

NEW FORUM ON MAHAMUDRA MEDITATION
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This is probably just for my dharma friends on Facebook. I have been studying Mahamudra meditation for over 23 years with my teacher Khenpo Karthar Rinpoche. Rinpoche recently gave permission to form an online forum for students practicing Mahamudra meditation.

The term Mahamudra is from the Sanskrit and means "great seal" or "great mudra." In Tibetan, the word is Chakya Chenpa or Chak-Chen for short. Mahamudra is considered the highest form of meditation practice in the Kagyu Lineage. The same general concept is also termed Dzogchen and Maha-Ati.

Mahamudra or the "Great Seal" suggests that reality (and the Mind) is its own signature and signifies itself without any embellishment or elaboration on our part. By definition, words fail to describe the term. Only the practice of Mahamudra can reveal its nature and meaning. That is why meditators practice it. IMO Mahamudra meditation is the perfect form of meditation for westerners. The new site is called MahamudraMeditation.com and is located here:

<http://mahamudrameditation.com/>

Check it out. As it turns out, I am the moderator and web administrator of this Mahamudra Meditation forum.

If you want to join, please email me at michael@erlewine.net AFTER reading the post "How to Join" and include your qualifications please. You can read without joining.