundred twenty different combinations are possible.

The twelve categories of prediction are: protective energy, spirituality, goals and wishes, social condition, family, travel, marriage and relationships, business, health, enemies and negative forces, gifts of fortune, and wealth.

The five dice necessary for performing the divination are included with the book.

DIVINATION

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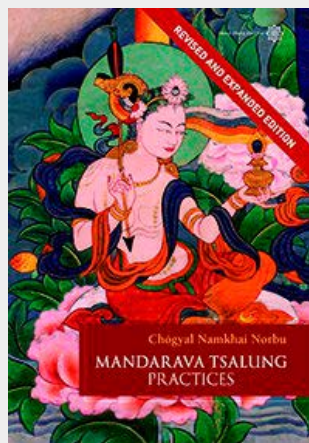
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**25 euros**

# Mandarava Tsalung Practices

Teachings on the Profound Crucial Upadesha of the Long-Life Practice “The Vajra Vital Essence”

*Compiled by  
Shang Shung Publications Editorial Team  
on the basis of the teachings of  
Chögyal Namkhai Norbu*



A comprehensive guide to the Mandarava Tsalung practices taught by Chögyal Namkhai Norbu. This book is a revised and significantly expanded edition of the original 2007 publication on the Mandarava Tsalung teachings and practices as transmitted within the Longsal cycle. The new edition has been updated according to recent teachings and features an extensive section on the Long-Life Practice of Mandarava along with general clarifications about the related practices of Chülen and Sogthig. Other new sections include Chögyal Namkhai Norbu’s Upadesha on the Tsalungs of Mandarava, with the full Tibetan text alongside a translation by Adriano Clemente, followed by Rinpoche’s commentary on the same text, which explains the most important Tsalungs for training in *dewa* and *tröd* (bliss and heat). The book also contains instructions for training in the Sogthig breathing for the Chülen of Space from other retreats since 2010. A new appendix gives instructions on how to make a dadar.

LONG LIFE

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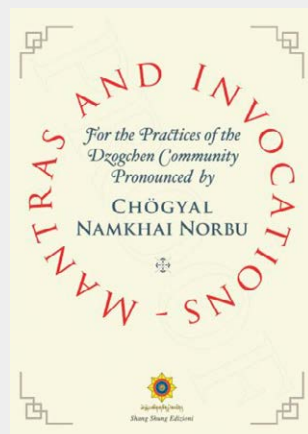
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Chögyal Namkhai Norbu

# Mantras and Invocations for the Practices of the Dzogchen Community



The purpose of this book is to ensure the correct pronunciation of the mantras and invocations as transmitted by the Master. It comes with a recording recently made by Rinpoche specifically to accompany the book. Contains a large collection of mantras and invocations transmitted by Chögyal Namkhai Norbu, including all Guruyoga practices, Yidam transformation practices, all series of Ganapuja, long-life practices, purification practices, protection mantras, and Guardian invocations as well as Medicine Buddha mantras, the Naga rite, Sang, and Serkyem.

The emphasis of these recordings is specifically on the pronunciation of the mantras. The melodies are not included. The book gives all of the mantras and invocations in Drajyor transliteration as well as Tibetan script.

It is an essential tool for Dzogchen Community practitioners and is available in three forms:

Printed book with MP3 CD

Printed book with DVD video

Downloadable ebook and MP3 file

*This publication should be treated with the greatest respect and is addressed to those who have received the transmission of the teaching from Chögyal Namkhai Norbu.*

MISCELLANEOUS  
SECONDARY  
PRACTICES

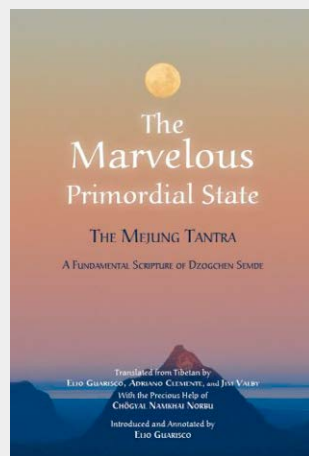
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**22 euros**

# The Marvelous Primordial State

The Mejung Tantra



Translated by Jim Valby, Elio Guarisco, and Adriano Clemente

*The Marvelous Primordial State of Great Perfection* is a profoundly important root text of the Mind series of Dzogchen. Although this ancient text is not as large, nor has it as many chapters as *The Supreme Source*, it teaches all the essential principles of Ati Dzogchen that can be subsumed in the view without fixations, contemplation beyond concepts, and the fruit that is not obtained by treading a path. Therefore, this book contains the essence of all sutras and tantras of the Buddha's teaching, with nothing missing.

Our English translation of *The Marvelous Primordial State*, an ancient and extraordinary text the likes of which is rarely found in the world and whose value is immeasurable, has been made for the benefit of those fortunate ones who wish to gain an understanding of the real meaning of Ati Dzogpa Chenpo. I truly hope and wish that it will serve to open the doors of their minds and engender a genuine understanding of the principle of Ati Dzogpa Chenpo.

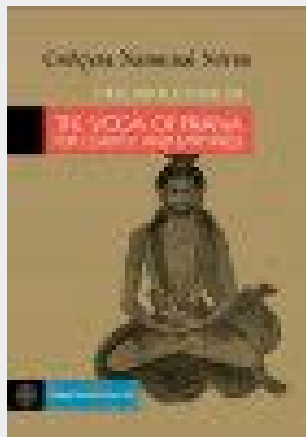
—Chögyal Namkhai Norbu

SEMDE

30 euros

# Oral Instructions on the Yoga of Prana for Clarity and Emptiness

Compiled by  
Shang Shung Publications Editorial Team  
on the basis of the teachings of  
Chögyal Namkhai Norbu



Translated from Tibetan by Adriano Clemente

This book contains the transcription of the oral teachings given by Chögyal Namkhai Norbu during the transmission of his Longsal text *The Yoga of Prana for Clarity and Emptiness* and the related commentary he composed to clarify its essential points. Rinpoche transmitted and explained all the introductory teachings as well as both the preliminary methods and the main methods, which contain precise explanations on the nature of the various prana energies and instructions on how to gain mastery over the prana's different aspects through exercises of visualization and kumbhaka.

