



# Mahamudra for the Modern World: An Unprecedented Training Course in the Pinnacle Teachings of Tibetan Buddhism

By Reginald Ray

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**Mahamudra for the Modern World: An Unprecedented Training Course in the Pinnacle Teachings of Tibetan Buddhism** By Reginald Ray

## An Unprecedented Training Course on the Pinnacle Teachings of Tibetan Buddhism

What if you could learn the ultimate teachings of Tibetan Buddhism as they were meant to be received—guided every step of the way by an experienced master? This practice, known as Mahamudra or "The Great Revelation," was once taught only to elite students in secluded monasteries and cloisters. Now renowned teacher Dr. Reginald Ray has created an unprecedented audio learning course to make this profoundly transformative path available to listeners everywhere with *Mahamudra for the Modern World*. Spanning 33 CDs and featuring meditations and insights never before available to a general audience, this extraordinary audio training includes:

- A complete toolbox of body-based *shamatha* meditations to still the mind and set the foundation for exploring the immeasurable expanse of being
- *Vipashyana* meditations that take you on a progressive path of inquiry into the nature of awareness itself
- Innovative teachings on dismantling the *klesas* (difficult emotions) through heightening our experience of them
- More than 40 guided meditations unfolded through a series of increasingly subtle and profound practices

Mahamudra is revered in Tibetan Buddhism as the most direct route to seeing the world in all its transcendent beauty, power, and perfection. With his gift for distilling esoteric teachings for today's student, Dr. Ray has created a powerful training program for anyone seeking to engage in this life-altering journey, allowing us to discover this unsurpassed tradition for meeting ultimate reality—and awakening to the boundless freedom that is our fundamental nature.

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*By Reginald Ray*

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### **Editorial Review**

#### **About the Author**

Reginald A. Ray, Ph.D., brings us four decades of study and intensive meditation practice within the Tibetan Buddhist tradition as well as a special gift for applying ancient wisdom to the unique problems, inspirations, and spiritual imperatives of modern people. He is the co-founder and Spiritual Director of Dharma Ocean Foundation, a non-profit educational organization dedicated to the practice, study and preservation of the teachings of Reggie's teacher, Chögyam Trungpa Rinpoche, and the practice lineage he embodied.

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