



Dzogchen: The Self-Perfected State

Chogyal Namkhai Norbu

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Our natural condition is self-perfected from the very beginning. What is necessary is that we reawaken and remain in our true nature. Through understanding and practice, we can rediscover the effortless knowledge of the self-perfected state that lies beyond our habitual anguish and confusion, and remain in this uninterrupted flow of contemplation, completely relaxed but fully present through all activities.

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