

~ *Dzogchen Practice* ~

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Dzogchen is a very special, unique practice in Tibetan Buddhism. Its main focus is on the view, so through the view, we come to meditation. The second important lineage in Tibetan Buddhism is what we call "Mahamudra." Mahamudra first focuses on meditation, and through meditation, we come to the view. Then we have another meditative tradition called "Mahamadyamaka." That is through analytical meditation.

Normally what I teach in the Path of Liberation course is Mahamudra. Mahamudra is through experience, and it is a step-by-step practice.

The Dzogchen teachings are through the view, and there is a special practice in Dzogchen called "Trekchö." "Trekchö" means "cutting through" — cutting through concept or our ordinary conceptual box, or what we sometimes call a "prison." So it is about how to break through the prison. We sometimes say [Rinpoche speaks in Tibetan], which means "how to break the conceptual prison."

I received these Dzogchen teachings from my father. My father was a great Dzogchen meditation master. I still remember what really helped me: Normally I wanted to pretend to meditate in front of my father like a good boy, a good meditator.

So, one day, during lunchtime, my father and I were having lunch. My father was staying in the mountains. There was a big window, and from the window, we could see the entire valley and the sky. After finishing lunch, it was quiet. So then I sat in meditation posture in front of my father and pretended I was meditating. And my father said, "Are you meditating?" I said, "Yes." He said, "Oh, actually there is nothing to meditate on. The view is fake, the meditation is fake." "Wow!" My mind became like "huh." It was a great introduction of Dzogchen for me, really cutting through concepts. That was really beneficial for me. So this is the Dzogchen style of cutting through the conceptual mind. Hopefully, if you learn Dzogchen, it will be beneficial for you also.