LONGSAL

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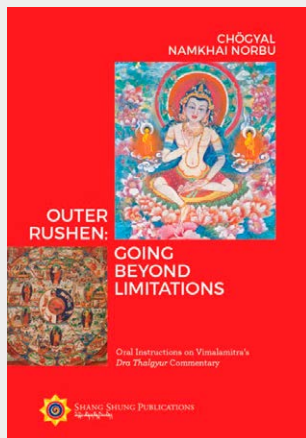
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21 euros

# Outer Rushen: Going Beyond Limitations

Oral Instructions on Vimalamitra's Dra Thalgyur Commentary

Compiled by  
Shang Shung Publications Editorial Team  
on the basis of the teachings of  
Chögyal Namkhai Norbu



Translated from Tibetan by Saadet Arslan, Jakob Winkler, and Elio Guarisco

The ultimate essence of Atiyoga practice is abiding in contemplation. In the beginning, for the authentic state of contemplation to arise, it is indispensable to “separate,” or distinguish, mind from the state of pure instant presence, the nature of mind. Numerous upadeshas have this aim, but one that stands out as particularly simple to apply is Khorde Rushen, the separation of samsara and nirvana. Three forms of this practice are generally presented: outer, inner, and secret.

In Outer Rushen, the practice is to spontaneously enact anything whatsoever with the body, the voice, and the mind, without any choice or restraint as what to do and what not to do. At the end, exhausted from all the activities, you simply relax in the natural state that is your primordial condition.

This book presents Chögyal Namkhai Norbu's teachings on Outer Rushen based on Vimalamitra's commentary on the Dzogchen Upadesha root tantra known as the *Dra Thalgyur* (*sGra thal 'gyur*), *The All-Penetrating Sound*. It includes Vimalamitra's commentary in Tibetan along with an English translation.

UPADESHA

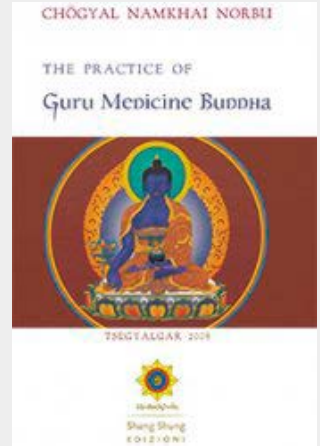
DZOGCHEN  
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12 euros

# The Practice of Guru Medicine Buddha

Compiled by  
Shang Shung Publications Editorial Team  
on the basis of the teachings of  
Chögyal Namkhai Norbu



This booklet contains two practices of Medicine Buddha, together with explanations on how to apply them, as transmitted by Chögyal Namkhai Norbu at Tsegyalgar East, Massachusetts, USA, during a retreat that took place in 2008.

The first practice is centered around the figure of Padmasambhava in the aspect of the Buddha of Medicine. The second is a Medicine Buddha practice from a terma teaching of Namchö Mingyur Dorje.

The root of this Ugyen Menla practice is *The Invocation That Fulfills All Aspirations*, a terma discovered in a reliquary by tertön Manglam Zangpo Trappa in the temple of Rulag Trampa Gyang. Manglam Zangpo Trappa gave this teaching to Chödag Rigdzin Gökyi Demtruchen (1337-1408) and in this way it became well known.

TIBETAN MEDICINE

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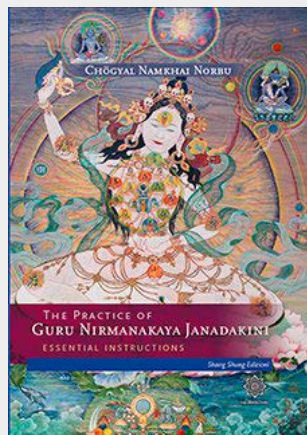
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9 euros

Chögyal Namkhai Norbu

# The Practice of Guru Nirmanakaya Jnanadakini

Essential Instructions



The practice of Guru Nirmanakaya Jnanadakini is a terma teaching of Dzogchen Master Chögyal Namkhai Norbu and belongs to his Longsal cycle of teachings.

This book contains the essential instructions for performing the practice of Guru Nirmanakaya Jnanadakini, compiled in particular from the teachings given in August 2010 at Merigar West as well as in 2007 at Tashigar North. It comprises instructions on visualizations and mantra recitation, illustrations of the mudras (including with ritual instruments), instructions on how to play the ritual instruments, illustrations of the deity in yab/yum form, and the practice text.

JÑANADAKINI  
PRACTICES

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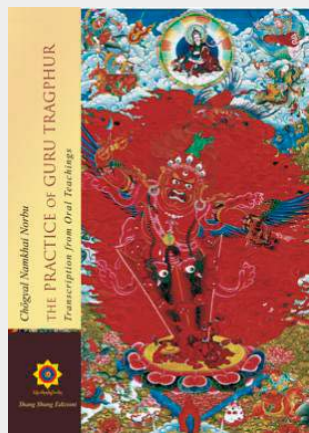
**17 euros**

# The Practice of Guru Tragphur

Transcription from Oral Teachings

*Compiled by*

*Shang Shung Publications Editorial Team  
on the basis of the teachings of  
Chögyal Namkhai Norbu*



“One of the most effective practices for controlling negativities is Guru Tragphur. This form of Guru Tragphur, however, is very special because it is the union of Hayagriva, Vajrapani, Garuda, and Vajrakilaya as well as Yangdag Heruka. This practice is a terma of my uncle Heka Lingpa, also known as Jamyang Chökyi Wangchug and Khyentse Yangsid Rinpoche.”

