



**Drikung Namgyal Ling**  
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**Five-Fold Mahamudra Meditation:  
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Through teachings preserved by the Driking Kagyu lineage, His Eminence Garchen Rinpoche has given instruction on Five-fold Mahamudra Meditation practice, known for its ability to help awaken understanding of the essential nature of mind. This teaching presents the classic three-fold logic of Ground, Path and Fruition, also known as View, Meditation and Action. H.E. Garchen Rinpoche discusses the (Drikung Kagyu) Lineage (View), Five-fold Mahamudra Meditation (Meditation) and The Nature of Mind (Result).

His Eminence Garchen Rinpoche is a Drikung Kagyu lama who was known in the thirteenth century as the Siddha Gar Chodingpa, a heart disciple of Kyobpa Jigten Sumgon, founder of the Drikung Kagyu lineage of Tibetan Buddhism. For many years, Garchen Rinpoche has made great effort to rebuild the Drikung Kagyu monasteries, reestablish the Buddhist teachings, and build two boarding schools for local children in eastern Tibet. Rinpoche is the founder and spiritual director of the Garchen Buddhist Institute in Chino Valley, Arizona.

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