



Clear Light of Bliss : The Practice of Mahamudra in Vajrayana Buddhism

Geshe Kelsang Gyatso

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Within all of us lies a source of infinite bliss and compassion for others. The special methods explained within Tantric Buddhism enable us to discover this bliss for ourselves.

The contemporary Tantric master, Geshe Kelsang Gyatso, explains step-by-step how we can generate a deeply peaceful and concentrated mind by harnessing the subtle energy system within our own body. With this blissful awareness we can uncover our true nature, destroy ignorance and suffering at its root, and swiftly become a source of inspiration and benefit for others.

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