—Chögyal Namkhai Norbu

PROTECTION

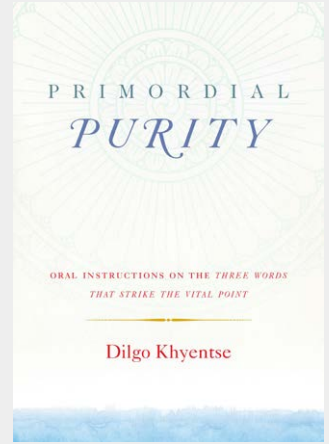
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**8 euros**

# Primordial Purity: Oral *Instructions on the Three Words That Strike the Vital Point*

by Dilgo Khyentse



The path of Trekchö is the way of directly and thoroughly cutting through the misconceptions of samsara, to lay bare the primordial purity of the nature of mind. This powerful practice is illuminated by Dilgo Khyentse Rinpoche in his commentary on an essential text based on the Atiyoga Dzogchen instructions of the outstanding nineteenth-century Master Patrul Rinpoche.

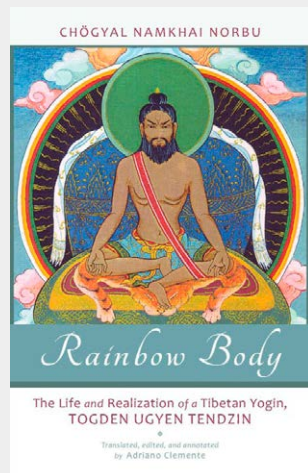
Three Words That Strike the Vital Point is the famous seminal statement by Garab Dorje that is said to contain all the myriad Dzogchen Tantras. The key instructions on it by Patrul Rinpoche—the verses known as «The Special Teaching of Khepa Shri Gyalpo»— form the basis for the discourse in Primordial Purity. It explains that in Dzogchen, when one has fully recognized that all the confusion of samsara is the expressive power of great emptiness, confusion is spontaneously liberated into the primordial purity of mind's essential nature. Compassion spontaneously arises for the benefit of sentient beings. Dilgo Khyentse Rinpoche beautifully reveals this process in this profound work, which will inspire students of Buddhism, and deepen their experiential appreciation of the teachings.

**19 euros**



# Chögyal Namkhai Norbu Rainbow Body

The Life and Realization of Togden Ugyen  
Tenzin



Translated from Tibetan by Adriano Clemente

One of the highest attainments of Dzogchen, an ancient spiritual path recognized as the supreme vehicle of Tibetan Buddhism, the rainbow body is the transmutation of the physical constituents of the body into the essence of the five elements. This book traces the life story of twentieth-century Tibetan yogin Togden Ugyen Tenzin (1888-1962), whose amazing realization of the rainbow body at his death was witnessed in Eastern Tibet.

The author of this fascinating biography is Chögyal Namkhai Norbu (1938-2018), one of the great masters of Dzogchen, and nephew, on the paternal side, of the Togden, a title meaning “endowed with realization,” an expression accorded to highly realized yogins in Tibet. The Author, who received profound teachings from his uncle, based his book on extensive notes he took while with Togden in 1954 in Derge, and on information given to him by Sala Kama Samten (1919-1993), also a disciple and nephew of the yogin. Togden’s master was Adzom Drugpa, Drodul Pawo Dorje (1842-1924), one of the greatest Dzogchen masters of the last century, renowned for the depth and clarity of his teachings. A short biography of this master is here included, together with a biography of the yogini Lhundrub Tso (1864-1946), also a close student of Adzom Drugpa and grandmother of the Author.

BIOGRAPHIES

13 euros

Chögyal Namkhai Norbu

# Sang offering and Serkyem of the eight classes



“This very short Sang Offering was written by Adzom Drugpa, a great Dzogchen master gifted with profound understanding and a discoverer of many termas. The Sang rite is principally for purification and, in particular, for purifying the energy of the individual. It is said, in fact, that every individual possesses five divinities corresponding to five types of energy that protect and maintain the positive aspects of the individual. When one’s own protective energy is weakened, one becomes passive and vulnerable to negative influences, so the Sang rite purifies the obstacles and negative forces linked to the place in which one lives, because the local guardians and their energy also influence the individual.

The Degyed Serkyem is a very special Serkyem. It was composed by Nub Sangye Yeshe, a very important Dzogchen practitioner who was also a very powerful Vajrayana practitioner. Degyed Serkyem is a rite for making contact or communicating with the Eight Classes and particularly with the local guardians.”

—Chögyal Namkhai Norbu

PURIFICATION

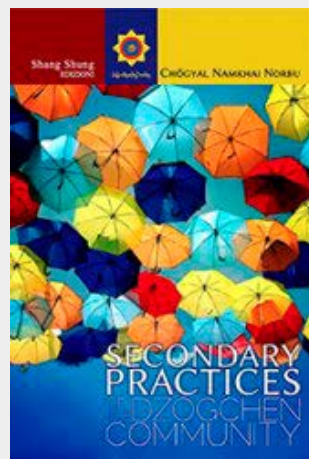
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**13,60 euros**

# Secondary Practices of the Dzogchen Community

Compiled by  
Shang Shung Publications Editorial Team  
on the basis of the teachings of  
Chögyal Namkhai Norbu



This booklet contains brief explanations outlining the content and function of the practices that Chögyal Namkhai Norbu used to transmit at the end of each retreat. “These practices are secondary; this means that you use them only when you need to. If you have a lovely umbrella, you do not use it always, you use it when it rains or to protect you from the sun. This is called working with circumstances.”

