



# Trainings In Compassion: Manuals On The Meditation Of Avalokiteshvara

*Dzogchen Ponlop, Jamgon Kongtrul, Chandrakirti, Thangtong Gyalpo*

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This work includes translations of key Kagyu lineage meditation manuals for the practice of the deity of compassion Avalokiteshvara, one of the main introductory meditation practices presented in scores of Tibetan Buddhist centers across North America and Europe. The manuals included in this book were authored by the great Tibetan siddha Thangtong Gyalpo the renowned nineteenth century master Jamgon Kongtrul and the Fifteenth Gyalwang Karmapa Khakhyab Dorje. The book also includes teachings on the nature of compassion by the highly regarded teacher Dzogchen Ponlop Rinpoche praises to Avalokiteshvara by the Indian master Chandrakirti and a fresh translation of the famed Mahayana text *The Thirty-Seven Practices of a Bodhisattva*.

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