



# Longchenpa's Advice from the Heart

*Chogyal Namkhai Norbu*

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**Longchenpa Trime Oser** (1308-1363) was one of the most important Dzogchen masters of Tibet. His scriptural learning and realization were equal to those of the famous saints who graced the land of India, and true to his words of advice, his was a disciplined life spent in forest and mountain hermitages. Longchenpa's Thirty Words of Advice are like nuggets of gold offered to us in his open hand so that their inspiration can turn our mind to a sincere and uncorrupted spiritual practice.

With his clear introduction to the principles and practice of Dzogchen, Chögyal Namkhai Norbu sets in context the thirty words of advice and then proceeds to explain each one as the basis of Longchenpa's spiritual experience, in a way that is relevant to us as individuals in our time.

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