The practices are presented in the sequence generally followed by the Master, with references to the relevant publications published by Shang Shung Edizioni for studying the individual practices.

A related publication, *Mantras and Invocations for the Practices of the Dzogchen Community*, which includes both a booklet and MP3 audio, provides the Tibetan and Sanskrit words in written form along with the correct pronunciation as spoken by Chögyal Namkhai Norbu.

MISCELLANEOUS  
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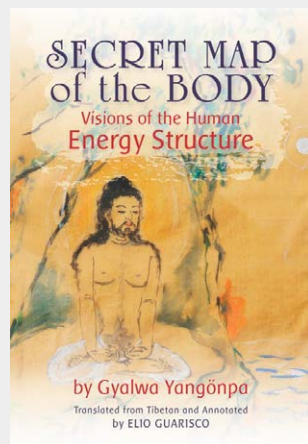
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7 euros

Gyalwa Yangönpa

# Secret Map of the Body

Visions of the Human Energy Structure



Translated from Tibetan and Annotated by Elio Guarisco

Yangönpa's *Hidden Description of The Vajra Body* presents the triad constituting the Vajra Body – the channels, energy-winds, and vital essences – as the basis for the application of experiential yogic techniques. Buddhism often relegates the body to a role subordinate to that of the mind; the focus of Yangönpa's *Hidden Description* is the body itself, with its manifold layers – coarse, subtle, and very subtle.

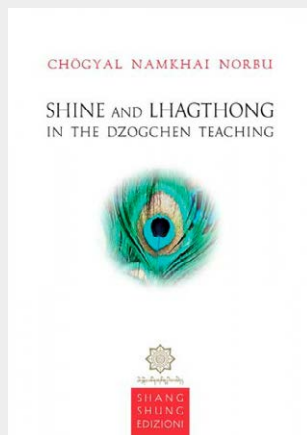
In his presentation of the human body's energetic structure he contends that it is not simply the means to achieve enlightenment, but enlightenment itself, blending the Highest Tantra notion of the body as the method with the Total Perfection (*rdzogs chen*) principle of inherently present enlightenment as the fundamental nature of all phenomena.

DZOGCHEN &  
BUDDHISM

27 euros

# Shine and Lhagthong in the Dzogchen Teaching

Compiled by  
*Shang Shung Publications Editorial Team*  
on the basis of the teachings of  
*Chögyal Namkhai Norbu*



The Dzogchen Semde series explains that after having been introduced to knowledge of the primordial state by a qualified teacher, it is of paramount importance for practitioners to dedicate themselves to specific methods to stabilize their understanding of the non-duality of Shine and Lhagthong. Realization is none other than the integration of such a state in one's awareness in every moment of daily life.

This book is divided into three parts related to the three aspects of the path: view, meditation, and behavior.

The first part is composed of passages explaining how Shine and Lhagthong are presented in the Dzogchen teachings, referring to the system of the four contemplations of Dzogchen Semde and comparing the Dzogchen view with that of Sutra and Tantra.

The second part consists of instructions related in particular to the practice of mediation written in the sixteenth century by Sodogpa Lodrö Gyaltzen, dating back to Vairochana, known as Nyang system.

Part Three offers the Master's instructions concerning the integration of Shine and Lhagthong in behavior through the continuous application of presence and awareness in every moment of daily life.

SEMDE

DZOGCHEN  
INTRODUCTION  
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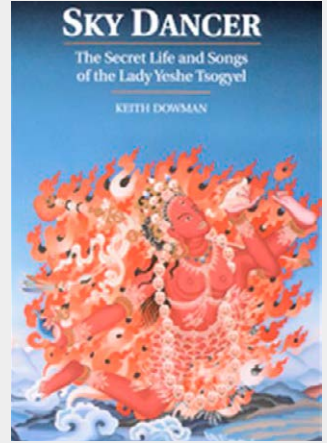
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**12 euros**

# Sky Dancer

## *The Secret Life and Songs of the Lady Yeshe Tsogyel*

by Keith Dowman

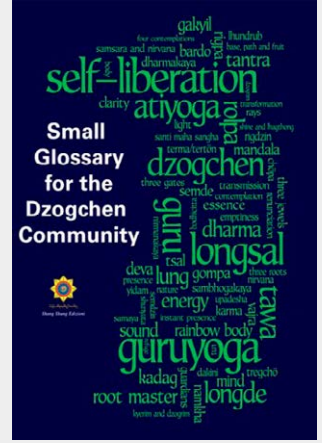


Yeshe Tsogyel, consort of Guru Padmasambhava, is the most famous of the enlightened women of Tibet. Women have a special place in Tantra, but except for *Sky Dancer*, there are few writings that present the spiritual practices and evolution of female aspirants. Here women are in an eminent position, and a path of practice is given for present-day initiates to emulate. Keith Dowman has added a commentary on the path of inner tantra, woman and the dakini, and the Nyingma lineages.

**30 euros**

# Small Glossary for the Dzogchen Community

Compiled by  
Shang Shung Publications Editorial Team  
on the basis of the teachings of  
Chögyal Namkhai Norbu



A guide explaining terms and concepts frequently encountered in the teachings of Chögyal Namkhai Norbu. Particularly useful for new students.

