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Sommario/riassunto	<p>"Buddhahood in This Life is a complete translation of the earliest Tibetan commentary on the Dzogchen secret instructions. Available for the first time in English, Buddhahood in This Life presents the Great Commentary of Vimalamitra--one of the earliest and most influential texts in the Dzogchen tradition of Tibetan Buddhism. It explores the theory and practice of the Great Perfection tradition in detail, shows how Dzogchen meditation relates to the entirety of the Buddhist path, and outlines how we can understand buddhahood--and even achieve it in our lifetime. This essential text includes topics such as: How delusion arises; The pathway of pristine consciousness; How buddhahood is present in the body and more. Translator Malcolm Smith includes an overview, analysis and clarification for all topics. Buddhahood in This Life covers fine details of Dzogchen meditation, including profound 'secret instructions' rarely discussed in most meditation manuals. This text is essential for any serious student of the Great Perfection"--</p> <p>"A translation of an important Tibetan Buddhist text related to the Dzogchen practice of the Nyingma school"--</p>