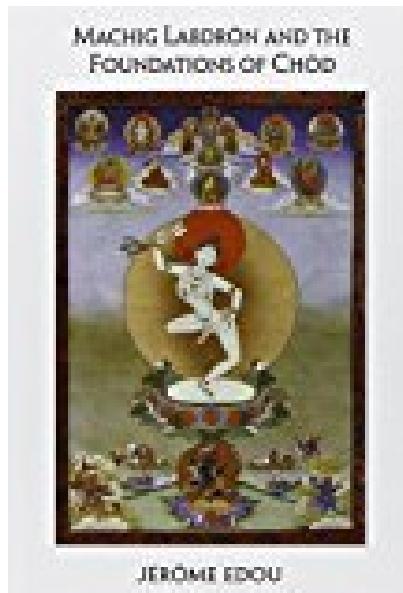


# Machig Labdron and the Foundations of Chod

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## BOOK DETAILS

- Author : Jerome Edou
- Pages : 256 Pages
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- Language : English
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## BOOK SYNOPSIS

Machig Labdron is popularly considered to be both a dakini and a deity, an emanation of Yum Chenmo, or Prajnaparamita, the embodiment of the wisdom of the buddhas. Historically, this Tibetan woman, a contemporary of Milarepa, was an adept and outstanding teacher, a mother, and a founder of a unique transmission lineage known as the Chandouml;d of Mahamudra. This translation of the most famous biography of Machig Labdron, founder of the unique Mahamudra Chandouml;d tradition, is presented together with a comprehensive overview of Chandouml;d's historical and doctrinal origins in Indian Buddhism and its subsequent transmission to Tibet. Chandouml;d refers to cutting through the grasping at a self and its attendant emotional afflictions. Most famous for its teaching on transforming the aggregates into an offering of food for demons as a compassionate act of self-sacrifice, Chandouml;d aims to free the mind from all fear and to arouse realization of its true nature, primordially clear bliss and emptiness.

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