TIBETAN LANGUAGE

DZOGCHEN  
INTRODUCTION  
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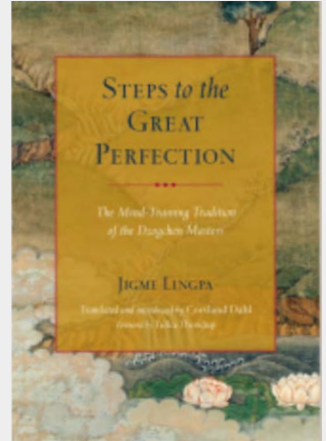
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6 euros

# Steps to the Great Perfection

## *The Mind-Training Tradition of the Dzogchen Masters*

by Jigme Lingpa



The mind-training practices contained in the Dzogchen tradition of Tibetan Buddhism have never before been presented in the English language. The main text translated here, *The Steps to Liberation*, will be of great interest to Western practitioners, since its instructions are concise and direct, and experiential rather than scholarly. The contemplations on core Buddhist principles like impermanence and karma, intended for beginner meditators, unfold as dramatic stories in which the meditator is led to vividly imagine himself or herself as the main character who undergoes a sequence of experiences that result in transformative realizations. They distill the most essential teachings of the Buddha into a practical system that can be easily applied in a daily meditation practice. At the same time, they bring together the most foundational Buddhist teachings with the profound methods of the Vajrayana (the Esoteric teachings of Buddhist Tantra). This is the hallmark of Dzogchen mind training and what distinguishes it from other mind-training lineages.

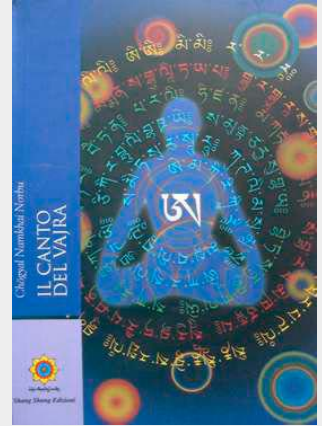
**30 euros**



# The Song of the Vajra

An Oral Commentary

Compiled by  
Shang Shung Publications Editorial Team  
on the basis of the teachings of  
Chögyal Namkhai Norbu



We can find the principle of the Song of the Vajra in the Upadesha tantra called *Nyida Khajor*, meaning *Union of Sun and Moon*. The Song of the Vajra is like a key for all of the methods we can learn in the Dzogchen teachings, from Semde to Longde and Upadesha. We can learn the Song of the Vajra in three different ways: through sound, where each sound represents the different functions of our chakras; through the meaning of the words, which are not easy to understand because each word is like a symbol; and through our real condition. This threefold nature of the Song of the Vajra is related to the three aspects of our existence (body, speech, and mind).

UPADESHA

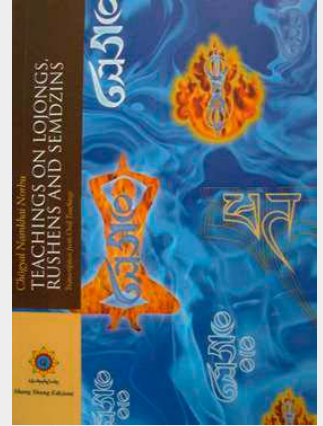
DZOGCHEN  
INTRODUCTION  
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# Teachings on Lojong, Rushens, and Semdzins

Compiled by  
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*Chögyal Namkhai Norbu*



The Seven Lojong or Mind Trainings belong to the Dzogchen Upadesha tradition and have been included in the Base Level of the Santi Maha Sangha as preliminaries to the fundamental practices of Dzogchen. The first six trainings are a reflection on the principle of the Four Awarenesses and on the value of the Master and the Teachings. The seventh, which comprises three methods linked to visualization and breathing, aims at leading the practitioner to an understanding of the state of contemplation through three specific experiences.

In all traditions of Dzogchen Upadesha the practice of Khorde Rushen is considered to be fundamental as a base or starting point, in particular as an introduction to contemplation.

The Semdzins are highly effective both as a method for distinguishing the pure presence of rigpa from the dualistic mind and for removing the doubts that arise from our experience in practice. The explanation of the seven Semdzins contained here is essentially based on a text of instructions by the master Adzom Drugpa, *The Essence of Wisdom* ('*Od gsal rdzogs pa chen po yang gsang bla na ned pa spyi'i khyad par gyi khrid yig lam bzang ye shes snying po*).

UPADESHA

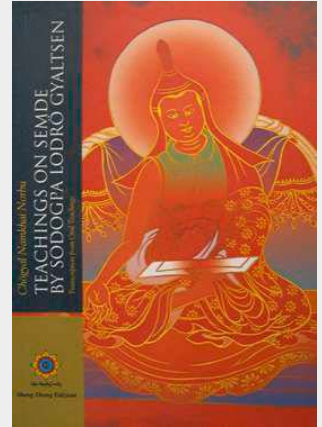
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# Teachings on Semde by Sodogpa Lodrö Gyaltsen

Compiled by  
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*Chögyal Namkhai Norbu*



These teachings on Dzogchen Semde present a method that is complementary and parallel to the better known one of the Four Yogas or Four Contemplations. They are contained in the Instructions on Dzogchen Semde According to Nyang's System by the master Sodogpa Lodrö Gyaltsen (1552-1624), who wrote down an oral tradition going back to Vairochana the Translator and subsequently known as The System of Nyang, transmitted by the master Nyang Chograb Zhönnu. As well as furnishing methods for discovering the state of contemplation in a more or less direct way according to the practitioner's capacity, this text also contains interesting references to the meditative experiences of Mahamudra according to masters of the Drugpa Kagyüdpä tradition.

