

**Mahamudra: The Quintessence Of Mind And Meditation**  
**By Dakpo Tashi Namgyal;Lobsang P. Lhalungpa**

**sel (yoga) - Wikipedia, the free encyclopedia -**

"Wherefore it is far removed from the nature of the one and the many, the nature, or essence, of Mind, The luminosity experienced in meditation is called

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Namgyal; Narthang; Nechung; Pabonka; whereas Buddhist exegetes interpret the unbound tresses as a sign that her mind, Serenity meditation; Insight meditation;

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