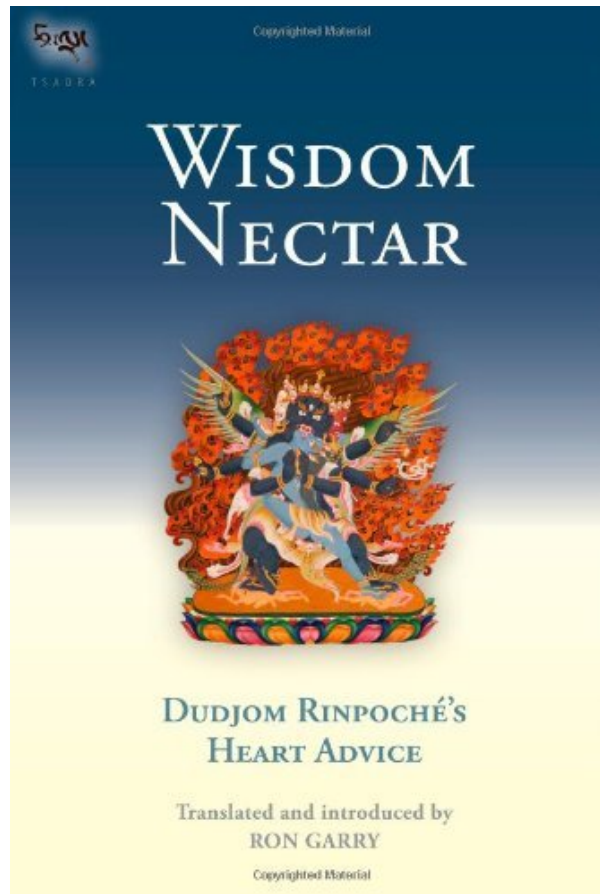


# WISDOM NECTAR (TSADRA) BY RON GARRY



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# WISDOM NECTAR



DUDJOM RINPOCHÉ'S  
HEART ADVICE

Translated and introduced by  
RON GARRY

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Unfortunately, sooner or later, all these projects based upon grasping at pleasure and avoidance of pain end in failure—either due to unforeseen circumstances beyond our control, such as illness, divorce, unwanted separation from loved ones or imminent death, whatever the case may be. Such attempts at maintaining or avoiding these circumstances will almost certainly bite the dust. Especially when death occurs, a non-practitioner has no power or ability to control circumstances at all.

According to Vajrayana Buddhist teachings, when we die we enter a series of experiences called the intermediate state (bardo), that culminates in rebirth into one of six realms of cyclic existence, unless our previous practice and the blessings of our lama results in liberation during this intermediate state. Thus at death, when our mind separates from our body, we no longer have the power or ability to create the circumstances that support feelings we enjoy, or to prevent the feelings that cause us suffering. In the intermediate state between this life and the next, our experiences and the feelings related to these experiences arise based on conditions that are the results of the cause and effect of our past karma. This is the bad news.

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The Essence

By mahipal

I could not think of a more accurate title to this precious work than "WISDOM NECTAR", and I would also like to thank Ron GARRY for his involvement. This book tries to convey the essence of Dzogchen and could be compared to Einstein's Formula  $E=MC^2$ .

Every child can "know" the formula but this intellectual knowledge does not help him a great deal. Between understanding the words and understanding the meaning lies about 47 years in my case. But until recently the words were not spelled out that clearly as here. May more beings understand the simplicity and precision of the inherent meaning!

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Too the heart of awareness and enlightenment

By Dennis Crane

The work is well translated. The view of the enlightened condition is wonderful. I read a small portion at a time while I am in bed at night. It's good to have the core teaching of the Buddha in my heart for my night's activities. Dudjom is simply the finest I have read in my 48 years as a devoted Buddhist. I also recommend his work: *The Nyingma Tradition of Tibetan Buddhism*, which is a definitive look at the Buddha's teaching.

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"As the representative of the great vajra master Padmasambhava, Kyabje Dudjom Rinpoche was himself a great scholar and realized meditation master. In general all of his writings and rediscovered treasures are completely authentic and sublime. In particular his direct spiritual advice from the heart, such as the teachings found in the pages of this book, serve as profound reminders to awaken and seriously pursue the path to fully enlightened Buddhahood.

We rejoice that our vajra brother Ron Garry has translated this material since he is someone who practices with true heartfelt faith and devotion in the Buddhadharma."-- Lama Chönam and Sangye Khandro, members of the Light of Berotsana Translation Group

"This book reveals the timeless essence of holy Dharma. Every word rings true. This masterpiece will certainly inspire many generations to come."-- Tulku Thubten Rinpoche, Spiritual Advisor, Dharmata Foundation

"This collection of prayers and songs from Dudjom Rinpoche (1904-1987), former head of the Nyingma lineage of Tibetan Buddhism, provides a rare opportunity to absorb the core insights of a master. The teachings -- often transcribed from the same poetic verse that he presented orally to his students -- are not concerned with complex rhetoric. Rather, they are intended to communicate directly Dudjom Rinpoche's personal realization, his heart advice. A prose section, "Essential Advice for Solitary Meditation Practice," includes a complete discussion of the Dzogchen path and answers all the questions that might arise during a three-year retreat (and a shorter one, too)."--Tricycle Magazine

"Wisdom Nectar: Dudjom Rinpoche's Heart Advice... is a work of inspiring, beautiful translations of Rinpoche's writings. This is a book that will be of interest both to the general reader, as well as those who practice Dzogchen and scholars. And for those who study the Tibetan language: you will find an extensive word list in the Tibetan script."--Tibetan Language Institute

His Holiness Dudjom Rinpoche (1904-1987) was the head of the Nyingma lineage during his lifetime. He was a treasure revealer, teacher, and poet; he also built monasteries, retreat centers, and stupas.

Ron Garry has an M.A. in integral psychotherapy and a Ph.D. in Indo-Tibetan Buddhism, and has completed

the traditional three-year retreat. He is also the translator of *The Teacher-Student Relationship*.

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