SEMDE

DZOGCHEN  
INTRODUCTION  
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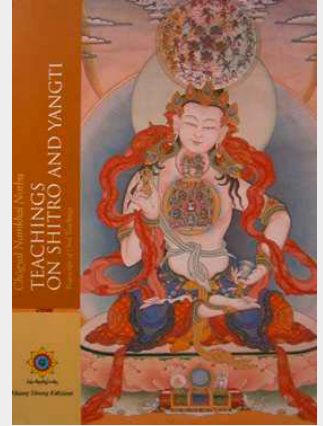
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# Teachings on Shitro and Yangti

Transcript of Oral Teachings

*Compiled by  
Shang Shung Publications Editorial Team  
on the basis of the teachings of  
Chögyal Namkhai Norbu*



This book is a compilation of oral teachings given at Merigar from 1985 to 1998. It contains exhaustive explanations on the Shitro teachings and the Shitro practice transmitted by the famous tertön Namcho Mingyur Dorje, on the Yangti methods based on a text by Tungtso Repa, and on an oral teaching by Guru Padmasambhava. Precise instructions on the preliminary practices for the dark retreat are given, including the Guruyoga of the White A with the invocation of Garab Dorje.

MISCELLANEOUS  
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PRACTICES

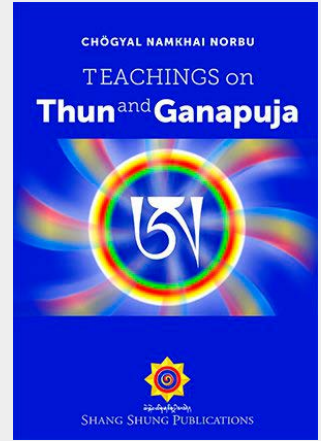
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# Teachings on Thun and Ganapuja

Compiled by  
*Shang Shung Publications Editorial Team*  
on the basis of the teachings of  
*Chögyal Namkhai Norbu*



This book contains explanations of the Short, Medium, and Long Thuns and the Simple, Short, Medium, and Long Ganapuja practices performed in the Dzogchen Community founded by Chögyal Namkhai Norbu. The related practice texts can be found in *The Book of the Thun and the Ganapuja* (the “Thun Book”).

Thun and Ganapuja are secondary practices, but they all have the goal of helping us integrate the essence of the Dzogchen transmission: Guruyoga, the state of contemplation. In that sense, any secondary practice when combined with Guruyoga becomes a principal practice. Moreover, performing secondary practices strengthens the connection with our Teacher, the teaching, and – especially when done collectively – our fellow practitioners, making this connection a conduit to boost our understanding and realization of the primordial state.

MISCELLANEOUS  
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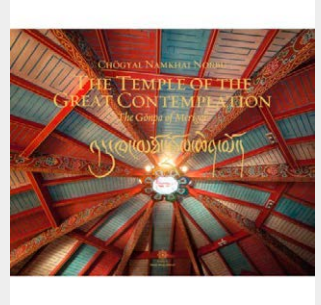
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**25 euros**

Chögyal Namkhai Norbu

# The Temple of the Great Contemplation

The Gönpa of Merigar



Translated from Tibetan by Fabian Sanders and Iacobella Gaetani

The Gönpa at Merigar represents the original home base of the Dzogchen Community. It is the heart of the first center established by Chögyal Namkhai Norbu. This richly illustrated, full-color book is a well-researched, detailed portrayal of the symbolism and iconography of the temple. In addition to a translation into English and Italian of the design description written by Rinpoche prior to construction, the book includes inspiring biographies of the 148 masters depicted in the Gönpa. Representing all of the main Buddhist and Bön traditions in Tibet, each is also connected with the Dzogchen transmission.

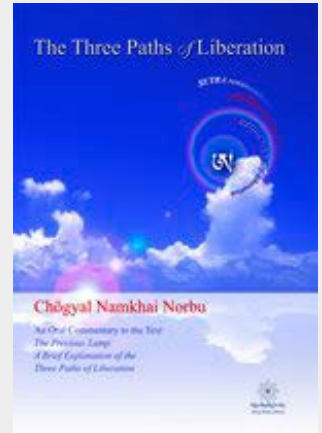
This beautiful book will interest anyone with an open mind, regardless of their religious or philosophical persuasion, and is a perfect gift for your friends and family. It provides an insightful introduction to the origins of the Dzogchen Community and conveys a sense of the extraordinary depth and richness of the teachings.

VISUAL ART

52 euros

Chögyal Namkhai Norbu

# The Three Paths of Liberation



*The Three Paths of Liberation* is a straightforward guide to the understanding of the essence of all paths, Buddhist or not, leading to spiritual realization. The book explains that all paths can be described as three main methods, no matter what tradition is being considered. Those three paths, in an approach that is part of Dzogchen knowledge found in a teaching called the *tharlam desum*, are that of renunciation, transformation, and self-liberation. We can recognize that in Buddhist terminology the path of renunciation is Sutra, that of transformation, Tantra, and that of self-liberation, Dzogchen.

Once released from an ironclad identification with a particular school or current of dharma born from a limited point of view, we become free to take Rinpoche's advice: "We can apply all three paths of liberation, and a practitioner of Dzogchen who understands the essence of the teaching always integrates all three. I will try to communicate and explain these paths so you can have a clear idea of them and will find no conflict between Sutra and Tantra, or among different schools and traditions."

Because this book contains Dzogchen practices, it is intended for those who have already received transmission.

