



The Easy Path: Illuminating the First Panchen Lama's Secret Instructions

Gyumed Khensur Lobsang Jampa

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The First Panchen Lama's Easy Path (*de lam*), written nearly four hundred years ago, is like a chest of jewels that has, until now, been locked to English speakers. This translation, with Gyumed Khensur Lobsang Jampa's commentary, unlocks that chest and holds each jewel up to the sunlight to reveal its great beauty and value.

A number of books in the past have explained how to meditate on the stages of the path, but Geshe Lobsang Jampa's volume is unique in showing the reader how to integrate visualizations from highest yoga tantra, guru yoga, and the instructions of the oral tradition within the contemplations of every single stage. From the initial meditations on the precariousness and immense value of human existence, through the contemplations of how we perpetuate the cycle of suffering, to the highest teachings on the practice of universal compassion and the empty nature of phenomena, *The Easy Path* leads practitioners step by step through the journey to enlightenment.

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