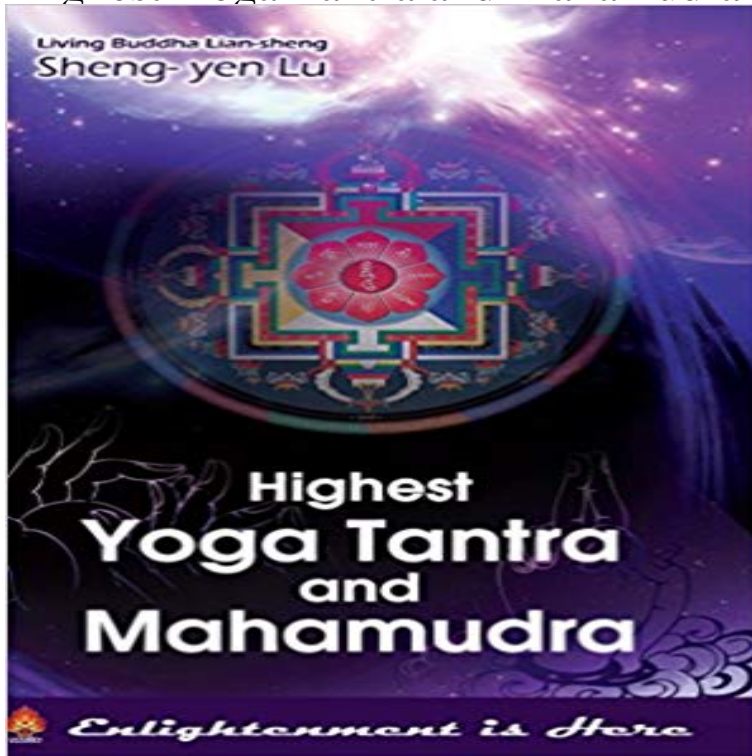


## Highest Yoga Tantra and Mahamudra



In modern society humankind is filled with endless worries and burdens involving their careers, wealth, family, relationships, status and so forth. However, how does one arrive at peace and tranquility, and achieve true happiness? In his 51st Book, Highest Yoga Tantra and Mahamudra, Living Buddha Lian-sheng provides a prescription for ridding ones worries through successive stages of meditation, which ultimately leads to the recognition of ones own Buddha-nature through the verification of the Clear Light. Not only does Living Buddha Lian-sheng write in a language that is accessible to the uninitiated, but his insights and techniques are verified through his own experiences, which stem from decades of Vajrayana practice. Highest Yoga Tantra and Mahamudra reveals the secrets of uniting Bliss and Wisdom, enabling one to achieve Buddhahood and attain great peace and joy. He further instructs practitioners to maintain inner tranquility through Dream Yoga, and imparts key methods for balancing ones body, mind, and spirit. The secrets and pith instructions revealed in this work are the expression of Living Buddha Lian-shengs wish that all beings would engage in the inner search to reveal their own Buddha-nature.

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