SANTI MAHA SANGHA

DZOGCHEN  
INTRODUCTION  
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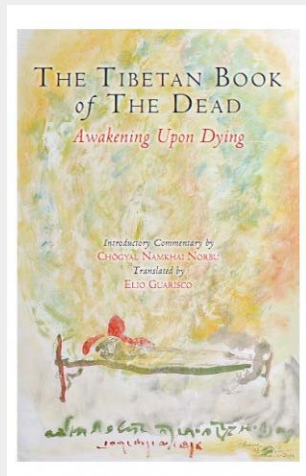
This product is intended only for those who have received direct introduction from a qualified master.

16 euros

Tertön Karma Lingpa

# The Tibetan Book of the Dead

Awakening Upon Dying



Translated from Tibetan by Elio Guarisco

Known in Tibet as the *Great Liberation through Hearing*, this book is a manual of instructions to guide the dying person on the difficult path at the moment of death and the deceased person in the bewildering postmortem state, as he or she wanders in confused search for a new life. The reader first needs to awaken to the awareness that death is an ineluctable part of life. If we truly know that, our life becomes more meaningful, so that we can face death when it knocks on our door and are prepared to use that crucial time for self-realization.

FOR THE DECEASED /  
BARDO

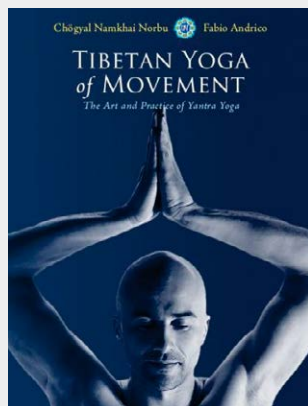
**20 euros**



Chögyal Namkhai Norbu, Fabio Andrico

# Tibetan Yoga of Movement

The Art and Practice of Yantra Yoga



*Tibetan Yoga of Movement* introduces the method of Yantra Yoga, a traditional Tibetan form that is one of the oldest recorded systems of yoga in the world. Derived from an eighth-century Tibetan Buddhist text, Yantra Yoga includes many positions similar to those of Hatha Yoga in form, but different in the dynamics of the way in which they are practiced, especially in the coordination of movement and breathing. The Yantra Yoga system encompasses 108 sets of movements (yantras) and pranayamas to be learned at your own pace. Due to its emphasis on uniting breathing and movement, Yantra Yoga can deepen the experience of yoga practitioners from any tradition and profoundly benefit anyone seeking authentic balance, harmony, and the understanding of our true nature.

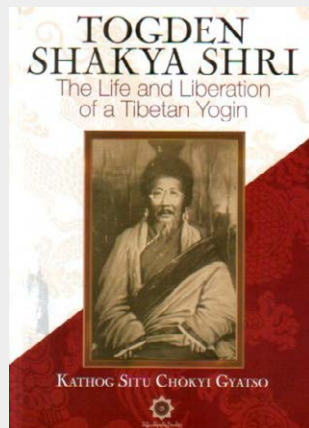
Since the eighth century, this yoga teaching has been passed down from teacher to student in an unbroken lineage. Chögyal Namkhai Norbu, the lineage holder, began transmitting Yantra Yoga in the West in the 1970s. Presenting detailed instructions accompanied by over 400 instructional photos, the book describes the sequences of movements, methods of breathing, and the concrete health benefits of the practice.

YANTRA YOGA

**25 euros**

Kathog Situ Chökyi Gyatso

# Togden Shakya Shri: The Life and Liberation of a Tibetan Yogin



Translated from Tibetan by Elio Guarisco

This *namthar*, or traditional Tibetan biography, welcomes the reader to the extraordinary dimension of a realized yogin. Its pages recount the inspiring milestones in the life of the revered Togden of Drugu (1853-1919), a portrayal that is at once a precious mirror of a vanished world. Glowing with inspiring facts and miraculous happenings, the chronicle is made all the more insightful by a selection of letters between the Togden and some of the greatest masters of that era.

The book begins with penetrating and easily understood instructions by Shakya Shri called Opening the Door to Liberation, and a selection of his Songs of Realization, illuminating verses that are in themselves teachings. In the appendixes, the translator puts the life work and accomplishments of the master in several useful contexts. The volume includes a preface by Chögyal Namkhai Norbu and a foreword by Sey Rinpoche, lineage holder and great grandson of Shakya Shri.

In an informed and graceful translation, the book provides the reader with a rich reward, the sense of having actually encountered the master and received a direct benefit.

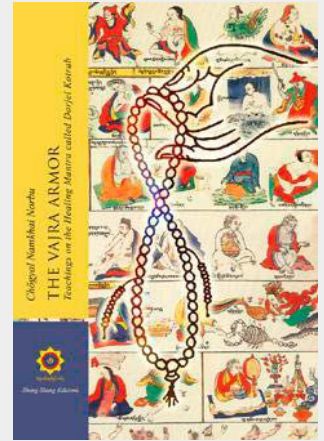
BIOGRAPHIES

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Chögyal Namkhai Norbu

# The Vajra Armor

Teachings on the Healing Mantra called  
Dorje Kotrab



Teachings on the Healing Mantra called Dorje Kotrab. In 2006 Chögyal Namkhai Norbu transmitted the very precious healing mantra called Dorje Kotrab several times. He explained: “Knowing that this is a very important and very essential healing mantra, Padmasambhava singled it out among all the different kinds of mantras and concealed it as a terma at Namke Trak, and later Dorje Lingpa discovered it. If you know this mantra you don’t need to go after ‘mantra healing’ anymore, because this is the supreme ‘mantra healing’. With it, you can benefit others, as well as protect yourself.” This book contains all the complete and precise instructions that are needed to use it properly and correctly. It also contains an important mantra and an invocation to avert negative consequences to your health in particular circumstances linked to a specific date.

