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Autore	Kyabgon Traleg <1955-2012>
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Sommario/riassunto	<p>Traleg Kyabgon Rinpoche's commentary on the sixteenth-century work Pith Instructions of Coemergent Wisdom, Entitled the Profound Essence of the Ocean of Certainty, by the Ninth Karmapa, Wangchuk Dorje, provides those who meditate with an overview of the path leading to the realization of Mahamudra, the self-liberated and all-encompassing nature of reality. Beginning with ngondro practice, Traleg Rinpoche guides students through the conditions needed to fully integrate the practice, along with instructions for shamata and vipashyana meditation, which includes visualizations and exercises. A section devoted to strengthening practice lays out common pitfalls and wrong views and how to avoid them. Finally, Rinpoche teaches the four yogas of Mahamudra one-pointedness nonconceptuality, one-flavoredness, and nonmeditation, and the ground, path, and fruition of Mahamudra in relation to the individual practitioner.</p>