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Nailing Mind to Its Nature

By Chogyal Namkhai Norbu
The mind is not something that can be grasped or held. It is like a bird that cannot be caught in a net. The only way to know the mind is to let it be as it is, without trying to control it or change it. This is the nature of the mind, and it is this nature that we must recognize and stabilize. In this teaching, Chogyal Namkhai Norbu explains the importance of recognizing the mind's nature and how to practice to stabilize it. He emphasizes that the mind is not an object, but a subject, and that we must learn to observe it without becoming attached to it. The practice involves simple, direct observation of the mind's activity, allowing it to reveal its true nature. This is a key aspect of the Dzogchen path, where the goal is to realize the mind's inherent clarity and freedom.

Teachings



Chogyal Namkhai
Norbu
*The Three Statements
of Garab Dorje*



Khyentse Yeshe
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Focus



Garab Dorje

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