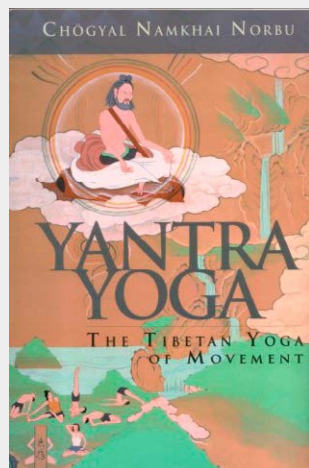
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Please be sure that you have received the teachings and transmissions corresponding to this product.

**8 euros**

Chögyal Namkhai Norbu  
**Yantra Yoga**  
The Tibetan Yoga of Movement



Translated from Tibetan by Adriano Clemente

Yantra Yoga, the Buddhist parallel to the Hatha Yoga of the Hindu tradition, is a system of practice entailing bodily movements, breathing exercises, and visualizations. Originally transmitted by the mahasiddhas of India and Oddiyana, its practice is nowadays found in all schools of Tibetan Buddhism in relation to the Anuttaratantras, more generally known under the Tibetan term *trulkhor*, whose Sanskrit equivalent is *yantra*. *The Union of the Sun and Moon Yantra* (*Phrul 'khor nyi zla kha sbyor*), orally transmitted in Tibet in the eighth century by the great master Padmasambhava to the Tibetan translator and Dzogchen master Vairochana, can be considered the most ancient of all the systems of Yantra, and its peculiarity is that it contains also numerous positions not found in the classic Yoga tradition.

Chögyal Namkhai Norbu, one of the great masters of Dzogchen and Yantra Yoga, started transmitting this profound practice in the seventies and at that time wrote this commentary based on the oral explanations of several Tibetan yogins and siddhas of the twentieth century. All Western practitioners will benefit from the extraordinary instructions contained in this volume.

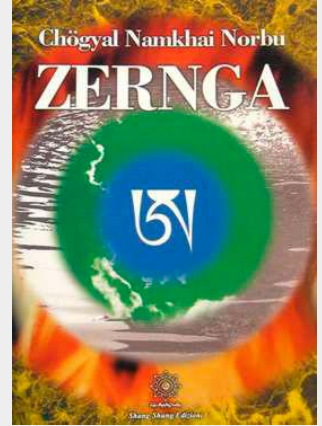
YANTRA YOGA

**25 euros**

# Zernga

The Five Principal Points

*Compiled by  
Shang Shung Publications Editorial Team  
on the basis of the teachings of  
Chögyal Namkhai Norbu*



Revised and enlarged edition of the previous booklet containing the explanation of a practice belonging to the Dzogchen Upadesha series. Through Zernga, or Five Principal Points, a practitioner can bring about the reintegration of the material level into the wisdom level. Zernga is a method of working with the five elements one by one in order to realize them in their natural condition.

UPADESHA

DZOGCHEN  
INTRODUCTION  
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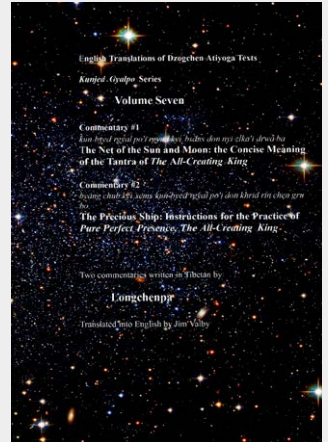
This product is intended only for those who have received direct introduction from a qualified master.

**10 euros**

**Jim Valby**  
**BOOKS**

# Kunjed Gyalpo Series Volume 7

Two Commentaries by Longchenpa



English Translation of Dzogchen Atiyoga Texts - Kunjed Gyalpo Series - Volume Seven:

## Commentary #1

kun byed rgyal po'i gryud kyi bsdus don nyi zlka'i drwa ba

The Net of the Sun and Moon: the Concise Meaning of the Tantra of The All-creating King

## Commentary #2

byang chub kyi sems kun-byed rgyal po'i don khrid rin chen gru bo

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Two Commentaries written in Tibetan by Longchenpa.

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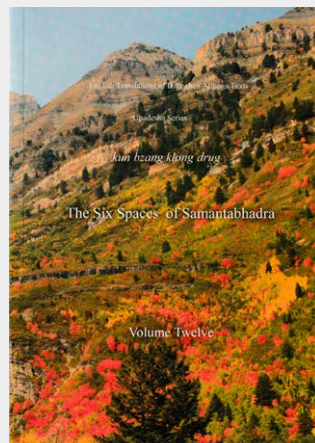


Klong chen rab 'byams rgyal po'i rgyud  
The King of the Infinite Expanse  
Translated by Jim Valby

Pure Perfect Presence, through sounds lights and rays, manifests all phenomena of the universe. The universe is already primordially enlightened as the non-dual state of compassionate energy and empty wisdom. Primordial liberation is not produced by antidotes, trainings purifications, or transformations. Pure Perfect Presence manifests teachers and teachings that correspond to the interests and capacities of students in different times and places. Practitioners create the fatal obstacle of dualism by struggling with different methods to produce enlightenment. Practitioners deviate from the direct experience of all-pervasive, limitless dzogchen by taking refuge in views, meditations, initiations, mandalas, samayas, behavior, paths, levels, subtle teachings and sacred activities. Realization of unfabricated freedom beyond concepts and activities arises through total relaxation in the dzogchen transmission of Pure Perfect Presence.

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If you order a volume of the Longsal teachings, please note that they are intended only for those who have received the related transmissions of the teachings from the Master (during retreats or live webcasts).

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