



The Middle-Way Meditation Instructions of Mipham Rinpoche

Thrangu Rinpoche

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Mipham Rinpoche, a 19th century Tibetan scholar and practitioner, gives a definite explanation of the Middle-way Instructions. For a few years of his life he stayed at the Ninth Thrangu Rinpoche's monastery where he was supplied with materials for his prolific writing. One of Mipham Rinpoche's encyclopedic works on Buddhism was the Gateway to Knowledge and it is from this text that the Middle-way Instructions came from.

In this exposition Mipham Rinpoche explains the meditation techniques for developing compassion and expanding this state into the aspiration of bodhichitta. With this the clarity of this vision prajna begins to manifest. This text gives a detailed explanation of how one meditates to develop this wisdom.

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