



# **The Oral Instructions of Mahamudra: The very essence of Buddhas teachings of sutra and tantra**

*Geshe Kelsang Gyatso*

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This book reveals the uncommon practice of Tantric Mahamudra of the Ganden Oral Lineage which the author received directly from his Spiritual Guide. Following the root text of the Mahamudra *The Main Path of the Conquerors* by the First Panchen Lama, this remarkable book provides extremely clear and easy to understand explanations and insights based on the author's experiences during many years of retreat.

- Meditating on the indestructible wind, the yoga of wind

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