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In Roaring Silence, Vajrayana teachers Ngakpa ChÃ¶gyam and Khandro DÃ©chen walk the reader through the meditation techniques that "enable us to side-step the bureaucracy of intellectual processes and experience ourselves directly"â€”to discover this direct experience of enlightenment that is the mind of Dzogchen.

Roaring Silence: Discovering the Mind of Dzogchen

Discovering the Mind of Dzogchen By Ngakpa ChÃ¶gyam (Ngakâ€™chang Rinpoche) and Khandro DÃ©chen This is a guide for anyone wanting to deepen their meditation practice and a key text for Aro students.

Aro - Roaring Silence

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Roaring Silence seems mostly consistent with that. The biggest thing I learned from this book was the four naljors. The four naljors describe the stages of progression of meditation.

Roaring Silence: Discovering the Mind of Dzogchen : thrive

In Roaring Silence, Vajrayana teachers Ngakpa ChÃ¶gyam and Khandro DÃ©chen walk the reader through the meditation techniques that "enable us to side-step the bureaucracy of intellectual processes and experience ourselves directly"â€”to discover this direct experience of enlightenment that is the mind of Dzogchen.

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Roaring Silence Discovering the Nature of Mind. Roaring Silence teaches a series of methods for silent sitting meditation. Together, these methods are referred to as shi-nÃ© (pronounced shee-neh) and lhatong (lah-tong). These are closely related to methods of which you may have heard â€” such as: mindfulness meditation; insight meditation; shamatha-vipashyana; and vipassana.

Aro gTÃ©r Tradition classes - Community home

The Roaring Silence is the seventh studio album by English rock band Manfred Mann's Earth Band. It was released on 27 August 1976, by Bronze Records in the UK and by Warner Bros. Records in the US. Like other Earth Band albums, this includes material by other composers.

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