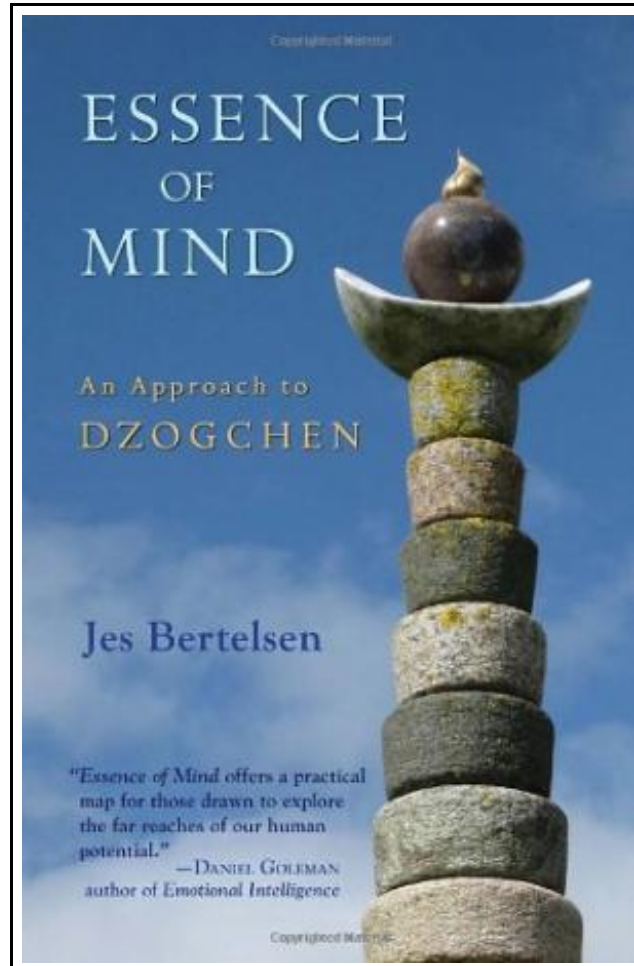


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North Atlantic Books, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Jes Bertelsen belongs to the very, very small group of people who are true lineage-holders of Dzogchen, held by many to be the pinnacle of the Tibetan tradition of meditation. He was authorized to teach in his own way by his teacher, Tulku Urgyen, one of the most revered spiritual masters of the twentieth century. This way, as it is brilliantly presented in this book, is clear, warm, and completely modern. Bertelsen unites a breathtaking command of Western psychology and philosophy with deep meditative realization. Here is, at long last, a lineage-holder of Dzogchen, a certified great teacher and scholar, who in a down-to-earth fashion can explain, step by step, what it means to transcend the mind-and how it is done." -Peter Hoeg, author of *The Elephant Keeper's Children* and *Smilla's Sense of Snow* "Jes Bertelsen guides us to a fresh perspective on perspective itself, with this engaging exploration of a perennial truth: that our ordinary consciousness gives us a limited view of reality. He points out the possibility of an unconfined capacity in awareness, and how we might take this step beyond into a fully open, naked awareness. *Essence of Mind* offers a practical map for those drawn to explore the far reaches of our human potential." -Daniel Goleman, author of *Emotional Intelligence: Why It Can Matter More Than IQ*.



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