



# Creation and Completion: Essential Points of Tantric Meditation

*Jamgon Kongtrul*

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## **Creation and Completion: Essential Points of Tantric Meditation** Jamgon Kongtrul

*Creation and Completion* represents some of the most profound teachings of Jamgon Kongtrul (1813-99), one of the true spiritual and literary giants of Tibetan history. Though brief, it offers a lifetime of advice for all who wish to engage in-and deepen-the practice of tantric Buddhist meditation.

The original text, beautifully translated and introduced by Sara Harding, is further brought to life by an in-depth commentary by the contemporary master Thrangu Rinpoche. Key Tibetan Buddhist fundamentals are quickly made clear, so that the reader may confidently enter into tantra's oft-misunderstood "creation" and "completion" stages.

In the creation stage, practitioners visualize themselves in the form of buddhas and other enlightened beings in order to break down their ordinary concepts of themselves and the world around them. This meditation practice prepares the mind for engaging in the completion stage, where one has a direct encounter with the ultimate nature of mind and reality.

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