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By Shabkar Tsogdruk Rangdrol



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The Life of Shabkar has long been recognized by Tibetans as one of the masterworks of their religious heritage. Shabkar Tsogdruk Rangdrol devoted himself to many years of meditation in solitary retreat after his inspired youth and early training in the province of Amdo under the guidance of several extraordinary Buddhist masters. With determination and courage, he mastered the highest and most esoteric practices of the Tibetan tradition of the Great Perfection. He then wandered far and wide over the Himalayan region expressing his realization. Shabkar's autobiography vividly reflects the values and visionary imagery of Tibetan Buddhism, as well as the social and cultural life of early nineteenth-century Tibet.



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- Sales Rank: #789499 in Books
- Published on: 2001-02-06
- Released on: 2001-02-06
- Original language: Tibetan
- Number of items: 1
- Dimensions: 9.80" h x 1.80" w x 6.90" l, 2.83 pounds
- Binding: Paperback
- 712 pages

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"This thorough, well-conceived edition of an of an important text will be welcomed by scholars and serious practitioners of Buddhism."—*Library Journal*

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