



Drikung Namgyal Ling
Drikung Kagyu Buddhist Center of Tucson

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Natural Liberation: Padmasambhava's Teachings on the Six Bardos

Traga Rinpoche

Natural Liberation, Padmasambhava's Teachings on the Six Bardos provide extensive instruction on each of the six transitional processes, or bardos, that make up our experience in samsara. These teachings contain methods for naturally, or spontaneously, liberating ourselves from the sufferings that are inherent in each of the six realms so we can obtain ultimate liberation.

"With a human incarnation, we possess greater power than other beings to bring about good, but also greater power to bring about bad. We have the ability to know and to understand, and we must make best use of the favorable conditions of a human incarnation. We must not meaninglessly waste this opportunity. If we conduct ourselves well in our life, as we approach death (in the Bardo), and in our next life, we will go further and further up. Otherwise, we will suffer great fear and pain as we die, our minds will suffer agony and despair, and we will not recognize the Bardo of Becoming. The purpose of the Six Bardos teachings is to profoundly move us to engage in practice during the Bardo of Living." – *Traga Rinpoche*

Traga Rinpoche is an accomplished Dzogchen master, having received profound foundational and the most advanced teachings from some of the greatest living masters of Tibetan Buddhism -- including His Holiness Chetsang Rinpoche, His Eminence Garchen Rinpoche, Khenchen Jigme Phuntsog and many others -- and completed many retreats.

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