



# The Stages of A-Khrid Meditation: Dzogchen Practice of the Bon Tradition

*Bru-sgom rGal-ba Gyung-drung, Bru-sgom rGyal-ba Gyim-drung*

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This work presents on tradition of the system of meditation known as the great perfection in the form of methodical and practical guide for those noble beings who set themselves the task of leading others to enlightenment through the practice of the great perfection.

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